



MISERICORDIA  
UNIVERSITY

# OCCUPATIONAL THERAPY RESEARCH SYMPOSIUM 2021

## PELM Research Posters



**TUESDAY, MAY 4TH, 2021**

**6:00 P.M. – 7:40 P.M.**

**JOIN ZOOM MEETING:**

**[HTTPS://MISERICORDIA.ZOOM.US/J/84498097583](https://misericordia.zoom.us/j/84498097583)**

*"Research is to see what everybody else has seen,  
and to think what nobody else has thought."*

*~ Albert Szent-Gyorgvi*

*"In meditation we research the field without time and space and activity,  
and yet produce a useful effect while conducting the research."*

*~ Maharshi Mahesh Yogi*

*"You have to do the research. If you don't know about something,  
then you ask the right people who do"*

*~ Spike Lee*



## PROGRAM

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6:00 – 6:05

### WELCOME

Dr. Lori Charney, Chair, Occupational Therapy Department

6:05 – 6:10

### WORDS FROM THE CHSE DEAN

Dr. Barbara Schwartz-Bechet

6:10 – 6:15

### RESEARCH PRESENTATION OPENING REMARKS

Dr. Lalit J. Shah, Professor and Research Coordinator, OT Department

6:15 – 7:30

### RESEARCH POSTERS

(14) on three tracks

7:35 – 7:40

### CLOSING REMARKS

by Dr. Lalit J. Shah

## RESEARCH POSTERS: : 6:15 – 7:40 PM

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### POSTER # 1

**Title:** Assessing Young Adults' Confidence and Knowledge about Home Management, Financial Responsibilities, and Politics and Citizenship

**Researchers:** Keri Bremigen, OTS; Stephanie Giardina, OTS; Jessica Lane, OTS; and Syrena Riley, OTS

**Research Committee Chair:** Dr. Grace Fisher

**Reader:** Dr. Lalit J Shah Ed. D., OTR/L

**Abstract:** The purpose of this study was to investigate college students' preparedness in the areas of home management, financial responsibilities, and politics and citizenship, to determine readiness for transition into adulthood. An online, 40-question, Google Form quantitative survey and qualitative interviews with 27 open-ended questions were used to measure college students' self-perceptions of preparedness for the three areas of adulthood. Study participants were 18-24 years of age and undergraduate students at the researchers' university who spoke, read, and understood English. 145 students completed the survey and 28 students were interviewed.

The survey results and interview findings demonstrated varied levels of performance confidence in the three areas. Overall, the participants reported preparedness in home management, with limited financial, political, and citizenship abilities. This investigation revealed college students did not express full readiness for independent living post-graduation. A longitudinal study is needed to assess self-perceptions of adult performance as time progresses.

### POSTER # 2

**Title:** A Descriptive Study of College Students' Screen Time Use, Occupational Performance, and Life Balance

**Researchers:** Shelby Abraham, OTS; Ashley Dunteman, OTS; Lydia Stassel, OTS; Kyle Thomas, OTS.

**Research Committee Chair:** Dr. Grace Fisher

**Reader:** Dr. Lalit J Shah Ed. D., OTR/L

**Abstract:** This mixed method study explored the perspectives of college students regarding screen time use and its impact on personal and academic experiences. In total, 101 college students from the researchers' university responded to an online Google Forms survey, and 21 completed semi-structured face-to-face interviews. Participants reported their estimated screen time, typical screen time routines, and technology preferences in the survey. Findings showed high reliance on screen time by the college students. Noted benefits were ready-access to information, entertainment, and social connection. Acknowledged negative aspects of screen time included loss of sleep, increased distractibility, and decreased emotional health due to comparing lives with others on social media. Study findings demonstrated the need for educating college students on suggested guidelines for screen time utilization to promote overall healthier lifestyles. Future research is needed to further define the optimal use of screen technology for college students to foster academic success and life quality.

### POSTER # 3

**Title:** Occupational Engagement and Quality of Life in Occupational Therapy Students During Coronavirus Pandemic

**Researchers:** Diana Kudeh, OTS; Martha Laytos, OTS; Karen Lopes, OTS; Christin Riesterer, OTS; Marisa Sedon, OTS

**Research Committee Chair:** Dr. Grace Fisher

**Reader:** Dr. Dawn Evans

### POSTER # 4

**Title:** Occupational Engagement and Quality of Life in Occupational Therapy Professionals During Coronavirus Pandemic

**Researchers:** Michelle Ahlberg, OTS; Cassandra Cragle, OTS; Andrea Scott, OTS; Lindsay Sock, OTS; Joshua Victor, OTS

**Research Committee Chair:** Dr. Grace Fisher

**Reader:** Dr. Dawn Evans

#### Abstract # 3 & # 4:

Two research teams addressed occupational engagement and quality of life in occupational therapy students and professionals during the 2019 Novel Coronavirus pandemic. The investigation examined: (a) if daily occupations changed; (b) how QoL was affected; (c) in what manner their OT background affected coping; and (d) recommendations to OT students, practitioners, and the profession. Online surveys were completed by a nationwide sample of 198 OT students and 249 OT professionals. Six students and eight professionals participated in interviews. All data were collected in the summer and early fall of 2020. Both professionals and students reported their engagement in occupations drastically changed due to the pandemic. They indicated a decrease in their own QoL as compared to prior to the pandemic. Both groups supported telehealth as beneficial for treating clients and providing education. They recommended that addressing mental health should be a priority for coping with pandemic-related and future life challenges.

### POSTER # 5

**Title:** A Phenomenological Study of Occupational Adaptation of a Small Business Owner During the COVID-19 Pandemic

**Researchers:** Danielle Egan, OTS; Hannah Lee, OTS; Sarah Watson, OTS; Mary Witmer, OTS

**Research Committee Chair:** Dr. Cheryl Jayne, OTD, OTR/L

**Reader:** Dr. Lalit J Shah, Ed.D., OTR/L

**Abstract:** At the start of the COVID-19 pandemic in the United States, a nation-wide shutdown of many small businesses attempted to minimize the spread. Business owners changed typical operations to avoid permanent closure. The purpose of this study was to utilize the Occupational Adaptation (OA) Model to dissect the informant's ability to change and adapt through the rapidly changing restrictions. Information was gathered using a single-subject semi-structured interview, which was reviewed and analyzed to identify themes and relationships to the OA model. Six concepts were identified: Unpredictability, Community Support, Positivity/Optimism, Resiliency/People Pleasing, Distress, and Changing/Adapting. The relationships between the OA concepts and the conceptual themes demonstrate the applicability of the model to the challenges that alter everyday life and contribute to adaptive capacity. The OA model serves as a framework to assist clients through the adaptations required to achieve relative mastery during times of occupational challenge.

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## POSTER # 6

**Title:** Qualitative Perceptions of Staff on the Effectiveness of Farm Camp to Improve Coping Skills for Children Experiencing Grief from Traumatic Events or Loss: Year 3 of a 5 Year Longitudinal Study

**Researchers:** Gianna Bach, OTS; Tanaya Badsa, OTS; Kayli Boyes, OTS; Nicole Winter, OTS

**Research Committee Chair:** Dr. Jennifer Dessoye EdD, OTD, OTR/L, CLA, CAS

**Reader:** Dr. Dawn Evans, OTD, OTR/L

**Abstract:** This qualitative research study aimed to determine the effectiveness of the Hillside Farms Grief Camp program in helping children who have experienced trauma and grief develop coping skills and utilize stress reduction techniques. Animal-assisted and horticulture therapy address the physical and mental effects of the cyclical grieving process, which often results in revisiting past experiences and processing former feelings in different ways based on maturity. The effectiveness of the farm-based camp was assessed through a qualitative survey that consisted of open-ended questions. Results indicated common themes of a safe environment that facilitated a mindset of growth, active engagement in coping strategies, and development of relationships. One staff member stated, “campers learned how to identify their emotions and properly display them.” In conclusion, positive effects of a farm-based grief camp for the social and emotional wellbeing of children who have experienced trauma and grief was evident.

## POSTER # 7

**Title:** Quantitative Perceptions of Staff on the Effectiveness of Farm Camp to Improve Coping Skills for Children Experiencing Grief from Trauma or Loss: Year 3 of a 5 Year Longitudinal Study

**Researchers:** Kiera Berrin, OTS; Abigail Jacob, OTS; Ariana Kampfe, OTS; Kyra Spencer, OTS.

**Research Committee Chair:** Dr. Jennifer Dessoye, EdD, OTD, OTR/L, CLA, CAS

**Reader:** Dr. Dawn Evans, OTD, OTR/L

**Abstract:** The Lands at Hillside Farms Grief Camp is a community-based program created to help children who have experienced trauma and/or grief. The purpose of the camp is to create a safe environment to provide participants with the opportunity to learn coping skills, utilize stress reduction techniques, and form connections with peers who have faced similar traumatic experiences. The purpose of this research project was to assess the effectiveness of the camp program via a qualitative Likert scale. Results indicate that staff perceived that the farm-based camp positively impacted the participants, with a median score of 4.65 out of 5 for the questions related to impact of learned coping skills via nature-based activities and the impact of animal and horticulture roles on the children. In conclusion, results show positive effects of a farm-based grief camp on the social and emotional wellbeing of children who have experienced trauma and grief.

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## POSTER # 8

**Title:** The Effect of an Intensive Sensory Social Camp for Children with Autism Spectrum Disorder

**Researchers:** Kelsey Hadsall, OTS; Randi Huffman, OTS; Robert Kennedy, OTS; Callie O’Donovan, OTS.

**Research Committee Chair:** Dr. Lori Charney OTD, OTR/L; Dr. Orley Templeton OTD, OTR/L

**Reader:** Dr. Orley Templeton OTD, OTR/L; Dr. Lori Charney OTD, OTR/L

## POSTER # 9

**Title:** The Effect of an Intensive Sensory Social Camp for Children with Autism Spectrum Disorder

**Researchers:** Mariah Laubach, OTS; David Lutchko, OTS; Kristen Ritter, OTS; Carmelina Tringali, OTS

Research Committee Chair: Dr. Lori Charney OTD, OTR/L; Dr. Orley Templeton OTD, OTR/L

**Reader:** Dr. Orley Templeton OTD, OTR/L; Dr. Lori Charney OTD, OTR/L

### Abstract # 8 & # 9:

**Abstract:** This research study identifies the effectiveness of an intensive occupational therapy group intervention model. Group intervention included the combination of sensory based activities, interoception education, and social skills training to improve the social competence of children with autism spectrum disorder (ASD). Pre-post study using Goal Attainment Scaling and The Assessment of Self-Regulation were used to determine goal achievement and development of self-regulation. AB design using split-middle line and visual analysis were used to show improvement in social participation. Results yielded statistically significant change from pre-intervention to post-intervention for interoceptive awareness, an upward trend in social skill development for five of seven participants, and four of seven participants reaching or exceeding their GAS goals. Knowledge in this area is pertinent to advancing the methods of OT intervention for the improvement of social participation for children with ASD.

## POSTER # 10

**Title:** The Use and Effectiveness of Animal Assisted Therapy in the Acute Care Setting: A Scoping Review

**Researchers:** Tiffany Mayhue, OTS; Peyton Porch, OTS; Alexandria Sasso, OTS; and Nicole Swain, OTS.

**Research Committee Chair:** Dr. Cipriani

**Reader:** Dr. Fisher

**Abstract: OBJECTIVE:** This study was conducted to determine the uses and benefits of animal assisted therapy in acute care settings, via a scoping review, thereby contributing to evidence based research for occupational therapy practice.

**METHOD:** A scoping review was completed to systematically map out key concepts for implementing animal assisted therapy (AAT) in acute care settings. This scoping review was guided by the Arksey and O’Malley methodological framework (2005).

**RESULTS:** Our review found 11 articles that met our search criteria. Studies indicated significant improvements in psychosocial outcomes, occupational engagement, and cognitive functioning when AAT interventions were implemented.

**CONCLUSION:** Evidence located in this scoping review suggests that AAT can be implemented in acute care settings. Occupational therapists can use their expertise to implement AAT to improve multiple areas of performance within the acute care setting.

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## POSTER # 11

**Title:** Effectiveness of Occupational Therapy Student-led Workshops for Teacher Education Students: A Pilot Study

**Researchers:** Ciara Delong, OTS; Briana Gold, OTS; Nicole Pambianchi, OTS; Kaitlin Rau, OTS.

**Research Committee Chair:** Dr. Christine German

**Reader:** Dr. Grace Fisher

**Abstract:** Interprofessional education (IPE) experiences are a key component of occupational therapy educational programs. These experiences often involve student learning modules and structured activities designed by faculty to encourage learning and professional interactions among various health disciplines. Since a large percentage of occupational therapists work within school settings, it is imperative to include teacher education students into IPE programs and experiences. The purpose of this investigation is to determine the effectiveness of a two-part workshop designed and provided by occupational therapy students to teacher education students to increase knowledge of the role of the OT in general education classrooms and the purpose of specific tools to promote student success. Pre and posttest measures indicate that the program was successful in increasing knowledge regarding the role of occupational therapy and the use of specific classroom tools and strategies in teacher education students. High levels of participant satisfaction were also noted.

## POSTER # 12

**Title:** How Mental Health Impacts College Students and Their Participation in Occupations: A Scoping Review

**Researchers:** Matthew Cowan, OTS; Krishonna Jordan, OTS; Jeanna Orfanos, OTS; and Randi Teed, OTS.

**Research Committee Chair:** Dr. Dawn Evans

**Reader:** Dr. Jennifer Dessoye

**Abstract:** This scoping review aimed to identify and compile studies that investigated how college students' mental health impacts their participation in occupations. A five-step scoping review method was used to compile research studies on the topic revealing a defined gap in the literature. Six qualitative studies were identified. Five of the six studies aimed to show a connection between one's mental health and their participation in occupation(s). The sixth study described the results of an occupation-based group of college students and showed how each of the nine main categories of occupations are affected by one's mental health. Two of the six articles examined were conducted during the onset of COVID-19 in March 2020 and showed how the pandemic affected one's mental health and participation in occupation. In conclusion, more research is needed to better understand the impact that mental health has on this pivotal time in the development of emerging adults.

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## POSTER # 13

**Title:** Occupational Therapists' Perspectives on the Current and Future Role of Occupational Therapy in Addressing Occupational Injustices Among Client Populations in the United States of America

**Researchers:** Melissa Butler, OTS; Sara Dallago, OTS; Krystan Kyttle, OTS; Heather Purcell, OTS.

**Research Committee Chair:** Dr. Cheryl Jayne

**Reader:** Dr. Grace S. Fisher

**Abstract:** Occupational therapy's current role in addressing occupational injustice was examined via an online survey to which forty-two occupational therapy practitioners from various practice settings responded. Several themes surrounding the practitioners' role in addressing occupational injustice were identified including client education, client access, advocacy, professional influences, and micro and macro level policy change. 17% of the respondents reported that occupational injustice had a severe effect on their clients' occupational engagement, 54% reported it had moderate effects, and 22% reported it had less than moderate effects. 62% of respondents reported that occupational injustice was most prevalent among clients with low socioeconomic status. 50% of respondents felt prepared to address occupational injustice in practice while 50% felt unprepared. While respondents expressed examples in which the practitioners are already addressing occupational injustice in practice, a feeling of unpreparedness was indicated due to limited time and a lack of resources and support from the workplace.

## POSTER # 14

**Title:** Sensory Rooms as an Intervention for Persons with Mental Health Conditions: A Scoping Review

**Researchers:** Linnea Kolanda, OTS; Madeline McCaffery, OTS; Grace Murray, OTS; Alexandra Willey, OTS.

**Research Committee Chair:** Dr. Joseph Cipriani, Ed.D., OTR/L

**Reader:** Dr. Dawn Evans

**Abstract:** Objective: The purpose of this study was to provide a scoping review of the literature on the use and effectiveness of sensory rooms in treating mental health conditions.

Method: We utilized five steps to conduct a scoping review to disseminate a collection of research on a specific topic while determining gaps in research (Arksey & O'Malley, 2005, p. 21).

Results: Our study yielded fourteen articles that met the inclusion criteria, with being six qualitative studies, seven quantitative studies, and one mixed method study. Our study examined the types of common participants, interventions, outcomes, and key findings related to the use of sensory rooms in a mental health population.

Conclusion: Our findings suggest that occupational therapy practitioners should consider adopting sensory rooms into settings with a mental health population. Interventions can reduce seclusion and restraint, promote calmness, foster autonomy, and improve self-regulation.

TIME	TRACK 1	TRACK 2	TRACK 3
	<p>LINK: DR. SHAH &amp; MS. HUGHES-BUTCHER (MODERATORS)</p> <p><a href="https://misericordia.zoom.us/j/84809379051">HTTPS://MISERICORDIA.ZOOM.US/J/84809379051</a></p>	<p>LINK: DR. JANE &amp; DR. DESOYE (MODERATORS)</p> <p><a href="https://misericordia.zoom.us/j/83037465965">HTTPS://MISERICORDIA.ZOOM.US/J/83037465965</a></p>	<p>LINK: DR. CHARNEY &amp; DR. TEMPLETON (MODERATORS)</p> <p><a href="https://misericordia.zoom.us/j/82339199183">HTTPS://MISERICORDIA.ZOOM.US/J/82339199183</a></p>
6:15 – 6:30 PM	POSTER # 1	POSTER # 5	POSTER # 8
6:30 – 6:45 PM	POSTER # 2	POSTER # 6	POSTER # 9
6:45 – 7:00 PM	POSTER # 3	POSTER # 7	POSTER # 10
7:00 – 7:15 PM	POSTER # 4	POSTER # 11	POSTER # 12
7:15 – 7:30 PM	POSTER # 13	GO TO TRACK 1 OR 3	POSTER # 14
7:35 – 7:40 PM	<p>CLOSING REMARKS: GO TO</p> <p><a href="https://misericordia.zoom.us/j/84498097583">HTTPS://MISERICORDIA.ZOOM.US/J/84498097583</a></p>	<p>CLOSING REMARKS: GO TO</p> <p><a href="https://misericordia.zoom.us/j/84498097583">HTTPS://MISERICORDIA.ZOOM.US/J/84498097583</a></p>	<p>CLOSING REMARKS: GO TO</p> <p><a href="https://misericordia.zoom.us/j/84498097583">HTTPS://MISERICORDIA.ZOOM.US/J/84498097583</a></p>



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