



**DATE, TIME, AND LOCATION**

February 4, 2023  
8:45AM to 3:00PM

VIRTUAL

**QUESTIONS?**

Email OTAC staff at [staff@otaconline.org](mailto:staff@otaconline.org) or chat live M-F, 8AM to 5PM

\*Early Bird Registration ends January 9, 2023

\*\*Advanced Registration between January 10, 2023 through February 2, 2023

Last Day to Register February 2, 2023



## VIRTUAL Symposium Schedule (5.5 PDU's)

8:45am-9:00am	Welcome
9:00am-10:00am	Exercise Recommendations for Patients with Bone Lesions
10:00am-11:00am	Addressing End-of-Life Care and the Occupations Around Death and Dying in Acute Oncology
11:00am-11:15am	Break
11:15am-12:15pm	Development and Implementation of an Occupation-Based Health Self-Management Program for Cancer Survivors
12:15pm-1:15pm	Fertility and Cancer: Helping Patients Understand Options and Get Access to Care
1:15pm-1:30pm	Break
1:30pm-2:30pm	Moving from Loss to Life: Helping Cancer 'Survivors' Find Meaning in the In-Between
2:30pm-3:00pm	Speaker Panel

REGISTRATION FORM *One form per person. Please type or print clearly. Check appropriate boxes.*

	MEMBERS	NONMEMBERS	MEMBER STUDENTS	NONMEMBER STUDENTS
EARLY BIRD*	<input type="checkbox"/> \$89	<input type="checkbox"/> \$109	<input type="checkbox"/> \$59	<input type="checkbox"/> \$79
ADVANCE**	<input type="checkbox"/> \$109	<input type="checkbox"/> \$129	<input type="checkbox"/> \$79	<input type="checkbox"/> \$99

TOTAL DUE: \$ \_\_\_\_\_ Please review the cancellation/refund policy.

Name \_\_\_\_\_

Employer \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_

**PAYMENT OPTIONS: CHECK ONE**

Check (payable to OTAC) # \_\_\_\_\_  MasterCard  Visa  AMEX  Discover

Credit Card Number \_\_\_\_\_

Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Cardholder Signature \_\_\_\_\_ Date \_\_\_\_\_

**SUBMIT PAYMENT:**

Fax to: 916/294-0415, or  Mail to: OTAC, PO Box 276567, Sacramento, CA 95827, or

REGISTER ONLINE - <https://bit.ly/23oncology>

**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.

8:45am – 9:00am

#### Welcome

Chair, OTAC Professional Development and Leadership Committee, and Symposium Coordinator 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 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 for clinicians interested in developing health self-management programs in their own 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; Rachel Koonse, LMFT

The period in 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

## About Our 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, LCSW**, is a licensed clinical social worker within the Department of Supportive Care Medicine at 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, advocating to increase education and access to these services.



**Rachel Koonse, LMFT**, is a licensed marriage and family therapist who has experience working in 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.



**Sherry Hite, MOT, OTR/L**, is the Occupational Therapy Department manager at 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 level 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. In 2019 she received the OTAC Janice Matsutsuyu Outstanding Service Award.

## About Our Presenters, Cont.



**Tabitha Lin, OTD, OTR/L**, has been an occupational therapy practitioner at City of Hope National Medical Center for three years, starting out as the 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 own care.



**Alix Sleight, PhD, OTD, MPH, MA, 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. Prior to 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). Prior to joining the CSCP team, she served as an assistant professor of marriage and family therapy at 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*, the *Canadian Journal of Urology*. Wong is also a licensed marriage and family therapist and has a small private practice in Los Angeles.