MSOTA MESSENGER NEWSLETTER



Winter 2019

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A FAREWELL MESSAGE FROM THE PRESIDENT

Greetings! We have just celebrated America's independence, and as usual after the 4th of July, I am reminded how important independence is to all people. It makes me proud to



know that occupational therapists practice the crafting of independence for our clients and what a high honor our profession truly is. Despite all that 2020 has brought to our world, our profession is one greatly valued and of benefit to those in need. We have so much to offer our world in terms of diversity, justice, population health, environmental modifications, rehabilitation, habilitation and the list goes on. Occupational therapists are needed now more than ever!

At the same time, we are only as strong as our collaborative abilities and creativity in practice. Those tenets are directly related to our MSOTA membership. It is vital that during times of crises, we come together and create synergies for practice. Through our recent annual conference, strategic planning activities, conversations on social media, advocacy with the Mississippi Department of Health, and published COVID resources, MSOTA desires to serve Mississippi OTs, COTAs, and students well. But we need YOU. We need to know your successes and challenges so we can serve you best. We also need your efforts. Reach out to your district chair and get plugged in. Ask what is going on in MSOTA. You may be surprised!

Finally, I'm saddened to say this is also a farewell message. My family has relocated and as such, I will no longer be able to serve as President. I have been so honored to have served in this capacity, but I leave you in very capable hands. Erica Reeves, Vice-President, Megan Ladner, President-Elect, and all the members of MSOTA Board are poised and ready to continue to lead MSOTA in a new direction of service to you. I thank you for the great opportunity to have served alongside this esteemed Board. You



MSOTA Board Strategic Planning Meeting

can know with full authority that MSOTA endeavors to be a place of strength to the occupational therapy practitioners in Mississippi and is worthy of your time and resources.

Many thanks and best wishes,

Kelly Crawford Psalm 90:17

MSOTA Messenger

SIX

FEET

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Social Events in a Social Distancing World



Anyone else love a brand new planner or calendar at the beginning of the year? I do, so much so that I got both to kick off 2020. I was all set to fill both the planner and calendar with all the fun events I had in mind for MSOTA. I had dreams of our monthly happy hours in the Jackson metro

growing, as well as to see similar events in other districts. The MSOTA board had some pizza party/graduation events planned for every school. We were even throwing out the idea of a pub crawl (thoughts on this would be much appreciated).

Well, all of that quickly changed with the introduction of the words 'social distancing'. The world changed and all events were cancelled. Planners are semi irrelevant in a world where we don't know when we can gather again in large groups or at what capacity.

That said, we need each other more than ever. While we may not have anything set for your 2020 calendar that is collecting dust, we are here for you. We would love to connect via social media and our website. Some good news to share with our members is always appreciated! Once we can meet, I would love to see some excitement about getting together with our occupational therapy community - that means happy hour/social events in other districts! If you would like to help with this, please reach out to your district chair or email me at ericadreeves@gmail.com.

I hope to see some of you sooner than later. I also hope to eventually use the planner I was all excited about.

Erica Reeves. OTR/L , CHT

Legislative Day 2020

MSOTA Legislative Day was held on January 29th at the State Capitol. We were pleased to have students from Holmes Community College as well as the University of Mississippi Medical Center join us in advocating for our profession! We had an excellent representation of members as well as students and many opportunities to meet and talk with our representatives about occupational therapy, who we are, and what we do. Each year at this event, we have more and more legislators seeking us out and asking us questions about our profession. This is a great opportunity for you to get plugged in as a member. If you have any ideas, suggestions, or want to volunteer for anything legislative related; just send an email to mississippiota@gmail.com for more information.



SAVE THE DATE FOR NEXT YEAR'S LEGISLATIVE DAY: JANUARY 27, 2021 FROM 7:30 A.M. TO 11:00 A.M. AT THE STATE CAPITOL IN THE ROTUNDA. MORE DETAILS TO COME!

MSOTA 2020 Outstanding Leadership Award

Each year, MSOTA presents an Outstanding Leadership Award to a graduating student from each Occupational Therapy program in the state. This student is nominated by the faculty based on the individual's demonstration of leadership skills in the classroom, on the school campus, and in the community. This award is designed to recognize those outstanding student leaders who, we hope, will go on to be leaders in MSOTA, AOTA, and the profession. Each recipient receives a certificate of recognition, a one-year free membership to MSOTA,

and a scholarship check in the amount of \$100.00.

The 2020 recipients of the MSOTA Leadership Award are as follows:

Emily Mitchell from Brandon, MS Holmes Community College

Aaron Ray from Corinth, MS

Ittawamba Community College

Erin Rushing from Bogue Chitto, MS

Pearl River Community College

Sallie Metcalf from Canton, MS

University of Mississippi Medical Center



Emily Mitchell, HCC



Sallie Metcalf, UMMC

Congratulations and much luck with your future endeavors!

MSOTA Annual Conference 2020

Wow! We were very fortunate to have our annual conference this year (pre Covid-19) and WITH RECORD ATTENDANCE! Thanks again to all of our attendees, sponsors and amazing speakers. A special thanks is also needed for Amanda Jordan, our MSOTA Executive Director. The most commented on topic with all of our conference feedback was the amazing food and snack table! She knocks this out of the park each year, in addition to every little behind the scenes detail that makes the conference possible.

This year the Muse Center hosted 197 attendees from across our state on a beautiful winter day. The morning focused on the AOTA Choose Wisely campaign for all attendees, followed by an afternoon for different tracks. This year we had the popular student track, a much requested pediatric track and a general track filled with lots of practical take away messages. Per the feedback, it seems that panels are well received.

For future conferences, we would love to see a continuing education committee come together regarding planning. We receive great topic suggestions each year, but would love any and all help with contacts and track ideas to better put this in motion. If you have any interest in this, please contact Erica Reeves at ericadreeves@gmail.com.

Lastly, we definitely hear you when it comes to feedback! We will continue to make sound and viewing of the presentations as accessible as possible. This was a wonderful issue to have due to our attendance numbers. We utilized all three rooms available this year, plus an overflow room for students. We also understand that some may find the rooms too hot or too cold. Much like preparing for any Mississippi weather, we suggest you come prepared with a jacket just in case. Slides will continue to be available online as this appears to be the preferred option.

Thanks again for an incredible 2020 conference! Many states were unable to have their annual conference. Fingers crossed we can have another successful event in 2021. SAVE THE DATE FOR THE MSOTA ANNUAL CONFERENCE ON SATURDAY, FEBRUARY 13TH, 2021.

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The MSOTA Spotlight is on... Annual Conference!!













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Amanda Jordan, OTR/L

News from the MSOTA Reimbursement Chair

Where to start? We wrapped up 2019 with the October start of the new Patient Driven Payment Model (PDPM) that replaced our old RUG IV classification system. Then, January 2020 started with new Patient Driven Groupings Model for home health agencies, CO modifiers added to CPT codes billed by assistants for Medicare patients, the new physician fee schedule, and the NCCI edits that were ultimately reversed by April (retroactive to January).

Then, the "fun" began. The COVID-19 pandemic hit the United States and we, literally, had to learn new ways of providing care to our patients. MSOTA, in conjunction with the Mississippi Advisory Council, advocated for our profession with the MS State Department of Health to lengthen our licensure renewal period, allow for telesupervision, and also recognize telehealth visits. Also, during the Coronavirus crisis, MS Medicaid allowed for telehealth to be performed by those who were authorized Medicaid providers. CMS finally came around and allowed for telehealth provision to Medicare recipients. From the beginning of the pandemic, many commercial providers allowed for telehealth services with some CPT code stipulations and time constraints. There are too many commercial providers and their respective stipulations to list in this article. As always, if you have a question about payment in regard to a specific insurance payer, my suggestion is to contact that payer directly before you offer the service. This will better ensure that the invoice gets processed and paid in accordance with that payer's guidelines at the time of the service.

Continued News from the MSOTA Reimbursement Chair Amanda Jordan, OTR/L

On the AOTA side of things, the Association is working to ensure that the OT profession does not take the 8% cut that was included in the 2020 Medicare Physician Fee Schedule final rule back in November of 2019. On June 15, 2020, the Outpatient Therapy Modernization and Stabilization Act was introduced in legislation. This act would exempt budget neutrality (save OT's from the 8% cut) and add OT, PT, and ST to the Medicare telehealth statue which would continue to allow these services after the current health care emergency waiver expires. More info to come on this by the end of summer.

MSOTA continues to receive questions from our members in regard to rules and regulations surrounding telehealth, billing, etc. I attempt to get your questions answered to the best of my ability and will continue, so keep them coming! I am working with Jasmine (MSOTA PR Chair) and Erica (MSOTA VP) in order to get questions and their respective answers out to you via our social media network. I hope this will help. So many things change on a daily basis that it is difficult to keep current. Hang in there! We are all in this together!



Membership News!!

During this time of uncertainty, we want to remind our membership that we are here for you! We have been available for questions and have monitored changes with reimbursement to update our membership. Make sure that you follow MSOTA on Facebook and Instagram, and that you are receiving our emails for the latest updates on information that is impacting our profession.

Updated membership numbers:

We have 209 OT members and 99 OTA members. There are 1205 OT and 700 OTA practitioners in the states of Mississippi, putting our membership percentage at 16% at this current time. We have seen an overall increase in membership numbers within the past 5 years and we hope to continue to gain and retain members!



We also like to break the membership numbers down by districts. If you are unsure about your district, see map. This map is also located on our website. Membership numbers by district North: 65, Delta: 16, Central: 140, Meridian: 21, South Central: 35, Costal: 24, and 7 members that did not list their areas. Your district can be a great way to get involved and stay connected! Find out who your district chair is for the most updated information in your area!

We also have the wonderful support of our student membership! We have 118 student

members. Student Membership numbers by school UMMC: 70, HolmesCC: 16, ICC: 16, PRCC: 10, South Alabama: 1, St. Katherine Univ: 1, Eastern KY: 1, and 3 not listed.

We are thankful to all our members and we love to hear from you! For more information about your District or District Chair, visit our website at:

www.mississippiota.org



Heather Calnan, Membership Chair

2019 SPECIAL MSOTA MEMBERSHIPS

> MAGNOLIA LISA POE

COTTON AMANDA JORDAN

STUDENT SPONSORS

KAYLA ABRAHAM CHERI NIPP ROBIN PARISH CHRIS THISTLE

MSOTA

THANKS THESE MEMBERS FOR THE EXTRA INVESTMENT IN OUR ASSOCIATION!

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COASTAL DISTRICT

Hi! I wanted to reach out to our Coastal District constituents. I have been silent for too long. We have not had an in-person meeting since last July when we hosted a Pediatric session prior to the present situation that shall not be named. It is time to start up meetings again and reconnect. We have a new Occupational Therapy Assistant (OTA) Program in our midst. The Program Director, Bonnie Inkel, MS, MPA, OTR/L, of the new Mississippi Gulf Coast Community College (MGCCC) OTA Program Perkinston Campus near Wiggins, contacted MSOTA and informed us that they are seeking fieldwork placement sites in our area. I asked her if we could have our next meeting there so we could have a tour and so that we could discuss Fieldwork Education for OT Practitioners in the new decade. She is discussing this with her team and will let us know soon if they will host for us. For all of you in Stone and northern Harrison Counties, this would be a prime opportunity to join us. Of course, we would extend it to all the other districts. We always enjoy having your interaction at our functions!

Julie LeBlanc, MS, LOTR, SCLV Coastal District Chair juliemslaot@att.net

Want to get involved in MSOTA but unsure of a commitment of a board position? We would love your help on the CONTINUING EDUCATION COMMITTEE.

We're looking for any ideas, contacts, content, etc. regarding our annual conference and district meetings. Please contact Erica Reeves for more on this at <u>ericadreeves@gmail.com</u>.



CENTRAL DISTRICT

Whew! What a year 2020 has been already! The Central District has been experiencing the same chaos as the rest of the state, as we have probably all felt like we are just trying to stay afloat in recent weeks and months. As essential workers, most of us have felt the strain of trying to balance all of the things thrown at us: working with crazy new schedules and regulations, figuring out how to teach and care for our children during those same work hours, trying to keep everyone safe and sane, trying to keep ourselves safe and sane, and managing our homes within this ever-changing world of today. But, within all of this, so many people have found creative, fun, and safe ways to spend time together with loved ones. If you need some ideas, here is what others in the central, MS area have been doing:

- Having a bonfire or roasting marshmallows/hotdogs in a fire pit
- Having picnics in parks/open spaces, in the backyard or neighborhood, or in the back of the car/truck in a fun location off the beaten path
- Fishing
- Grilling outside with friends/family (safely, of course)
- Buying or renting inflatable pools/slides for the family
- Taking walks on nature trails; Natchez Trace, Flowood Nature Park, and Reservoir parks
- Flying a kite
- Drive-Thru Safari at McClain Lodge



CENTRAL DISTRICT continued

- Playing Mini golf at Big South Sporting Goods and Mini Golf or Mac n Bones
- Outdoor parks
- Having projector movie nights outside (or inside!)
- Catching lightning bugs
- Outdoor sports like tennis, running, riding bikes
- Making homemade ice cream/having an ice cream date
- Gardening
- Reading a new book/watching a movie "with" a friend and discussing

What have been your favorite new activities during this season? As occupational therapy practitioners, we know and appreciate the value in all occupations, including those of leisure that are so valuable to maintaining emotional health and wellbeing. Not only is our understanding of this valuable in treating our patients, it is valuable for ourselves and our families. We hope you all invest in your own emotional health and wellbeing by way of meaningful occupations throughout each season of life, but especially during this current season. We can't wait to see you all again!

Future continuing education events and social networking events are being planned for our district. But, until then, let us know if you need anything or if there is any way we can better support you within your practice area.

Central District Co-chairs,

Kenley Smith, MOTR/L

Jennifer Donahue , MOT, OTR/L



MERIDIAN DISTRICT

Greetings from the Meridian District:

I may be breaking from the usual content of this newsletter, but the unusual is usual now in 2020. It has been a turbulent year thus far. We have all been experiencing various effects of what one of my recent but former patients has come to call, "THE COVID."

The COVID has caused a great deal of feelings of uncertainty ,anxiety, anger, frustration, helplessness, fatigue , and more. These have filled every area of life . We cannot escape it's broad footprint whether the effects are direct or indirect. In many ways this has brought about a feeling of groundlessness. This is a feeling of no solid ground and loss of control when our plans, sched-

ules, routines are blown up so to speak.



So where do we turn? One's personal faith is usually a place for some grounding. In addition, I will make a suggestion of **MINDFULNESS**. It is the practice of being aware in the present moment and yet without

judgment. The benefits are well documented and materials and apps are abundant . You an search them out to see what is right for you.

Several mindful practices that help me navigate these and other difficult times are outlined below; this is not perfect or comprehensive but an overview of mindfulness concepts.

1. Continue, revisit, or begin a regular time of meditation whether it be 5, 10, or 20 minutes. Stillness in a specified time allows for settling of stirring and agitation. Let one of these times be a nightly reflection before bed to review the days events while maintaining awareness of the breathing in and out without judging and be thankful.





MERIDIAN DISTRICT, continued

2. Learn that daily difficulties are the path to freeing us from our personal conditioning and constrictions. We can learn to be aware of how difficulties present in our body. So we learn to pay attention to our breath ,our heart rate ,and our autonomic reactions and our responses to situation. Over time we become aware quicker and keep from acting from our fears and set patterns. Ezra Bayda says "when we pay attention everything is our teacher."

3. Pause. This is perhaps the most important thing we can do. We have access to this many times a day if we recognize them and if we build them into our day as a mini break in the routine.

We have heard slow down and breathe. Yes, one breath is good, but if we can take 3 full breaths when we pause. This will extend our moments of awareness and take the weight out the frenzy and the busyness we get caught in. As we practice this and concentrate on the overall sensation in body, we learn to practice more often we learn to make a deal w yourself and stay with the distress for 3 full breaths. This will dissipate its hold on us. This teaches us to deal with things and not push them away.

On a personal note, the pause and the three full breaths keep me more grounded daily. They anchor me . I also throw in a phrase which I repeat with my breaths. It's all ok. It's all ok. It's all ok. I set an intention daily to practice meditation ,ask what am I to learn from this when difficulties arise, and pause often using the 3 full breaths.

Hopefully, as OT practitioners you can develop your own personal practice(s). I have learned these practice# from my readings of Mindfulness teachers Pema Chödrön and Ezra Bayda. So as we continue to deal with "The COVID" and future challenges, remember feeling grounded is as close as your 3 breaths.

Scott White OTR/L, CHT Meridian District Chair

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10 Quick Mindfulness Exercises for Coping with COVID-19 Stress and Anxiety can be found at this link:

http://www.ihi.org/ communities/blogs/10mindfulness-exercises-for -the-health-careworkplace

SOUTH CENTRAL DISTRICT

Our South Central area got shut down for our continuing education opportunities like everyone else, but we will get back to "professionally developing" soon. This way, we will be starting with a new cycle, new topics, and hopefully new faces. During the break, on a personal level, my family is in the process of building a house. So, I wanted to reflect on a few things and bring them to the forefront of our thoughts as OT professionals. I remember answering the question on MULTIPLE Joyce Titus tests- "What are some areas of OT practice that are up and coming in the next 10 years?" Those answers included low vision, ergonomics, and aging in place. Though low vision is near and dear to my heart, ergonomics and aging in place is what I want us to think about and not lose. I have battled during the entire home building process with framers, brickers, carpenters, and even my own husband about what things should "look like" when thinking of aging in place or at least making our home somewhat accessible. These ideas on paper don't necessarily look the same in function. I don't know how many times I have had to say, "Think of the frame, it is going to stick out. Where are the hinges? These doors can't be opened all at once and get by." We know growing old is inevitable and planning is awkward but needed. Thinking about not just the door widths but how the door swings. A tacky ole shower bench is much more functional and safe for the shower than a specialty built in ceramic shower bench in the back corner where hip fracture might rub. Which do you choose? Putting what is called "dead wood" in places between studs to mount a rail or handle later on saves lots of time and monev. If I needed to add a ramp for a parent or myself, how could I connect it to these steps? Should you put a post in an area that would later hold a grab rail? So many times, I have done home evaluations as a patient is preparing to discharge home, only to tell families things that they are not ready to hear, but they are the difference in safely discharging or staying in a facility.

SOUTH CENTRAL DISTRICT, continued

Even if we are not employed as a therapist that does these things daily, I want to encourage you to reach out when someone in the community is preparing to d/c home, a house is being built, or a church needs a ramp for a member. Be an advocate for your profession, but be an even great human and use your gifts and knowledge. I thought our teachers were just pumping us up in school as part of their job description telling us this, but we honestly do have a very unique way of looking at things, breaking it down, and giving others things to think about.

Be kind, be a help, love others! And, most importantly, rock on as OT peeps!

Love, Danielle Whittington South Central Chair

MSOTA NEEDS STUDENT VOLUNTERS TO SUPPORT OUR SOCIAL MEDIA PLATFORMS

For more information

please contact us at:

mississippiota@gmail.com



Holmes Community College

This has been a challenging year due to CoVid-19 as the OTA faculty

had to teach a large por-

tion of spring courses online; however, students and faculty returned to face-to-face didactic teaching June 1st with the emphasis being on orthotic intervention and fabrication. The 15 returning OTA students began their Level IA Fieldwork July 6th at the Boys and Girls Club. They will be leading groups and activities throughout the month that correspond to a theme for the week (i.e. cultural week, superhero week, art and math week).

School





Faculty is in the process of setting up Level IB FW in the clinical setting for 12 weeks beginning August 26th. The OTA program is proud to welcome 16 incoming OTA students this fall. Classes will remain face-to-face with students and faculty adhering to CDC guidelines.

> D. Cade Montague, MOTR/L Program Director OTA Program, HCC

SCHOOL NEWS Continued Itawamba Community College

After several months of working from home our faculty was allowed to transition back to work on June 1. Due to lots of planning and being able to provide online instruction, our students completed their coursework on schedule in May. We had to modify FW placements with staggered start and completion dates, but if everything goes as planned all students will be finished with their respective FW requirements by the end of July.

Interviews for selection of the entering freshman class were held on June 11 and we are excited to have this new cohort start classes in August. We had over 90 students apply this year and were faced with the tough assignment of narrowing this group of applicants down to 14. As we gear up for the fall semester, it will look a little different this year. But we realize what we are experiencing is not unique to ICC. However, we have taken a stand to be proactive in doing all we can to ensure our students are provided with the same, quality educational experience.

We also understand the impact the pandemic has had on our clinical sites and we are forever grateful to our outstanding FW educators. They have been gracious to work with our students to make sure their clinical experiences were disrupted as little as possible. Please know we appreciate all you do in helping to mentor and nurture our students along the way. Because of you we have 13 class of 2020 graduates who are well-prepared to make the transition from student to entry-level practitioner. Each of these grads will be finishing up their clinical rotations and sitting for the board exam over the next few months. I know they are excited.

What will the 2020-2021 academic year look like? We have no idea. But with the strong support of our academic institution, clinical affiliates and MSOTA we are ready to face any and all challenges head on.

SCHOOL NEWS Continued Itawamba Community College

The faculty and students of Itawamba Community College wish everyone a great summer and a wonderful fall semester!

Dee Dee Lomenick, OTD, OTR/L Program Director Occupational Therapy Assistant Technology



ICC freshmen and sophomores at St. Jude's Ronald McDonald house in Memphis on February 1, 2020

SCHOOL NEWS

Pearl River Community College

It has been a very unusual time for PRCC—as it no doubt has been for all. We transitioned to online training in the middle of March and are presently only in the classroom for Lab activities. We remain optimistic for a return to normal for the fall, while we are preparing to continue with an online format, if necessary.

Our Level II students have had to do their fieldwork learning in some highly stressful conditions and, in some cases, had to switch sites due to changing policies. Our program owes a great debt to fieldwork educators who went the extra mile to support our students during this period. At present, we still have a few students who have not been able to finish, but overall, we have been blessed to see most of the class complete their training. The class performed remarkably under such unforeseen circumstances and we are very proud of their accomplishments. Our pinning ceremony, usually held in May, was postponed to July.

After postponing our interviews for several weeks , we were able to hold socially distanced interviewing. It look s like we have another class of wonderful persons who want to be an asset to the field of occupational therapy.

One more THANK YOU to our outstanding clinical instructor s for the many supports and benefits you provided to our students during this most unusual of years.

Tim Pulver, M.Ed., OTR/L

OTA Program Director PRCC





MSOTA Messenger

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SCHOOL NEWS Continued

University of Mississippi Medical Center

Similar to the healthcare industry, education has been significantly impacted by the spread of COVID-19 and the associated restrictions. Due to great support among our fieldwork sites, we were able to complete all spring level II fieldwork requirements to graduate our last class of MOT students in May of 2020. We are very proud of those graduates and their determination and flexibility amidst unparalleled challenges for fieldwork completion. We also deeply appreciate the support we have received from our fieldwork sites.

Since spring break, we have been delivering our curriculum through the distance learning platform of Canvas. We were fortunate that UMMC offers many online programs, and our institution already had technology at the ready for this transition. We have been using online technology for both synchronous (all at one place/time) and asynchronous (accessed individually at varied times by students) class delivery. UMMC also has secure examination platforms which have been most helpful to maintain the rigor of our testing





practices.

There have also been occasions when we required students to come to campus for check-offs or in controlled small groups for essential learning experiences. While on campus, faculty and students have been adhering to strict safety measures such as wearing masks, social distancing, and hand sanitization.

This fall ushers in yet another instructional model for the OT1s and 2s. We will be following a hybrid teaching plan where lecture materials will continue to be pushed out through our online platform, and students will be returning to campus for weekly lab sessions in small groups. We are looking forward to returning to a full face to face instructional delivery model as soon as we are able to do so.

Our OT3s also had to adjust

their final year due to COVID. Summer fieldwork was moved to the fall semester due to COVID. To graduate in May 2021, the OT3s will be following a tight timeline for both Level II Fieldwork courses as well as the newly added 14 week capstone experience required of doctoral students. On behalf of the faculty and students, we want to offer our deep appreciation for your continued work with scheduling our students during these unprecedented times. Your continued support and flexibility is vital to our program's success.



UMMC COVID FACULTY MEETINGS

Thank you! Christy Morgan, UMMC OT Chair



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WHY SHOULD YOU BE A MEMBER?

Quick Links

Keeping you up-to-date on current events at the state and national level via the website, newsletters, and email blasts.

Giving you access to a member only portion of our website to define your profile and network with other members throughout the state.

Having a voice in regards to your profession through MSOTA sponsored surveys, elections, and District meetings.



View Full Calendar