

msot Update

Manitoba Society of Occupational Therapists

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Hello, and Happy Summer!

I hope you have enjoyed this beautiful summer weather, and have made time for your own leisure activities! MSOT does not formally meet over the summer months, but as always, we have a few things underway.

We have welcomed a volunteer, Ken Keating, who is working on some projects for us over the summer. He is exploring a career change to become an Occupational Therapist. Check out his submission to learn more about him. We look forward to seeing his contributions!

As you know, we have compiled information related to the upcoming union votes and put this on our website. We had many people reach out because of difficulty logging on to the members portal and viewing the content. We contacted the host of our website who was able to make some changes that have proven successful. Please continue to reach out – we are always open to feedback and feel it is a priority to ensure our communications are as accessible as possible.

We are meeting at the beginning of August to prepare for our Annual General Meeting in October. We plan to do a blended model of in-person and online again this year. We are also looking at bringing in a speaker to add to the evening. If you have someone you would specifically like to hear from, we would be open to suggestions.

I would like to take a moment to thank the office staff, particularly Sandra Nowicki. She really keeps our ship afloat and we are always thankful for her hard work, and the positive relationship we share with her, Carmen and Sharon. Thank you, thank you, thank you!

Come September, we will be back at it with meetings and preparation for OT month! Looking forward to what advocacy initiatives await.

Respectfully,

Esther Hawn,
MSOT President

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Bill 29 - The Health Sector Bargaining Review Act: Union votes will occur from August 18-22, 2019

The MSOT Board has compiled important information for members to review in order to stay informed about the voting process and the participating unions.

Bill 29, The Health Sector Bargaining Unit Review Act, became law in 2018 and all health professionals will be asked to vote on which union they want to represent them (to decrease the number of bargaining units for health care employees from 190 to 36).

A commissioner has been assigned to make this into action (<https://www.bill29commissioner.com/>) and the website indicates that the voting process will allow unionized employees in each new bargaining unit to determine which union will represent all of the employees in that new bargaining unit in the future.

Voting is to occur between August 8-22, 2019. Voting will occur via telephone or online. According to the Commissioner's website it is anticipated that there will be two sets of votes:

Phase 1:

- Interlake-Eastern Health Region Employers Organization
- Prairie Mountain Health Region Employers Organization
- Southern Health Region Employers Organization
- Northern Regional Health Authority Employers Organization

Phase 2:

- Winnipeg-Churchill Health Region Employers Organization
- Shared Health Employers Organization

Listed below are the websites each of the unions is striving to keep updated to share information:

CUPE – <https://cupe.mb.ca/>

MAHCP – <https://www.onestrongvoice.ca>

MGEU – <https://www.carecomesfirst.ca>

UFCW – <http://www.ufcw.ca/index.php?lang=en>

MSOT has gathered the relevant information you might need to make an informed choice.

For a summary of each of the unions, click on the following link: [Bill 29 – Union Summaries](#)

Introducing Ken Keating, MSOT's Summer Volunteer

My name is Ken Keating and I am currently a serving member of the Canadian Airforce. I am a 38-year-old male who is in transition to a new career in Occupational Therapy. I have served in the CAF for fourteen years as an Aviation Technician on the C130 Hercules in Winnipeg. As life throws us all unforeseen challenges I have been thrown many. I became allergic to jet fuel within the Aviation trade after over a decade of confined space fuel cell work. This unexpectedly forced me out of my job and into a transition to a new career later in my life. However, I knew that the harder I searched for answers the better the outcome would be. "Hard choices easy life, easy choices hard life" Jerzy Gregory

Ten years earlier, before I rejoined the CAF as an Aviation Tech I was in another huge life transition. I was getting divorced and leaving behind my two-year-old son. These were the toughest days of my life. Things weren't working out for me being a Roughneck in the oil rigs in Saskatchewan and I knew huge change was coming but I didn't know which route to take. I was searching desperately for my path and spending endless hours taking personality tests. During Youtube's infancy in 2007 I came across a video describing Occupational Therapy. I was alone in my basement and it was very moving with slow motion scenes helping the elderly. The music was by Enya "Return to Innocence". This had spiritual significance to me as I was going through an awakening and reassessment of what was important in my life. This video came at perfect timing. When we feel strong emotions we should take notice. I felt altruism was the answer and never forgot the video. I knew somewhere deep inside I would revisit this field of work but for now I needed to join the CAF for financial and location reasons.

Fast forward to today where I live in Winnipeg where I was able to be part of my son's life. I became a Registered Holistic Nutritionist as well as a Personal Trainer while in the CAF through my own interest and curiosity for answers. I also became the Chapter Leader for the Weston A. Price foundation for Winnipeg. My aspirations are to open my own personal practice that will serve veterans with what I've learned over the years. I truly believe that holistic lifestyle design is how we best prepare and overcome trials and tribulations in our lives. Whether that be through a spiritual practice, nutrition, exercise, sleep, community, purpose, positive psychology or all of them together in a balance.

After years of research and inner personal inquiry I have come to the conclusion that Occupational Therapy is one of the best professional careers to help people on a multi-faceted level. I have reached out to the MSOT in order to volunteer and job shadow people in the field until my school starts in September and they have been more than supportive. My roles with the Society are to create infographic or brochures to describe what is OT, compile a list of OT salaries across Manitoba, begin a grant proposal that would be provided to the successful union of upcoming union votes, read and highlight the calls to action where OT's can take a leadership role and investigate what is being done already in Manitoba, compare web conferencing tools, explore how to get on media to support OT, provide this newsletter, and participate in a shadow opportunity with Julie Bell at Optimize OT.

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I have also written an Ebook available on Amazon.com on Depression titled “Out of the Dark, A Complete Holistic Guide to Conquering Depression” which is a to the point program for those who need practical answers that work. Other projects I’m working on are a podcast, starting a blog, and am in talks with doctors to start a holistic health practice here in Winnipeg. I am hoping my personal experiences, my military experiences and my personal studies will help others in need and will serve the field of Occupational Therapy.

Submitted by: Ken Keating

Mobility Scooter User Handbook

Mobility scooter use is rising, particularly because of an aging population. Scooters are readily available without the need to consult an occupational therapist; consequently, consumers often purchase devices without education about the appropriate selection and safe operation in public spaces.

To help bridge this gap, a comprehensive educational resource on safe mobility scooter use along with an abbreviation version was developed by Master of Occupational Therapy students, Harry Deol, Ephraim Hui, and Karine Hildebrand under the supervision of Edward Giesbrecht, Associate Professor in the Department of Occupational Therapy at the University of Manitoba.

The Mobility Scooter User Handbook is comprised of 7 modules aimed to inform potential, new, and current users on the following topics: procurement; abilities required; device selection; driving skills and training; road safety rules; transportation; and maintenance of their device.

The abbreviated version of the handbook summarizes key points of each module and can be used as a quick reference guide for users and caregivers alike. Both resources are intended to be shared with practicing occupational therapists in Manitoba and are available for download, free of charge, using the following links:

Mobility Scooter User Handbook:

<https://www.dropbox.com/s/tfv64cy38p79n61/Mobility%20Scooter%20User%20Handbook.pdf?dl=0>
https://drive.google.com/file/d/1kYa95zsP95NP_Ej4QOwkdxo0B6RzOHo/view

Mobility Scooter User Handbook - Abbreviated Version:

https://drive.google.com/file/d/1G-M0XdAPTuV4n0_ypiD7QnmWKvHE50m4/view?usp=sharing
<https://www.dropbox.com/s/6v8s0w8vp5a8laz/Mobility%20Scooter%20User%20Handbook%20-%20Abbreviated%20Version.pdf?dl=0>

Submitted by: Harry Deol, Karine Hildebrand, and Ephraim Hui

Learning about client-centredness by hearing the voices of clients with multiple sclerosis

By Tess Rowson & Lacey Lynes
Student Occupational Therapists, University of Manitoba

Despite the well-established notion that client-centred practice is a foundation of occupational therapy practice, the majority of the available research on this topic comes from the clinician's perspective. For our Independent Study student research project, we analyzed seven interviews of participants with multiple sclerosis (MS). As students, this was an extraordinary opportunity to explore in detail the experiences of individuals with MS as we tried to understand their perspectives of the facilitators and barriers that influence the client-therapist relationship as well as occupational therapy services received over time and across settings.

To inform our analysis, we searched and reviewed the available literature about client-centered practice in occupational therapy from the client's perspective. We discovered a small body of evidence representing the client's voice of certain population groups which, promisingly, closely aligned with the guiding principles and definitions of client-centered practice that we are taught about in our curriculum. However, little research was found that explored clients' experiences of receiving occupational therapy services along the trajectory of living with a chronic condition such as MS.

Our findings suggested that clients who have MS or other chronic conditions value a therapist who understands the importance of listening to the knowledge and life and health condition expertise that each client brings with them, and that recognizing their expertise was a foundational part of a successful therapeutic alliance. Through participant's stories about their lived experiences regarding the complexities of living with a progressive condition with unpredictable symptoms we learned that it is necessary for therapists to develop a dynamic and holistic understanding of each individual client at each visit. From the participants perspective, a positive OT experience could be achieved by "meeting me where I'm at".

Additionally, our findings identified that participants had a lack of knowledge about the scope of occupational therapy practice. Several participants reported they were never explicitly told about the occupational therapy scope of practice and they were not aware of what things they should be telling their occupational therapist about their condition or what kinds of services and supports they should expect beyond the services for which they were referred. This finding emphasized the importance of providing education and information to our clients surrounding the breadth of services occupational therapists can offer across the trajectory of MS.

We feel fortunate to have had the opportunity to learn from the participants in this study, and this learning experience will undoubtedly have a profound and lasting impact on us as client-centred practitioners. We hope that our findings will guide occupational therapists to be more client-centred specifically when working with clients who live with chronic conditions. If you would like more information about our research findings, please contact our advisors Jacquie Ripat at jacquie.ripat@umanitoba.ca or Pam Wener at pam.wener@umanitoba.ca



Excellent Career Opportunities For Occupational Therapists

**Full-Time, Part-Time, and Term Positions are available
in Flin Flon, The Pas & Thompson, MB**

Incentives to Joining Our Team

- Up to \$5,000 in relocation assistance
- 20 days paid vacation
(pro-rated in 1st year of employment)
- Interim accommodations/rent
reimbursement for first three months
- Up to \$10,000 annual retention bonus
(dependent on location)
- Competitive salaries
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- Income protection
- Ability to work a compressed work week
- Retention Allowance
(for qualifying positions)

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**Northern Manitoba - The heart of "adventure territory".
You will be surrounded by breathtaking lakes, beautiful forests and amazing
farm land.**

It has something for everyone.

**The same challenging career opportunity as the big city,
but amidst the tranquility of nature.**

Come Join Us!!

For more information, please contact our Recruitment officers:

Holly Rousson, RPR
Recruitment Officer (The Pas/Flin Flon & Area)
Box 240, The Pas, MB R9A 1K4
Telephone: 204-623-9229
Toll Free: 1-866-758-7871
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Thank you MOT Admissions Interviewers!

A total of 178 people applied to the Masters of Occupational Therapy program at the University of Manitoba for the 2019-2020 school year. Statistics on the applicant pool over the last few years can be found [here](#).

Of these 178 applicants, 81 were interviewed in 3 separate interviews (by a student, a clinician, and a faculty member).

The incredible support from the occupational therapy community is very much appreciated. Thank you to the following students, clinicians, faculty, and support staff who made this day possible:

Andreea Alexandrescu, Kadi Bell, Solène Borger, Julie Braga, Emma Brautigan, Hannah Brown, Rose Brownridge, Chad Bruce, Melissa Campbell, Karin Chanas, Corrine Clyne, Sara DePottie, Lisa Diamond-Burchuk, Francis Diaz, Danielle Diona, Jessica Elias Lopez, Liz Forbes, Ed Giesbrecht, Susan Hales, Lana Hochman, Ephraim Hui, Nicholaas Kehler, Mallory Koop, Meagan Korell, Carmine Lao, Nicole Leclerc, Laura Lee Levenick, Kaitlin Lewandoski, Kale Lutomsky, Natalie MacLeod Schroeder, Carrie Mandryk, Dayna Mascitelli, Lisa Mendez, Daureen Nacario, Jodene Neufeld, Jillian Neusitzer, Jennifer Parisian, Joo Hee Park, Cassandra Payne, Gabrielle Peterson, Margaret Anne Campbell-Rempel, Kim Rodeck, Jacquie Ripat, Alisia Roos, Tess Rowson, Leanne Sanders, Naomi Sawchuk, Rhea Schmidt, Courtney Silvani, Andrea Simser, Madisson Stott, Carmen Taylor, Catherine Troia, Lea Trudeau, Trisha Vera, Sarah Walkey, Katie Walsh, Cindy Yamamoto, Katie Young

We'd love to have your involvement next year! Send an email to Kristen.Stefanson@umanitoba.ca or cara.brown@umanitoba.ca to be added to our "call for interviewers" email list.

Submitted by:
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Health Sciences

Thank you Fieldwork Educators!

The Occupational Therapy Department at the University of Manitoba would like to thank the following OT educators for their contributions to Intermediate 1 Fieldwork (May 6 – June 28, 2019). We appreciate the coaching, teaching, and mentoring that you have provided to our junior colleagues!

Community Therapy Services Inc.: Jessica Mendres, Patrick Wu
Deer Lodge Centre: Julie Braga, Lindsey Clendenan, Nicole Springer
Flin Flon General Hospital (Flin Flon, MB): Cailin Jones, Kara Kozar
Geriatric Program Assessment Team, Deer Lodge Centre: Rachel Buckingham
Grace Hospital: Eileen Eusebio, Alina Peer
Gaining Resource Our Way (GROW): Emilie Britton, Cynthia Yamamoto
Health Services on Elgin: Erin Roach
Health Sciences Centre: Melissa Ancelin, Sofia Salsi, Barb Grant, Kari Webster, Isabella Wiebe, Kelly Mark, Daniel Doerksen, Sherry Kaminski, Lea Grant, Emerald Savary
Interlake-Eastern Regional Health Authority: Monica Penner, Quinton Baerbig, Samantha Repa, Kim Desveaux, Kazia Nault
Manitoba First Nations Education Resource Centre Inc.: Katelynn Chabot, Yael Berkowitz, Deb MacDonald
New Directions: Andrea Auch, Melanie Anonuevo
My Health Team, River Heights/Fort Garry: Jessica Van Loon
My Health Team, St Vital/St. Boniface: Amber Paterson, Natasha Gill
Prairie Mountain Health, Brandon Regional Health Centre (Brandon, MB): Emma Wolfe, Natalie Patenaude
Prairie Mountain Health, Community Mental Health Services (Brandon, MB): Jo-Ann Pasklivich
Primary Health Care, Prairie East Network (Moosomin, SK): Alina Zander
Royal University Hospital (Saskatoon, SK): Michelle Street
Saskatoon City Hospital (Saskatoon, SK): Tricia Favel, Jackie Kivol
Selkirk Mental Health Centre: Jaylene Miller, Stephanie Warren
Seven Oaks General Hospital: Mary Montgomery, Gail Marcaida, Christina Nichol, Angela Rempel, Patricia Stefanyshen
South Winnipeg Community Mental Health Team: Andrea Walker
St. Amant Centre: Shannon Hargreaves, Sharon Tan, Jane Lawler, Marla Lulashnyk
St. Boniface Hospital: Marcy Fengler, Jamie Chhabra
Tri-Cities Mental Health Centre (Port Coquitlam, BC): Jennifer Burke
University of British Columbia Multiple Sclerosis Clinic (Vancouver, BC): Denise Kendrick
Victoria General Hospital: Nicole Kerbrat
Wascana Rehabilitation Centre: Jason Greville
Workers Compensation Board: Katelyn Maruca

Fieldwork within the MOT Program would not exist without your generous support!

P.S. If we have inadvertently left your name off this list or misspelled your name, please accept our apology and let us know ASAP!

Spotlight on OT...

Community Therapy Services Inc.

Community Therapy Services is a private, non-profit agency that started over 60 years ago, offering an ever-expanding range of Occupational and Physiotherapy services and programs to the people of Manitoba. CTS therapists provide consultative assessment, intervention and education with the goal to optimize the health, independence and quality of life of our clients. CTS programs and areas of expertise include: WRHA Home Care and Long Term Care; community mental health- SCIL (Support and Consultation for Independent Living); Northern Programs (OT & PT services in northern, fly-in communities, some rural hospitals); Community Living disAbilities Services Program (group homes, day programs); WRHA Delegated Task Program; PTs with expertise in respiratory rehab and OTs with expertise in wheelchair seating, pressure mapping and dysphagia care.

CTS receives referrals from a number of sources, some of which include: Home Care Case Coordinators, nurses, physicians, hospital-based OT's & PT's, clients and family members. Some of the more common areas of assessments include safe client handling, transfers, mobility, wheelchair seating, pressure management/skin integrity, ADL's, IADL's, cognition, and equipment/funding requests. At times, CTS therapists provide training to caregivers regarding transfers, repositioning, and equipment use. These caregivers may include Home Care Attendants, personal care home staff, private staff, group home staff and family members.

Once the assessment is complete, the therapist communicates the assessment findings and recommendations to the referral source (i.e. verbal and written report) including plans for follow-up (e.g. ordering equipment available through Home Care, funding agencies –e.g. DHSU, FNIHB, coordinating visits with local vendors for equipment set-up and/or trial, etc.).

The wide range of clients seen by CTS therapists present with diverse support systems and often involve a multitude of care team members from a variety of disciplines. By providing detailed assessments, areas of residual difficulty are identified, and equipment and services are recommended to increase client and caregiver safety and decrease risk of injury. CTS therapists are able to make relevant contributions to the thread of medical, cognitive, psychosocial and functional information. Our comprehensive knowledge of the guidelines and procedures in the WRHA Home Care Program facilitates collaborative care planning with the common goal of enabling clients to achieve an optimum level of functioning to better manage in their homes. This contributes to decreased doctor visits and hospital stays, and often delays admission to Long Term Care facilities. In addition to the reduced strain on the health care system, there is great value to achieving a reduction in caregiver burden. The expertise of the therapists at CTS is crucial in managing the combined complexities of multiple diagnoses (both acute and chronic) as well as end of life challenges.

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Spotlight on OT continued ...

Community Therapy Services Inc.



CTS is more than a workplace, it's a family. Each of the 40+ therapists feel comfortable reaching out to one another at any time for support, advice, or just a listening ear. We are so tightknit that we have each other's personal cell phone numbers saved to our phones allowing us to text or email a question at any time throughout the workday. The elevated morale is rooted in a solid management team who are devoted, accommodating, and genuinely care for their employees on a personal level. Having previously worked as community therapists, they have a real appreciation for and understanding of the challenges therapists face in the field making them invaluable resources for support and encouragement. They exemplify what it means to completely trust their employees which offers an unparalleled level of flexibility while fostering an idyllic work-life balance. Many therapists enjoy the convenience of working from home which is one of the many reasons why few therapists ever leave the agency. A positive work environment of this nature translates into optimal performance from therapists who enjoy going to work every day and pride themselves on providing exceptional service to our clients.

For more information about CTS please visit our website at: <http://www.ctsinc.mb.ca/>

Compiled by: Brenda Schneider, Carol Scott, Julie Glawson and Dionne Kehler

2019 MSOT Advertising Rates

All submissions are due on the last Tuesday of the month prior to the month of publication. Please email submissions to msot.newsletter@gmail.com

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Editorial Policy...

the Update is published 6 times a year and is distributed the first week of February, April, June, August, October and December. Statements, claims and opinions made in articles and advertisements are those of the author or advertiser and do not necessarily reflect the views of MSOT members or executive. Submissions are also subject to editorial changes.

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SPOTLIGHT on OT SERIES:

Are you working in a new OT position? Perhaps in a new position that is not specifically for OT, but OT is a great fit? Do you know someone who is contributing to Manitoba's OT community through new and innovative strategies? Or maybe you just want to share your experience as an OT in Manitoba with MSOT members? Submit your story to msot.newsletter@gmail.com