

OTAC 2023 6TH ANNUAL
ONCOLOGY
SYMPOSIUM
VIRTUAL • FEB 4 •

Saturday,
February 4, 2023

8:45am – 3:00pm
Earn 5.5 PDUs

Sponsored by



VIRTUAL OT in Oncology

6th Annual SYMPOSIUM

Why Attend

This Symposium presents a unique opportunity to learn from occupational therapy (OT) practitioners and other healthcare experts who are pioneering the way for improved outcomes and quality of life for oncology clients. Come learn about new treatments and share ideas with other practitioners in this emerging practice area.

Who Should Attend

Practitioners, faculty, and students who are interested in learning about OT's role in oncology or looking to improve their current oncology practice.

Topic Areas

Exercise
End-of-Life Care
Health Self-Management
Fertility and Cancer
From Loss to Life

Symposium Chair

Sherry M. Hite, MOT, OTR/L

Registration

<https://bit.ly/23oncology>

Symposium Schedule (5.5 PDU's)

8:45am – 9:00am

Welcome

Chair, OTAC Professional Development and Leadership Committee, and Symposium Chair Sherry M. Hite, MOT, OTR/L

9:00am – 10:00am

Exercise Recommendations for Patients with Bone Lesions

Jessica Cheng, MD

This presentation will empower clinicians to safely guide physical activity in patients with bone lesions. Assessment of bone condition, guidelines, and practical recommendations will be discussed in a case-based, interactive format.

10:00am – 11:00am

Addressing End-of-Life Care and the Occupations Around Death and Dying in Acute Oncology

Tabitha Lin, OTD, OTR/L

Occupational therapy in end-of-life (EOL) care remains a difficult practice for OTPs due to various factors, including practitioner-perceived readiness and systematic barriers in an acute, multidisciplinary setting. This presentation will illuminate evidence-based, feasible recommendations to optimize occupational therapy interventions for EOL care in acute oncology, and avenues to address the moral injury.

11:00am – 11:15am

Break

11:15am – 12:15pm

Development and Implementation of an Occupation-Based Health Self-Management Program for Cancer Survivors

Alix Sleight, OTD, PhD, MOT, MPH, OTR/L

Modifiable lifestyle factors like physical activity, alcohol intake, and diet are strongly linked to cancer incidence and mortality. However, rates of adherence to lifestyle recommendations after cancer are consistently low. What causes this disconnect? How can occupational therapy be leveraged to help? In this talk, Sleight will review the characteristics of successful health self-management programs for individuals with chronic conditions and suggest a risk-stratified approach to improving adherence to lifestyle recommendations in cancer survivorship. Practical advice will be offered to clinicians interested in developing health self-management programs in their clinics.

12:15pm – 1:15pm

Fertility and Cancer: Helping Patients Understand Options and Get Access to Care

Amy Donner, MA, LCSW; Karen Wohlgezogen, RN

This session will focus on the potential impacts of various cancer treatments on fertility and how providers can assist patients in accessing services to understand their fertility risk, fertility preservation options, and family-building options across the treatment continuum. We will also share strategies for starting the conversation with patients about fertility and fertility preservation.

1:15pm – 1:30pm

Break

1:30pm – 2:30pm

Moving from Loss to Life: Helping Cancer "Survivors" Find Meaning in the In-Between

Alison Wong, PhD, LMFT, MedFT; Rachel Koonse, LMFT

The period between treatment and survivorship is a transition that is often perceived as a time of hope and celebration but can also be characterized by feelings of grief and uncertainty. This session will be an informative discussion on the complex emotional experience of moving from grief to empowerment during this transitional period. Presenters will share an overview of the grief experience through a bio-psycho-social-spiritual lens, provide resources and best practices for supporting patients during this time, and discuss the concept of post-traumatic growth.

2:30pm – 3:00pm

Presenter Panel

Moderator Sherry M. Hite, MOT, OTR/L

Past Symposium Attendee Comments

Thank you very much for another excellent workshop to teach OT practitioners about cancer rehab.

Great comprehensive and organized lectures.

This was amazing and inspiring.

Symposium Presenters

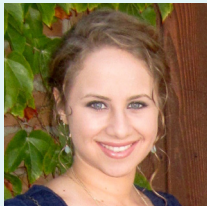
Jessica Cheng, MD, is among the nation's few, fellowship-trained experts in cancer rehabilitation medicine. She has expertise in optimizing function and independence for people with cancer throughout all stages of the journey, with a special focus on musculoskeletal and neurological conditions. After earning a medical degree at Boston University, Cheng completed an internal medicine internship and physical medicine and rehabilitation residency at Loma Linda University Health. She followed these with a fellowship in cancer rehabilitation at the University of Texas MD Anderson Cancer Center. She is active in leading national cancer rehabilitation efforts in research and education.



Amy Donner, MA, LCSW, is a licensed clinical social worker within the Department of Supportive Care Medicine at the City of Hope. She received a master's in social welfare from UCLA. Donner holds certifications in oncology social worker (OSW-C) and hospice and palliative care social work (ACHP-SW). She has over 16 years of experience as an oncology clinical social worker at City of Hope serving adults and children on the adult medical oncology, pediatric oncology, and pediatric hematology teams. Donner has worked extensively with patients and families of diverse backgrounds to provide psychosocial interventions to address issues such as adjustment to illness, depression and anxiety, coping, body image, safety and risk assessment, end of life, advance directives, anticipatory grief, and bereavement. She has a passion for helping patients and families address issues of fertility and fertility preservation, and advocating to increase education and access to these services.



Rachel Koonse, LMFT, is a licensed marriage and family therapist who has experience working county jails, school-based settings, and in the nonprofit sector. She specializes in working with individuals navigating caregiving, chronic illness, and grief. In addition to serving as the virtual program manager at Cancer Support Community Pasadena, Koonse works in a group practice where she offers individual counseling sessions.



Tabitha Lin, OTD, OTR/L, has been an occupational therapy practitioner at the City of Hope National Medical Center for three years, starting as an OTD resident studying end-of-life care in acute oncology. Her clinical practice has ranged from patients undergoing stem-cell transplants to critically ill patients in the ICU to patients experiencing cancer-related cognitive impairments in the outpatient setting. Lin is passionate about supporting patients in health self-management and self-efficacy in their care.



Alix Sleight, PhD, OTD, MPH, MOT, OTR/L, is a behavioral scientist and occupational therapy practitioner at Cedars-Sinai Medical Center in Los Angeles, CA. Her research and clinical work revolve around self-efficacy, habit change, and health self-management after cancer. Before joining Cedars-Sinai, Sleight was a Cancer Prevention Fellow at the National Cancer Institute, where she conducted qualitative and quantitative investigations of supportive care needs and quality of life in underserved populations of cancer survivors. Sleight earned a PhD in occupational science and a master's in public health, as well as a master's and a clinical doctorate (OTD) in occupational therapy from the University of Southern California. At Cedars-Sinai, Sleight leads the



RISE (Reinvent, Integrate, Strengthen, Expand) health self-management program for people affected by cancer and studies the impact of health behavior interventions in cancer and other chronic conditions.

Karen Wohlgezogen, RN, is a clinical nurse manager of pediatrics at the City of Hope. She has been an oncology registered nurse (RN) for 25 years, most of those working with the pediatric and AYA population. Wohlgezogen is certified in pediatric hematology and oncology nursing and has been extensively involved in staff and patient/family education including the areas of chemotherapy, biotherapy, stem cell transplant, and end-of-life care (ELNEC). She has a sincere interest in oncofertility advocacy and awareness and continues to work with the Association of Pediatric Oncology Nursing Advocacy group and the Fertility and AYA committees at the City of Hope to further this cause.



Alison Wong, PhD, LMFT, MedFT, is the program and clinical director of the Cancer Support Community Pasadena (CSCP). She earned a doctorate in human development and family studies with an emphasis in marriage and family therapy from the University of Connecticut, and she is a trained medical family therapist (MedFT). Before joining the CSCP team, she served as an assistant professor of marriage and family therapy at the Fuller School of Psychology and Marriage and Family Therapy. She is published in the area of psycho-oncology in journals such as Social Work in Healthcare Journal, Supportive Care in Cancer, and the Canadian Journal of Urology. Wong is also a licensed marriage and family therapist and has a small private practice in Los Angeles.



Sherry Hite, MOT, OTR/L, is the Occupational Therapy Department manager at the City of Hope National Medical Center. Her practice is focused exclusively on the oncology setting; she runs one of the country's largest breast cancer recovery programs. Hite serves on the Cognitive Rehabilitation Task Force for the American Congress of Rehabilitation Medicine and has presented at the state and national levels on topics including cancer-related cognitive impairments, comprehensive breast cancer rehabilitation, and addressing sexuality in oncology. Her current clinical and research interests include pre-habilitation in surgical oncology, improving multidisciplinary geriatric oncology care, and the use of telemedicine in survivorship care. Hite serves as chair of the OTAC Professional Development and Leadership Committee, which oversees the OTAC Annual Conference, WROTSS, and the Leadership Institute. In 2019 she received the OTAC Janice Matsutsuyu Outstanding Service Award.



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REGISTRATION FEES (includes 5.5 PDUs)

Early Bird Advanced Registration (by Monday, January 9, 2023)

\$89 OTAC members \$109 nonmembers \$59 student members \$79 student nonmembers

Advanced Registration (between Tuesday, January 10, 2023 and Thursday, February 2, 2023)

\$109 OTAC members \$129 nonmembers \$79 students members \$99 student nonmembers

REGISTRANT INFORMATION

Name _____

Title _____

Employer _____

Home Address _____

City/State/Zip _____

Email _____

Telephone _____

PAYMENT OPTIONS

MasterCard Visa AMEX Discover Check # _____ (payable to OTAC)

Credit Card Number _____ Exp. Date _____ VCode _____

Cardholder Name _____

Cardholder Signature _____ Date _____

TO REGISTER

Online: <https://bit.ly/23oncology>

Fax: (916) 294-0415

Mail: OTAC, **New Address** 3620 American River Drive, Suite 230, Sacramento, CA 95864 (Make checks payable to OTAC).

QUESTIONS

Email: staff@otaonline.org • **Call (toll free):** (888) 686-3225

CANCELLATION/REFUND POLICY

\$25 is retained to cover cancellation/refund processing costs. Written notice must be received in the OTAC office by February 2, 2023, to be eligible for refunds. No refunds after this date. Disclaimer: OTAC reserves the right to make changes to the program. No refunds will be made based on these changes.