

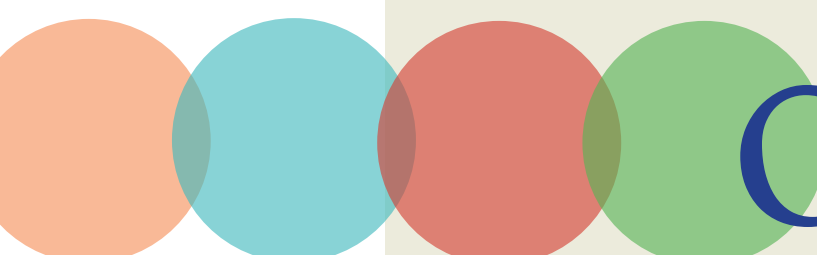
Saturday,  
February 2, 2019

8:30am – 4:30pm

Registration/  
Light Breakfast  
7:30am – 8:30am

City of Hope  
National Medical Center  
Cooper Auditorium  
(Bldg. 130)

1500 East Duarte Road  
Duarte, CA 91010



# OT in Oncology

## 2nd Annual SYMPOSIUM

*Earn 7 PDUs*

Sponsored by



*...inspiring your learning journey*



### Why Attend

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

This Symposium is designed by OT practitioners for OT practitioners. You will leave a more informed oncology OT practitioner able to positively impact your clients' quality of life.

### 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.

### Symposium Committee

Sherry M. Hite, MOT, OTR/L  
Judy Hopkins, OTD, OT/L, CLE  
Kendra King, MA, OTR/L, CBIS

### Topic Areas

- Breast Cancer Recovery
- Cancer and Adolescence
- Lymphedema Management
- Cancer and Sexuality
- Lifestyle Redesign® for Pain Management
- Program Development in Oncology
- Ask the Experts

# Symposium Schedule (7 PDUs)

7:30am – 8:30am

**Registration / Light Breakfast / Networking**

8:30am – 9:00am

**Welcome / Introduction: The Role of OT in Oncology**

*Sherry M. Hite, MOT, OTR/L, Supervisor, City of Hope National Medical Center*

9:00am – 10:00am

**A Comprehensive Approach to Breast Cancer Rehabilitation**

*Kayla Wei, OTD, OTR/L, City of Hope National Medical Center*

Learn how to address the unique needs of individuals with breast cancer through a comprehensive and holistic approach to treatment. From diagnosis to survivorship, individuals are experiencing a vast number of physical, psychosocial, and cognitive changes that impact occupational performance and quality of life. This presentation will focus on occupational therapy's role in addressing various challenges across the continuum of care.

10:00am – 11:00am

**#TheStrugglesReal: Dealing with Cancer and Its Aftermath in Adolescence**

*Joanna James, OT/L, CBIS, CLC, Children's Hospital Los Angeles; Kendra King, MA, OTR/L, CBIS, Children's Hospital Los Angeles*

This session will explore the ways in which having cancer specifically affects the adolescent population from diagnosis to inpatient hospitalization to the long-term side effects of chemotherapy and radiation. The occupations of adolescents center around the development of identity and the impact of living with cancer presents unique challenges to this population. This lecture will address themes of isolation, body image, sexuality, social media presence, and the physical, psychosocial, and emotional implications of dealing with cancer in the teenage years.

11:00am – 12:00pm

**Cancer Related Lymphedema and Edema: Evaluation and Treatment**

*Mahjabeen Hashmi, OTR/L, CLT-LANA, City of Hope National Medical Center.*

Lymphedema and edema are common side effects of cancer and its treatment in which fluid builds up in body tissue. These conditions may interfere with one's ability to engage in daily activities, which is why it is crucial for practitioners to address this issue effectively. This presentation will explore causes, assessments, and intervention techniques to equip practitioners with the tools to assist patients in accomplishing their functional goals.

12:00pm – 1:00pm

**Lunch** (provided)

Networking Opportunity

1:00pm – 2:00pm

**Enhancing Clinical Practice for Sexuality in Oncology**

*Sherry M. Hite, MOT, OTR/L, Supervisor, City of Hope National Medical Center; Lynn Kim, OTD, OTR/L, City of Hope National Medical Center; Vanessa Monique Yanez, MS, OTR/L, City of Hope National Medical Center*

This session will explore occupational therapy's unique role in addressing all aspects of sexuality, including sexual functioning, body image, and self-esteem, as well as the challenges in clinical practice faced by practitioners across various specialty areas and settings. Presenters will discuss effective training methods to improve staff comfort levels in addressing this sensitive topic with patients and strategies to deliver practical, client-centered interventions of the challenges identified in current practice.

2:00pm – 3:00pm

**Management of Cancer Pain: A Lifestyle Redesign® Approach**

*Lindsey Reeves, OTD, OTR/L, USC Occupational Therapy Faculty Practice*

Learn about Lifestyle Redesign® pain management interventions for cancer-related pain, including treatment of common mental health comorbidities, and understand the process of evaluation, documentation, and billing for this treatment approach.

3:00pm – 4:00pm

**The Growth of OT in Oncology Care and Projections for New Programming**

*Amy Barnes, MSOT, OTR/L, Stanford Health Care; Brian Estipona, MS, OTR/L, Stanford Health Care*

This session will highlight occupational therapy's (OT) involvement and the positive impact of OT's unique role within the oncology population. Emphasis will be placed on advocacy, opportunities to develop the OT caseload, the importance of interdisciplinary collaboration, and utilization of standardized tools. Discussion will include the current role and future opportunities to advance occupational therapy practice in oncology, as well as opportunities to understand the patient perspective on the oncology rehabilitative process.

4:00pm – 4:30pm

**Ask the Experts**

This is an opportunity to ask questions of all the presenters.

*2nd Annual OT in Oncology Symposium was coordinated by OTAC Professional Development Committee Chair Judy Hopkins, OTD, OT/L, SWC, CLE; Sherry M. Hite, MOT, OTR/L; Kendra King, OTR/L, CBIS*

# Symposium Presenters

## Amy Barnes, MSOT, OTR/L

Amy Barnes is a senior occupational therapy practitioner at Stanford Health Care in acute care. She is a clinical specialist focusing on mentorship, program development, and research. Barnes has been a practicing occupational therapy practitioner for eight years and currently works on the neurology, neuro-oncology, and neuro-surgery unit.



## Brian Estipona, MS, OTR/L

Brian Estipona is a clinician who has practiced occupational therapy for the past 18 years. His motivation to work with students has driven him to work with the next generation of therapy clinicians, as he is now currently working as an adjunct faculty for the OTA online program for St. Kate's University. Estipona currently works part-time for Stanford Health Care covering a variety of units including oncology, cardiac, medicine, and orthopedics. He is a strong advocate for occupational therapy (OT) and he has collaborated with various teams to ensure OT inclusion in all populations, not just oncology.



## Mahjabeen Hashmi, OTR/L, CLT-LANA

Mahjabeen Hashmi is an occupational therapy practitioner and certified lymphedema therapist and has been practicing for over 20 years. In 2001, she joined Keck Medical Center of USC working as a clinical instructor of occupational therapy and opened their lymphedema clinic. Hashmi has focused on breast and head and neck cancer programs, vascular diseases, and primary and secondary lymphedema during her 15-year tenure at USC and is now currently working at City of Hope National Medical Center. She has presented on breast cancer, genital edema, and head and neck cancers at the state, national, and international levels.



## Sherry M. Hite, MOT, OTR/L

Sherry Hite is the Occupational Therapy Department manager at City of Hope National Medical Center. She serves on the Cognitive Rehabilitation Task Force for the American Congress of Rehabilitation Medicine and has presented at state and national levels on topics including cancer related cognitive impairments, comprehensive breast cancer rehabilitation, and addressing sexuality concerns in oncology. Her current research areas include the use of prehabilitation in surgical oncology, improving multidisciplinary geriatric oncology care, and the use of telemedicine in a breast cancer-recovery program.



## Joanna James, OT/L, CBIS, CLC

Joanna James has been a pediatric occupational therapy practitioner for five years at Children's Hospital Los Angeles. She works with infants and children with medically complex diagnoses ranging from oncology to cardiovascular and neurological issues and specializes in feeding and swallowing issues with children and high-risk infants. James is a Certified Lactation Educator, a Certified Brain Injury Specialist, and developed a program centered on healthy lifestyle management for teens and young adults with cystic fibrosis. She has presented at OTAC, AOTA, and the North American Cystic Fibrosis Conference.



## Lynn Kim, OTD, OTR/L

Lynn Kim is an occupational therapy practitioner at City of Hope National Medical Center with specialties in hematological disorders and stem cell transplants. Her doctoral work focused on integrating the assessment and treatment of sexuality as standard occupational therapy (OT) care at City of Hope. Kim has continued work on this area of practice by increasing OT's visibility in addressing sexuality within a multidisciplinary team. She has had the opportunity to present at the state and national levels on sexuality in oncology.



## Kendra King, MA, OTR/L, CBIS

Kendra King has been an occupational therapy practitioner for five years initially working in adult rehabilitation at Cedars-Sinai Medical Center and since 2015 has served as a pediatric occupational therapy practitioner in acute care at Children's Hospital Los Angeles. King has many years of experience working with patients with neurological issues. She specializes in brain injury and spinal cord injury, and has worked extensively with the hematology/oncology population (both adult and pediatric). She is a Certified Brain Injury Specialist, has presented at AOTA, and is currently pursuing her advanced practice in hand therapy and dysphagia therapy.



## Vanessa Monique Yanez, MS, OTR/L

Vanessa Monique Yanez is an occupational therapy practitioner working in oncology at City of Hope National Medical Center helping individuals diagnosed with various types of cancer. As a clinician and a prior bone marrow transplant recipient herself, she is dedicated to helping individuals live their best life after a cancer diagnosis. Yanez has presented at state and national levels on issues related to mental health and sexuality in cancer care. Her current work and research focuses on psychosocial care, body image, and sexual health in oncology.



## Lindsey Reeves, OTD, OTR/L

Lindsey Reeves works as an assistant professor of clinical occupational therapy at the USC Occupational Therapy Faculty Practice. As a clinical faculty member, Reeves works with clients in the chronic pain, chronic headache, college student, and ergonomic programs, and is a member of the USC Chronic Pain and Chronic Headache Interdisciplinary Teams. Reeves has presented on her work with chronic pain populations at multiple conferences, including the American Headache Society, the USC Pain Symposium, and the AOTA Mental Health Specialty Conference.



## Kayla Wei, OTD, OTR/L

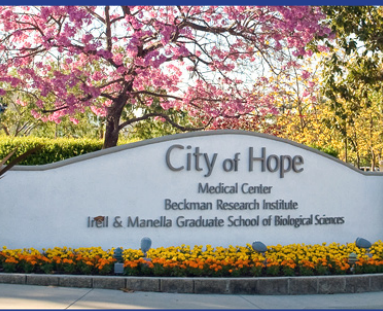
Kayla Wei has been an occupational therapy practitioner for three years at City of Hope National Medical Center where she completed her doctoral residency addressing delirium care in the intensive care unit. She continues to work in both the acute care and outpatient settings addressing needs in various oncological service areas. Wei works with patients across the continuum of care and practices in one of the country's largest breast cancer recovery programs through City of Hope.



## Judy Hopkins, OTD, OT/L, CLE, Chair, OTAC Professional Development and Leadership Committee

Judy Hopkins has over 20 years of experience as an occupational therapy practitioner specializing in pediatric feeding and swallowing in medically complex and severely disabled children. Since 1997 she has worked at Children's Hospital Los Angeles, focusing on infants in the NICU and hospitalized children with feeding and swallowing disorders. In addition to pediatric feeding and swallowing, her areas of expertise include modified barium swallow studies, lactation support, high risk infant interventions, and critical care. Passionate about working with children with feeding and swallowing disorders, Hopkins enjoys sharing her medical knowledge and intervention strategies with occupational therapy practitioners and other professionals to equip them to bring children "from diagnosis to dinnertime."






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**REGISTRATION FEES (includes 7 PDUs)**

**Early Bird Advanced Registration** (by Friday, December 21, 2018)

- \$169 OTAC members     \$189 nonmembers     \$89 students

**Advanced Registration** (between Saturday, December 22, 2018 and Monday, January 21, 2019)

- \$189 OTAC members     \$209 nonmembers     \$109 students

**Onsite**

- \$209 OTAC members     \$229 nonmembers     \$129 students

**REGISTRANT INFORMATION**

Name \_\_\_\_\_

Title \_\_\_\_\_

Employer \_\_\_\_\_

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

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

Email \_\_\_\_\_

Telephone \_\_\_\_\_

**PAYMENT OPTIONS**

- MasterCard     Visa     AMEX     Discover     Check # \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ VCode \_\_\_\_\_

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

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

**TO REGISTER**

**Online:** [www.otaonline.org/education/ot-oncology-symposium](http://www.otaonline.org/education/ot-oncology-symposium)

**Fax:** (916) 294-0415

**Mail:** OTAC, PO Box 276567, Sacramento, CA 95827

Make checks payable to OTAC.

**QUESTIONS**

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