



TOURO UNIVERSITY NEVADA

SCHOOL OF
OCCUPATIONAL THERAPY



2021 Capstone Presentation Night



SESSION 1

NICU PARENT EDUCATIONAL EMPOWERMENT PROGRAM ALYSSA ADAMS, OTDS

This presentation will explore how parent education with the use of a student-created educational website assisted NICU parents with their infant's transition home.

FUNCTIONAL TRANSITIONS: A PAIN PREVENTION EDUCATION PROGRAM FOR ANTE AND POSTPARTUM WOMEN VERONICA ANDUHA, OTDS

Functional Transitions is a conservative healthy pregnancy and ante and postpartum pain prevention program that aims to improve self-advocacy, education, and pain with daily activities of maternal women.

HAPPY BIRTH DAYS THROUGH OCCUPATION: TRANSFORMING POSTPARTUM CARE ONE MOTHER AT A TIME ELLE GUNDERSON, OTDS

Come learn how occupational therapy practitioners can elevate postpartum care by using holistic and preventative measures to make every mom's birth day a happy one—free of lasting mental and physical dysfunction.

SESSION 2

COPING SKILLS PROGRAM ALEXA ANTONOPOLOUS, OTDS

Providing adolescents and young adults the tools they need to live with greater ease while facing unchangeable realities.

"PROJECT-CAN-DO": AN EVENT PLANNING PROGRAM FOR ADULTS WITH DISABILITIES SHIRLEY NG, OTDS

A six-week program uses self-determination theory and occupational-based strategies as the frameworks to guide adults with disabilities to utilize their overall daily skills and collaboration skills to plan, organize and host an event together.

MY PATH: AN EXECUTIVE FUNCTION-FOCUSED EDUCATION COURSE FOR YOUTH EXPERIENCING HOMELESSNESS SHAYLEE EWING, OTDS

A program that educates youth on the impact education has on future success through the implementation of activities that allow youth to learn and practice executive function skills.

SESSION 3

SKILLS FOR SUCCESS: A TOTAL BODY APPROACH TO SCHOOL-BASED LIFE SKILL INSTRUCTION ESTHER HAMMON, OTDS

Join me for an illustrative discussion of an application-based life skill program for middle school students with Autism Spectrum Disorder.

FAMILY FIRST: FAMILY- CENTERED TRANSITION READINESS VICTORIA JO, OTDS

Family First is a 6-week parent readiness project created to improve families' self-efficacy and advocacy skills, community access, a network of social supports, and parent satisfaction across transition planning from early intervention (EI) to school-based services for families with children with special needs.

LEARNING HANDS SENSORY PLAY AND TACTILE DISCRIMINATION PROGRAM CIERRA STECKLINE, OTDS

Helping visually impaired preschool students improve the tactile and sensory skills needed to be independent in a school setting.

SESSION 4

THE A.R.T. STUDIO: ACTIVITIES FOR RELAXATION & TRANQUILITY MELISSA SALCEDO SANDER, OTDS

A seven-week community-based program that aims to promote mental health, stress management, and participation in self-care of individuals and families through affordable arts and crafts activities.

ERGOWORKS: PREVENTING INJURIES IN FIRST RESPONDERS ELIKA BROCK, OTDS

Ergoworks is an 8 week program that focuses on training first responders in proper body mechanics and functional ergonomics to reduce their rate of injury both on and off the job.

SAFE TRANSITIONS: VIEWING TRANS* PATIENTS THROUGH AN OCCUPATIONAL LENS ALEXYS GARCIA, OTDS

Educating trans* patients on practices for a safe social transition including binding, packing, and/or tucking.

SESSION 5

THE EXPANSION OF CONCUSSION EDUCATION WITHIN A DOCTORATE LEVEL OCCUPATIONAL THERAPY PROGRAM

RACHEL POSTMA, OTDS

This presentation will review the expansion of concussion education within Touro University Nevada's Occupational Therapy program in an effort to further future practitioner's confidence in their ability to succeed in and advocate for roles within this emergent area of practice.

OCCUPATIONAL THERAPY WITHIN THE MULTIDISCIPLINARY CONCUSSION CARE TEAM

KRISTIE MCWHORTER, OTDS

Occupational therapy practitioners can play a vital role within the multidisciplinary team for the care of concussed individuals alongside other practitioners to improve the overall outcomes and quality of life for our clients.

BRAIN WELLNESS CAMP: PREVENTATIVE HEALTHCARE FOR THE BRAIN INJURY POPULATION

JONATHAN TSO, OTDS

Brain Wellness CAMP delivered health and wellness sessions with topics such as rest and sleep hygiene, weight management, & healthy nutrition at Nevada Community Enrichment Program (NCEP), Nevada's only comprehensive brain injury day treatment program.

SESSION 6

DEEP SLEEP

CHRIS DAULTON, OTDS

A training program designed to give occupational therapists the resources and confidence they need to provide holistic evidence-based sleep interventions for patients within the hospital setting

HEALTH TAKEOVER: AN INPATIENT REHAB HEALTH MANAGEMENT PROGRAM

BRITTNEY ROBERTS, OTDS

This program is designed to provide education and resources for patients with chronic conditions to improve their ability to manage their health more effectively and independently after discharge.

PARENTING AND MULTIPLE SCLEROSIS: A PROGRAM FOR MANAGING PARENTING CHALLENGES RELATED TO MULTIPLE SCLEROSIS

JUSTINA SELIM, OTDS

This five-week lifestyle management program was offered virtually at Cleveland Clinic Lou Ruvo Center for Brain Health and assisted people with multiple sclerosis in identifying barriers and developing strategies to overcome parenting-related challenges to improve overall health and well-being.



DREAM ON: IMPROVING SLEEP IN ACUTE CARE

ANDREA SLAGER, OTDS

Sleep is one of the most important occupations, vital to health and well-being and impacting participation and performance in all other occupations; this 4-week educational program for OT practitioners in acute care was designed to improve confidence and competence in providing holistic interventions to improve patient sleep.

Thank you!