



Otago Polytechnic School of Occupational Therapy Student Conference - Dunedin

Monday 8th September 2014: 8.50am – 4:00pm

Programme and Abstracts

Venue: School of Occupational Therapy, Otago Polytechnic, Dunedin – Level 3, G Block (corner of Union Street and Harbour Terrace – see map)

Welcome at 8.50 in Rooms G309 and G323

Light refreshments will be provided for morning and afternoon tea

Everybody welcome to attend who is interested in this professional development opportunity

9.00am – 9.50 am – Podcasts and Films			
Room G323		Room G309	
Presenting	Title	Presenting	Title
Ella List	Galloping towards occupational performance Horses are one of most intelligent animals on the planet. They have amazing memories and can understand our words. They remember friendships and have the ability to reduce fear by remembering how you acted. This podcast aims to explain why horses are used in therapy and how it can be beneficial during occupational therapy intervention.	Claire Berthelsen	Popping bubbles Imagine you are floating in a bubble. You feel isolated, alone, lost, trapped and maybe unhappy. Many immigrants living in New Zealand also experience these feelings - the wall of their bubble consisting of barriers to community engagement. This podcast details occupational therapists facilitating community engagement in New Zealand immigrant populations.
Rachel Colson	I'm not naughty Miss, I just can't do it! School-based occupational therapists are seen to have a significant effect on children's performance. Why is it, then, that teachers are limited in their knowledge of and involvement in their students' occupational therapy input? This podcast aims to discuss the benefits of occupational therapy within the school setting and the importance of a more collaborative approach.	Jessie Lott	Dementia in our community: a trivial pursuit of knowledge Recent research has shown that mental exercise can help decrease the symptoms of dementia. This podcast will look at the value of occupational therapists using cognitive therapy to keep those with dementia in their own homes in the community.
Jessie Prebble	Keep on moving Getting New Zealand active and pushing play - we've all seen the promotions for getting ourselves outside and improving our physical health, but what are the benefits for our mental health? How does being in the outdoors improve it? This podcast will discuss the implications the outdoor world has on an individual's mental health.	Lucy Emery	What do your community interactions say about you? Without a variety of communities in our lives how do we explain to others who we are and what is important and meaningful in our lives? This podcast will explore the value of community involvement and occupational engagement for children with autism and how we as occupational therapists can best facilitate these social interactions.
Claire Jordan	This wasn't in the parenting manual?! Every parent wants the best for their child, so when a child is first diagnosed with a learning delay/disability the question is posed – What now? This podcast will explore the benefits and challenges of taking a trans-disciplinary approach to early intervention with children – looking specifically at the 'Carolina Curriculum for Pre-Schoolers with Special Needs' as a tool in practice.	Emma Kingston	Playing with the mind Who would have thought the use of crosswords, going for a walk or making a card for your granddaughter's birthday could slow the onset of dementia within older people? Using recent research, this podcast will explore the benefits of Occupational Therapists utilising tools to keep the mind active in older people to minimise the onset of dementia.
Lauren O'Connell	Explore your inner Picasso Art Therapy is a popular intervention as a means of self-expression, self-discovery and emotional growth. This podcast will discuss the effectiveness of using Art Therapy as an occupational therapy intervention in an inpatient mental health setting with adults experiencing depression.	Ashleigh Ryalls	"Live like we are dying" "Nothing quite brings out the zest for life in a person like the thought of their impending death" (Jhonen Vasquez). Often the knowledge of imminent death brings with it a desire to make the most of every moment, which inevitably involves engaging in the activities you love with those who mean the most to you. But how do you fulfill your wishes when your occupations are being guided by the will of your failing body?
Georgia Coghlan	Something in the water Water is the most health beneficial substance in our lives. During this podcast I will be exploring the benefits of how water can contribute to rehabilitation through the implementation of hydro therapy and occupational therapy. Join me and work out which way the river flows.	Alice Tonks	The Clock is Ticking - An occupational approach to palliative care When someone is dying what do we do? Do we do nothing? Or do we encourage them to stay involved with life rather than waiting to die? This film will explore the interventions used by occupational therapists to enable clients at this stage of life to continue participating in their meaningful occupations.

10.00am – 11.00am – Blogs and posters with morning tea			
Blogs – Room G202		Posters – Room G315	
Presenting	Title	Presenting	Title
Lydia Fraser	Once upon a time... The use of social stories in Paediatrics Social stories were developed to support children with autism to better cope with social situations. This blog will explore the purpose, development and benefits of social stories in order to improve a child's understanding and performance in social situations.	Keri McCabe	Lending a helping paw Dog Assisted Therapy is used worldwide and can improve occupational performance in activities such as school performance, leisure activities and personal independence in children with autism. This poster will explain how a child's interaction with a therapy dog can help development in areas of social, cognitive, emotional and language skills..
Abigail O'Kane	Is it all just fun and games? Play is a meaningful and purposeful occupation for children. It enables them to learn and develop and did I mention, it's fun too! This blog will explore the benefits and challenges of using play in occupational therapy with children.	Laura Marshall	Music Therapy for dementia clients How music therapy is used to benefit memory and a sense of self for older adults with dementia. It is a powerful tool that has been used as a treatment for over 2000 years to engage and connect clients with therapists as it triggers moods and memories.
Petra Sparks	Wii can do it after a stroke Occupational therapists use Wii as a rehabilitation method that provides visual biofeedback in a virtual environment, and is commonly used among stroke patients with mild to moderate impairments. This blog will take you through the potential benefit of Wii to your practice and specifically for patients post-stroke.	Tori Bensemann	Whakaora Ngangahau me Kapa Haka: From performance to treatment. Occupational therapy through the use of Maori performing arts. Haka, waiata, powhiri - have you ever seen them in a hospital? Would you think to use them in occupational therapy treatment? And could you see a doctor prescribing this? This poster will test your ideas on the health benefits of Maori performing arts. Ultimately you will see how Kapa Haka teamed with occupational therapy can be a viable tool for future practice.
Lindsey Coup	Transitioning into an occupational life What happens to individuals with autism when they transition from school to adulthood? This blog will explore: the implications for a transitioning individual and their family, the services available and how to harness their strengths in occupational engagement as they enter adulthood.	Sarah McLaren	On The Fence – Borderline Personality Disorder: “A push in the right direction” In occupational therapy practice we see clients with depression, bipolar, or schizophrenia, and are confident in our approach. Why is it, then, that when there is a diagnosis of Borderline Personality Disorder we stand back, unsure of the “what next”? Is this stigma, a lack of education and research, or is there simply no place for us in their recovery?
Katherine Davie	The ABC of ASD In 2014 the New Zealand government announced a 20% increase in funding for Autism Spectrum Disorder (ASD). It is estimated that 40,000 people have the disorder, and this figure is increasing. The need for multi-disciplinary assessment is rising. So how can an occupational therapist contribute? This blog will discuss the A,B,C of ASD with children (diagnosis, assessment and intervention).	Tara Jopson	Let's talk about sex Occupational therapists are often viewed as holistic in their care; however we often neglect the area of sexuality - an important part of the human experience. Is sexuality an area that occupational therapists should look at when working with clients?

Daniella Rothwell	Can OTs lend a helping hand? A person's hands are used and abused on a daily basis and hand injuries are extremely common. When being treated, a patient can be seen by either a physiotherapist or an occupational therapist. This blog will explore the need for occupational therapy intervention within hand therapy.	Kate Findlay	It's fun, but is it? Many children occupy themselves through play. In occupational therapy practice we often incorporate play into therapy sessions, but is this truly play for a child? What is play? This poster will explore the evidence surrounding the benefits, implications and barriers of using play as an occupational therapy intervention.
Harriet Wilson	Strokes - before and after the clot You are aged between 40 and 65 and your life has just been turned upside down by a stroke. What does this mean for you? What does this mean for your family? Will you ever be able to be 'normal' again? This blog will explore how having a stroke during this life stage can impact on one's life and how it can influence one's overall occupational performance.	Roz Wood	This is me: Using biographical histories in a dementia setting Involvement in occupations, life events and life roles all make us who we are. Dementia progressively robs a person of their occupational and personal identity. This poster will explore the benefits of recording and using a person's biographical history to enhance client centered care and guide meaningful occupational engagement in a dementia setting.
		Claire Everts	Remembering as a form of therapy. Why is remembering therapeutic? As we age, remembering too little can become a problem This poster will use current research to examine the impact of Reminiscence Therapy (RT) for older persons with dementia on their quality of life, cognition, relationships and occupational engagement. It showcases life story work to empower the individual and celebrate their occupational lives.
		Abby Roberts	Can Occupational Therapy make a splash? Hydrotherapy has traditionally been an area dominated by physiotherapists, but it is within our scope to harness it for its potential to bring about occupational change. This poster aims to explore the fit between occupational therapy and hydrotherapy.

11.00am – 12.15pm – Films – Room G323	
<i>Presenting</i>	<i>Title</i>
Ganna Heckard	<p>Starving to live</p> <p>We all eat to live; even though some of us may have unhealthy eating habits at times, it doesn't necessarily mean we experience an eating disorder. Eating disorders have detrimental impacts on people's lives: health, well-being, activity engagement, social interactions and life roles. This film will show how eating disorders may impact on a person's daily life, as well as what approaches occupational therapists may use with people experiencing eating disorders.</p>
Kate Charlesworth	<p>Video games and Wiihabilitation</p> <p>Bang! Vroom! Zap! Millions of people the world over enjoy gaming as a hobby, but what else does it have to offer? This film will outline the emerging use of Nintendo Wii and other video games in occupational therapy and the scope for its use in the future.</p>
Kevin Livesay	<p>Music: medicine of the mind</p> <p>Music and music therapy can be a powerful therapeutic tool when used in mental health settings. Effective occupational therapy interventions can include facilitating the making of music, or listening to music as a sensory modulation technique. This film will evaluate the evidence supporting the use of music, and explore a variety of interventions which employ music in mental health settings.</p>
Kirsty Gildea	<p>Laughter is the best medicine: laughter yoga in mental health</p> <p>When a person is depressed or anxious situations that promote laughter are often few and far between. This film will explore the benefits of laughter yoga and how it can be used by occupational therapists to improve the mood of clients with anxiety or depression.</p>
Zonika Kloppe	<p>Mindfulness-based occupational therapy</p> <p>'Live for the moment' is no longer a simple phrase indicating an impulsive risky life moment with no consideration of the consequences... the art of 'Living in the moment' is now a skill to master! This film will capture the past, present and future of practising mindfulness and how the practice is applied under the occupational therapy philosophy.</p>
Leila Jun	<p>Power Puff Pets: the power of pets in therapy</p> <p>New Zealand is a nation of pet lovers. 68% of New Zealand households own at least one kind of animal in their home. This film will outline the effects pets have on a human being's mind and how they can have an impact on an individual's engagement in occupations.</p>
Amber Ward	<p>Hakinakina, the winner for our tangata whenua</p> <p>As occupational therapists, we focus on nurturing people's natural strengths and attributes. This video highlights how sport and its communities enhance hauora, leadership and self-esteem.</p>
Emma Johns	<p>Hi ho, hi ho, it's off to work we go</p> <p>Delusions, hallucinations, mania and depression... Would you employ a person with one of these diagnoses? This film will explore the challenges and stigma youth with a mental illness face with employment and will highlight the importance of work readiness programmes within an adolescence mental health setting.</p>
Grace McRae	<p>Rev up your engines</p> <p>Does your child find it hard to concentrate and stay alert in class? What if there were a way that is safe, fun and cost effective to overcome this? The 'Engine Room' provides a set programme of sensory experiences. This film aims to explore the effects that engine rooms have on a child's concentration and their behaviour during class.</p>

1:00pm – 4:00pm Fieldwork 5 community practice project presentations			
Times	Room G315	Room G309	Room G323
1:00pm	Effectiveness of the East Taieri Community Ministry Role East Taieri Church <i>Presenting:</i> Keri McCabe and Petra Sparks	Sight Unseen Visual Impairment Charitable Trust Aotearoa NZ <i>Presenting:</i> Roz Wood, Kirsty Gildea, Eve Davis	High on Life Dunedin Collaboration Against Family Violence <i>Presenting:</i> Daniella Rothwell and Emma Johns
1:20pm	Fuel the fun for Fairfield East Taieri Church <i>Presenting:</i> Zonika Klopper and Tori Bensemann	Brighten the future with vizbands Visual Impairment Charitable Trust Aotearoa NZ <i>Presenting:</i> Georgia Coghlan and Leila Jun	Students against flattening violence Dunedin Collaboration Against Family Violence <i>Presenting:</i> Harriet Wilson and Emma Kingston
1:40pm	What's up at Camp Waiora? Scouting New Zealand <i>Presenting:</i> Lindsey Coup and Claire Jordan	Getting out and about in Dunedin Disability Information Service Inc. <i>Presenting:</i> Jessie Lott and Rachel Colson	Say NO to spectator violence Dunedin Collaboration Against Family Violence <i>Presenting:</i> Claire Everts and Sam Sewpersad
2:00pm	Scouting for volunteers Scouting New Zealand <i>Presenting:</i> Kate Charlesworth and Tara Jopson	Music & movement programme: child development Mosgiel Parent Centre <i>Presenting:</i> Abby Roberts and Sarah McLaren	Helping hands: a gateway group community project PACT Group <i>Presenting:</i> Kevin Livesay and Jessie Prebble
2:20pm	Afternoon Tea – G317		
2:40pm	The buddy programme Presbyterian Support <i>Presenting:</i> Grace McRae and Laura Marshall	Crafty Creations and Curtain Drop: Marketing the Curtain Bank Dunedin Curtain Bank <i>Presenting:</i> Alice Tonks and Katherine Davie	Stepping towards sustainability Dunedin City Council <i>Presenting:</i> Ganna Heckard and Lydia Fraser
3:00pm	Parenting makes the world go round, and a bagful of helpful hints Presbyterian Support <i>Presenting:</i> Lucy Emery and Kate Findlay	Researching for a future Otago Polytechnic Occupational Therapy alumni Otago Polytechnic School of Occupational Therapy <i>Presenting:</i> Abby O'Kane and Claire Berthelsen	Getting Dunedin active: Workplace wellness Dunedin City Council <i>Presenting:</i> Ashleigh Ryalls and Amber Ward
3:20pm	Steps to Creating a Healthy Lunchbox Elmgrove School <i>Presenting:</i> Ella List and Lauren O'Connell	When three become one Otago Polytechnic School of Occupational Therapy <i>Presenting:</i> Rachel Irvine and Amy McLachlan	
3:45 – 4:00pm	Closing of conference – G323		

Thank you for supporting our students

Venue Information & map

Parking: Union Street, Forth Street & Harbour Terrace have time limited and free parking available



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