

The School of Rehabilitation Science

Welcome to the seventh edition of the School of Rehabilitation Science, McMaster University, email newsletter.

The fall has been exceptionally busy. We welcomed 110 new students to the OT and PT programmes at the start of the new academic year in September. Our online Master's program is up and running - there is more information about this program later in the newsletter. The School is also exploring the potential for continuing education initiatives in partnership with community organizations.

With 2004 coming to a close, we want to offer our sincere thanks to alumni, our clinical community, faculty, staff, and students for their support and contributions to the excellence of our educational programs and research. I hope that all of you are doing well.

We hope that you enjoy this newsletter. Keep in touch!

As always, we welcome your feedback and news - send it to collinsh@mcmaster.ca

Wishing you all a happy holiday season! See you in 2005!

- Mary Law, Associate Dean, School of Rehabilitation Science

AWARDS

PhD THESIS IN EDUCATIONAL STUDIES

Congratulations to Joyce Tryssenaar for successfully defending her PhD thesis in educational studies.

SCHOOL OF REHABILITATION SCIENCE CLINICAL PRECEPTOR AWARDS

OT Outstanding Preceptor Award: Lori Boudreau

PT Outstanding Preceptor Award: Magen Dunkley

GRADUATION AWARDS 2004

*The Canadian Association of
Occupational Therapists
Book Prize:* Alison Leduc

*The Ontario Society of
Occupational Therapists Prize:* Carrie Stavness

The Professional Practica Prize: Kim Day

The Shari Lowe Book Award: Alisha Sinnaeve

The Roulston Innovation Award: Jacqui Martin
Lauren McGregor

The OT Northern Studies Book Award: Colleen Good

The Canadian Physiotherapy Association Award: Natalie Grant

*The Hamilton District
Ontario Physiotherapy Association Book Prize:* Mark Howard

*The Canadian Physiotherapy Cardio-Respiratory Society
Excellence Award:* Wendy Hancock

The Eleanor Lees Prize: Sarah Fairfield

The PT Northern Studies Book Award: Sue Govender

ONTARIO GRADUATE SCHOLARSHIPS, SEPTEMBER 2004

Shannon Grant, Year 1 OT

Mindy Broersma, Year 1 PT

Alison Mills, Year 1 PT

Mariam Mokhtarzada-Salim, Year 1 PT

HAMILTON HEALTH SCIENCES PRECEPTORSHIP AWARDS OF EXCELLENCE 2004

Mende Katz, OT '98, Henderson Ward 3

CANADIAN PHYSIOTHERAPY ASSOCIATION 2004 NATIONAL CLINICAL EDUCATION AWARD

Alison Ritchie, PT '98

Theresa Pace, PT '99

Congratulations and Best Wishes to all the recipients!

Earn Your MSc In Rehabilitation Science While Working!

The internationally regarded School of Rehabilitation Science at McMaster University is now offering an online Master's degree by distance education. Our program is designed to accommodate your demanding work and home-life schedule. Built specifically for practicing occupational and physiotherapy professionals, this program gives you flexibility and access to the finest curriculum available.

Further information is available at

<http://www.fhs.mcmaster.ca/rehab/programs/distanceedoverview.html>

Research Spotlights!

Our Congratulations to...

1. Joy MacDermid for receiving the Nathalie Barr Lectureship from the American Society of Hand Therapists. Joy will deliver her lecture at the combined meeting of the American Society of Hand Therapists and the American Society for Surgery of the Hand in San Antonio, September 2005.
2. Liliana Coman and Julie Richardson for receiving full funding

from the Gender and Health Education Initiative, for their proposal entitled, "Women's Health Issues Associated with Physical Disability - A Web-based Interactive Module for Rehabilitation Students".

MEET OUR COMMUNITY PARTNER

PATRICIA CASE

We are delighted to feature Patricia Case in the holiday edition of our 7th newsletter. Since 1988, Patricia Case, has been a long-standing professional associate of the School of Rehabilitation Science (SRS). Trish, as she is informally known by faculty and clinical colleagues, has a part-time faculty appointment in the SRS, and to date, has served as a tutor and clinical preceptor in the Occupational Therapy Programme for 16 years.

Trish is a graduate of the former Mohawk-McMaster Programme. She graduated from the Mohawk component in 1986, and from the McMaster component in 1989. Since 1986, she has worked at the McMaster Children's Hospital, in the areas of School Health Support Services and Acute Pediatrics. Recently, she specialized clinically in the areas of feeding and swallowing in children, congenital hand problems and pediatric oncology.

In relation to research, Trish presented her work on "Comparison of Clinical versus Videofluoroscopic Swallowing Studies in Children", at OACRS in London, Ontario. As well, at the CPRI in London, she presented a study on "Working on Acute and Sensory Behavioral Feeding Problems in Children". At the national OT/PT/SLP (OPSEP) conference, she presented her research on "The Psychosocial and Rehabilitation Challenges in Pediatric Oncology". Other studies include the effectiveness of a parent education program for children with sensory behavioral feeding problems, and transitions experienced by children and their parents after an acquired brain injury.

Greensville (Dundas, Ontario) is home to Trish and husband, Michael. Michael manages a group home for adolescents with emotional and behavioral problems. Her youngest son, Bradley, age 21 (and born during her first year in OT school), is completing a diploma in Business Administration at Mohawk College. Her oldest son Shane, age 25, has recently moved to Peterborough and works with children and young

adults with special needs.

Over the years, Trish has marveled at the changes in the occupational therapy programme in the School, and feels that the programme has stayed true to its problem-based, self-directed roots. Serving as tutor to the students, has provided her with the opportunity to stay current with occupational therapy issues, theory and practice.

Term 1, she says "has been my favorite term to tutor as the students are fresh and enthusiastic about their chosen profession, and it is rewarding to start them on their new path. The School has always been very supportive of me and encouraged my fledgling involvement in research."

As a 'tenured' tutor and clinical preceptor, the SRS is grateful to Trish for her dedication and commitment over the 16 years, and we look forward to continuing the long-standing professional and collegial relationship with this associate for many more years.

UBC/McMaster University Graduate Certificate in Rehabilitation Program

Courses are open to eligible rehabilitation professionals as well as graduate students. For information on admission and application details, click [here](#).

ACTIVITIES

OT'94 ALUMNI REUNION

It took eight months of planning, two hundred emails, umpteen trips between Toronto and Oakville, a budget of \$1,285.00, three locations, two days of festivities, twenty-one graduates (with 10 spouses and 20 children in tow), and it was an amazing happening!

A great time was had by all, Labour Day weekend, 2004, when the OT Class of '94 met for their 10-year reunion. The weekend began with a family-friendly event at a local farm/petting zoo. It was an ideal way to reconnect with former classmates, greet their spouses and meet their children, "every one of them just as talented and good-looking as their parents." In the evening, the adults gathered at Kelly Jennings' and Jeff Ford's for a Caribbean cook-out, complete with cabana tent, tiki torches, jerk chicken and Dominican beer. The night air was filled with talk, jokes and laughter. Weaving memories of OT school with marriage/parenting tips, political debates and career/grad school advice carried on into the early hours. After a few hours of sleep, a smaller but no less animated group met at Trish Williams' and Kevin Everingham's for a delicious brunch with more stories and laughter. The weekend came to an end much too quickly, as people departed by car and by plane. It was difficult to say "goodbye" after saying "hello" a couple of days earlier, however, the Class of '94 are planning another reunion in a few years. For those who were not able to join their classmates this past September, stay tuned... Margot McWhirter, Kelly Beins, Kelly Jennings and the other co-organizers look forward to seeing you at the next one!

MEET OUR FACULTY

ELAINE FOSTER-SEARGEANT

Elaine Foster-Seargeant has been the physiotherapy faculty and coordinator for the Northern Studies Stream (NSS) at Lakehead University, Thunder Bay, since 1998. A graduate of the former Mohawk-McMaster Diploma Program in 1979, she has always felt a strong loyalty toward the problem-based philosophy of education. To this day, Elaine believes that the innovative concept of problem-based learning has served as a strong foundation for clinical practice.

Early in her professional career, Elaine served as senior therapist in a large outpatient facility, however, was always drawn toward opportunities to teach, either in an in service capacity or with new graduates. When the NSS was developed in 1991, she knew that this was the path she wanted to follow. She returned to McMaster University and completed her BHSc(PT) and, subsequently, received her Masters in Education in 2002. Elaine's career in the NSS began as a volunteer tutor

and guest lecturer for several years. She then applied for locums and eventually, acquired her current position.

Elaine is very passionate in her role as an instructor. "I love teaching more than anything I have ever done in my life. It is such an honour and joy to have a chance to work with such bright and motivated young people." She is a firm advocate of client centered practice and patient empowerment, and views teaching as a wonderful opportunity to pass on her values of caregiving to the next generation. Many of her students remain in contact long after graduation. Following an enriching academic and cultural Northern Studies Stream experience, several graduates have made the decision to work in Northwestern Ontario. Many continue their support of NSS as tutors, instructors and preceptors.

Being from the north, Elaine has a unique and creative teaching style, largely influenced by her mentor and friend, Joyce Tryssenaar, member of the OT faculty. Her classes have taken place beside waterfalls, in Finnish saunas, learning wigwams and sweat lodges. "I believe in bringing the students into the realities of the community, especially when it comes to understanding first nation's healthcare beliefs. There is a different pace to life here with more opportunity to interact. Students are drawn to the informal and welcoming environment of education in the north."

Elaine lives with her husband and three children in a beautiful area along the Kaministiquia river outside of Thunder Bay. The family enjoys hiking, kayaking, snowshoeing and skiing, and never seem to run out of outdoor activities to enjoy. Her family is also actively involved in volunteer work, especially with Habitat for Humanity (HFH). Brian, Elaine's husband, is a member of both the national and international boards of HFH. Last year, Elaine and her family spent 6 weeks in East Africa working with HFH and the physiotherapy community, and as a result, Megan, Elaine's teenage daughter, is returning to Rwanda this winter to further her experience in development work. Elaine notes that she and her husband have strong social justice values that they try to pass on to their children, so that they may become responsible citizens in the global community. Likewise, Elaine tries to communicate social justice values to her students, as part of their professional learning and ethics.

Elaine's research interests include support to new therapists during their first year of practice, first nation's health beliefs, reflective journals as a

teaching strategy and best practice in client education. She has presented her research in publications and at numerous conferences across the country. Elaine's next challenge is to help develop a Kenya Working Group with the International Centre for Disability and Rehabilitation to support some of the wonderful initiatives she worked with in Africa.

Mary Edwards

Mary Edwards has been affiliated with the School of Rehabilitation Science since it was a part of Mohawk College, and is now Assistant Clinical Professor at the School. She is a full time employee of Hamilton Health Sciences, seconded part time to the School of Rehabilitation Science and is a Clinical Manager in the Rehabilitation and Orthopedic Programme at Hamilton Health Sciences. In this capacity Mary is interested in fostering relevant linkages between the SRS and the HHS Rehabilitation Programme. Mary has had over 25 years of health care management experience. This has been in both outpatient rehabilitation center and acute hospital settings. Mary has also managed a Rehabilitation Reform Pilot Project funded by the Ministry of Health and Long Term Care and for the past two years has coordinated the Ontario Rehabilitation Research Network (ORRN) whose mission is to advance rehabilitation research in Ontario. Her role at the School involves tutoring in the Occupational Therapy Programme, as well as providing resource sessions and coordinating clinical skills labs. In the summer of 2003 Mary assumed the role of Professional Practice Coordinator for the Occupational Therapy program. In this capacity she welcomes the opportunity to link with occupational therapists and clinical facilities in the community to identify and develop clinical fieldwork opportunities that form an integral part of the preparation of students for professional practice. Mary has participated in the Program for Faculty Development since 1981, facilitating interdisciplinary workshops focused on clinical teaching skills, problem based learning and the role of the tutor in small group learning.

Mary is currently on a research team funded by the ministry of Health and Long Term Care entitled "Rehabilitation in Primary Care: A project to Maximize the Health Status of Adults with Chronic Illness (Primary Investigators: Lori Letts and Julie Richardson)

Mary also recently worked with colleagues Dr. Seanne Wilkins and Laurie Wishart on the COTF Outcomes that Matter project titled "The

effectiveness of occupational therapy education and functional training programs for older adults." To view this critical review, go to: http://www.cotfcanada.org/cotf_critical.htm.

2004 Paralympic Double Medal Winner!

On November 11, 2004, Peter George, President and Vice-Chancellor, and Mary Law, Associate Dean (SRS) hosted a special reception at the University Club, in honour of Elisabeth Walker, Occupational Therapy student, who was a double medal winner at the 2004 Paralympic Games in Athens.

It was an evening of celebration, with faculty, staff, students, former classmates and the local media cheering and applauding Elisabeth for her outstanding performance in the 50-meter butterfly and the 4 x 100 medley relay, which won her the bronze and silver medals respectively.

Subsequent to completing an undergraduate degree at Brock University, Elisabeth applied to the Master of Science Program in Occupational Therapy in January 2002. She was invited to join the graduate program in the Fall of 2002 and completed Year 1 of the program. It soon became well known that Elisabeth, who had won gold at the Sydney games, wished to achieve the same at the 2004 games in Athens. She was granted a leave of absence in September 2003, and devoted herself to the rigorous regimen of training and competition. Having decided that 2004 would be her final year in the paralympic games, Elisabeth's wish was to complete her last games with another triumphant win, and she succeeded in winning not one but two medals.

Although born with two shortened arms, a condition known as dysmelia, Elisabeth is an avid athlete, haunting the local swimming pool, and joining many sports teams. In a recent interview with Johanna Walker, Elisabeth's mother, it was very apparent that the entire family is beaming with pride. "We are extremely proud of her especially since she had competed against other athletes, who though disabled, have full arms. She just had to be that much faster," said the proud mother.

Elisabeth plans to return to the OT programme in September 2005... and we look forward to welcoming her back!

Further highlights of the November 11, 2004 celebration are available at <http://dailynews.mcmaster.ca/story.cfm?id=3003>

The 2004-2005 Fowler Kennedy Sport Medicine Clinic - Sport Physiotherapy Fellowship

Congratulations to David Humphries, recipient of the 2004 -2005 Fowler Kennedy Sport Medicine Clinic-Sport Physiotherapy Fellowship!

The Fowler Kennedy Sport Medicine Clinic (FKSMC), considered one of the elite sports medicine clinics in North America, is a diagnostic and treatment facility located in the 3M Centre on the University Of Western Ontario Campus. Since 1972, the clinic has provided specialized sport medicine to elite athletes, youth and recreational athletes alike. Past patients include Todd Brooker, Steve Yzerman and Eric Lindros, to name just a few.

Each year, the Clinic awards a Sport Physiotherapy Fellowship to enhance and support specialization in the treatment of sport injuries/conditions. The Sport Physiotherapy Fellowship is a ten month program that is designed to give the Fellow exposure to a wide variety of sport physiotherapy conditions and situations. Experiences includes treatment of athletic injuries both on field and in the clinic, development of a research interest in the area of sports physiotherapy, and preparation to write the Sport Physiotherapy Canada, Level II examination. Past Fellows include Greg Alcock, McMaster University, Class of 1997.

Interested in Developing Your Skills as an Educator?

Opportunities exist for McMaster graduates to get involved in the MSc(OT) or MSc(PT) Programs in a variety of ways: tutor, guest lecturer, skills lab instructor, clinical preceptor, student resource, learning resource developer, practical exam/OSCE evaluator, committee member. To recognize individuals who make substantial contributions to the education programs on an ongoing basis, two types of non-funded appointments are available: a McMaster University part-time faculty appointment as a Clinical Lecturer or Assistant Clinical Professor, or a School of Rehabilitation Science Professional Associate appointment.

The Program for Faculty Development in the Faculty of Health Sciences offers training and education to prepare clinical therapists for educational roles. For example, one-day workshops are offered in problem-based learning, role of the tutor, and clinical teaching. The OT and PT programs cover all costs associated with attending these workshops for those individuals who make a commitment to the Programs. If you are interested in exploring any of these opportunities, please contact Penny Salvatori, the Department Education Coordinator for the School of Rehabilitation Science, at 905-525-9140 x 27818 or by email at salvator@mcmaster.ca.

Would you like to **Sign up?** or **Update your email address?** Please email rehab@mcmaster.ca indicating your name, program, graduating year, personal email and/or business email.

Stay Connected

An opportunity to stay in the loop to hear about new alumni benefits and events... Share your interests and activities with friends and colleagues! We would like to hear from you: alumni@mcmaster.ca

Alumni News

Provide us with a snapshot of what's new, eventful and memorable in your life! We would like to hear about your activities, achievements and programs on the go! Email: alumni@mcmaster.ca

Alumni Benefits

McMaster University and the School of Rehabilitation Science are committed to providing a strong foundation to enrich our future and continued growth by offering the following benefits and services to alumni:

- Membership in the Rehabilitation Science Alumni Branch: An academic branch to serve the Occupational and Physiotherapy alumni and students.
- External Borrower Library Card: For an annual fee of \$30, graduates of McMaster can obtain a McMaster Library card, which entitles the holder to all services provided by the library.
- Email Forwarding Service: A lifetime McMaster email address that will forward mail to a current personal email account where messages are read and replied to.

Membership has its privileges! For further information, please email: alumni@mcmaster.ca