

On Topic

THE OFFICIAL NEWSLETTER OF SJSU SOTA
MARCH 2019

- **BRAIN INJURY AWARENESS MONTH – 1**
- **STUDENTS SPEAK – 3**
- **SOTA EVENTS – 5**
- **FAST FACTS – 6**



by Sonja Kramer

March is Brain Injury Awareness Month as put on by the Brain Injury Association of America. The theme of the campaign is Change Your Mind, and aims to raise awareness about the impact of brain injury and provide resources for more information for the general public, clinicians, and others who want to know more about the incidence of brain injury and how brain injury affects the individual and the people around them. Given that we as future occupational therapists will likely encounter brain injuries in our practice, no matter where we work, it is important that we educate ourselves about brain injury both inside and outside the classroom so that we can provide skillful interventions and become the best advocates we can be for our clients.

See page 2 for some facts and statistics regarding ABI (acquired brain injury)!

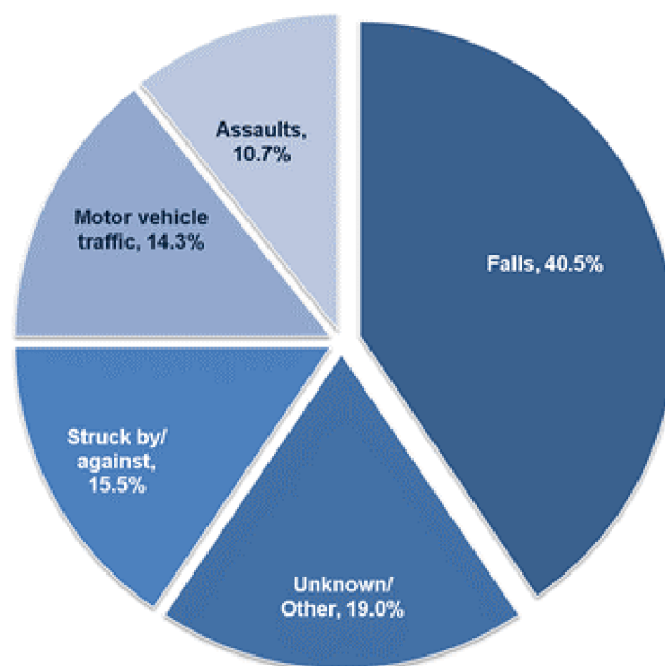
***SOTA meetings will be held on the first Wednesday of each month. Next one is Mar 6th!
Wear your SJSU apparel for a group photo at the meeting!***

BRAIN INJURY FACTS & STATISTICS



- Every 9 seconds, someone in the United States sustains a brain injury.
- An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.
- More than 3.5 million children and adults sustain an ABI each year, but the total incidence is unknown.
- Typical causes of ABI include:
 - Electric Shock
 - Infectious Disease
 - Lightning Strike
 - Near Drowning
 - Oxygen Deprivation (Hypoxia/Anoxia)
 - Stroke
 - Seizure Disorder
 - Substance Abuse/Overdose
 - Toxic Exposure
 - Tumor
- Traumatic brain injury (TBI) is type of ABI. A TBI is caused by trauma to the brain from an external force.
- The number of people who sustain TBIs and do not seek treatment is unknown.
- One of every 60 people in the U.S. lives with a TBI-related disability. The annual impact of TBI in the U.S. is significant:
 - At least 2.5 million people sustain a TBI
 - 2.2 million are treated for TBI in Emergency Departments and Trauma Centers
 - 280,000 are hospitalized
 - 50,000 die

Leading Causes of TBI



- Every day, 137 people die in the United States because of a TBI-related injury.
- At least 5.3 million Americans live with a TBI-related disability.
- When someone sustains a brain injury, many people are affected:
 - Survivors and their parents, spouses, siblings, extended families, and friends
 - Healthcare providers
 - Insurance companies
 - Attorneys
 - Educators
 - Government agencies
 - Employers of all types

Students Speak

This month, I asked some of the SOTA board members to recount their experiences on the Board and what it meant to them. If you read the last newsletter, you know that I am very passionate about my time serving on the SOTA board. It has been one of the most rewarding and fun experiences of my OT school career and has really made me feel more involved and invested in this program. I have enjoyed making new friends, learning new skills (like graphic design and writing in a new style!) and being part of a cause bigger than myself. I hope these heartfelt accounts of our experiences inspire you to run for a SOTA position!

Chair

Being on the SOTA board has been an unforgettable exercise in leadership, professionalism, and interpersonal relationships, and I look forward to applying these skills in my Fieldwork II. My favorite part of the Chair role has been the strengthened connections with faculty and students, and it feels good to have my finger on the pulse of our program. The position of Chair is what you make it, and for me, it's been a unique blend of applying my experience to the role but also getting out of my comfort zone to learn new things. It's been an unforgettable year, and I can't believe it's almost time to pass the torch!

Mimi Stroud, Co-Chair

Being Co-chair is a wonderful opportunity to be better involved with the student population, faculty, and the profession as a whole. It also, allows you to expand your knowledge to the inner workings of the department, school and organizations. Lastly, it has given me great insight into my own leadership, communication, organizational and advocacy skills and helped drive my passion for OT further. The pros will always outweigh the cons in this position. Take the leap and start your involvement now by choosing any position in SOTA. No position is too big or too small! We believe the next board is going to do some pretty amazing things. Be part of the reason why! :)

Monica Ondriezek, Co-Chair

Treasurer

Being on the SOTA board has been more fun than I ever imagined. You are together with a group of people who are as dedicated to the study of OT as you are. As a co-treasurer it has been my responsibility to take care of finances, which is a very important job. You want to make sure there is money for the events and that people get reimbursed. You also want to make sure that we get the funding needed to send our OTAC and AOTA representatives to the conferences from which we all learn from. It is a very doable job especially when you share the position. Above all though, I have thoroughly enjoyed the social part of it – as well as belonging to a student body of super excited and qualified people who all are extremely dedicated to making things better for the students in the Occupational Therapy Program

Lisbeth Geertsen, Co-Treasurer

Students Speak Continued

Project Coordinator

I have really loved being co-project coordinator for SOTA, and my position offers a lot of opportunities. Project coordinators plan monthly group volunteer events for occupational therapy students with different local organizations. Through this position, I have been able to identify many Bay Area resources and make meaningful connections with community members. It is very rewarding to advocate for the profession by teaching others about the value and benefits of occupational therapy. I really believe that volunteering and community outreach is a foundational component of SOTA. The best part of the position is meeting and spending time with other occupational therapy students! We always have so much fun volunteering together and getting to know each other better. I have gained really valuable skills and knowledge from my position, and I highly encourage you to consider it!

Kimiko McNeill, Co-Project Coordinator

First Year Pattern Representative

I was hesitant to join SOTA because I really believed it to be just a school club. But after getting the privilege of serving as a representative for track one, I saw that through this association, how much more connected I felt to everyone in the program, including both first years and second years. Being a part of the board allowed me to see the heart behind all the events that were going on and the work that was put in to make it all happen. As representatives, we get the opportunity to suggest fun events, and voice the needs of our classmates and friends. Overall, it has been really fun to participate in an organization that promotes occupational therapy as bigger than just our academics.

Alyssa Jung, First Year Pattern Representative, Track I



SOTA Events



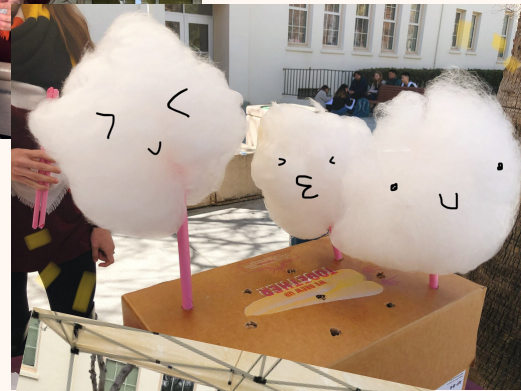
Pre-OT Workshop



Salty and Sweet!



Cotton Candy
& Bake Sale
Fundraiser



Past Events

- Feb 12 - BLS Provider Workshop
- Feb 14 - Salty and Sweet First Year Social
- Feb 20 - Pre-OT Workshop
- Feb 21 & 28 - Cotton Candy/ Bake Sale Fundraiser
- Feb 28 - Using Dance with your Clients

Future Events

- Mar 6 - St. Catherine's Challenge Bowling Event and Potato Party
- Mar 13 - SOTA Bowling Social
- Mar 27 - Orthopedic and Neurological Rehab Workshop

Fast Facts: AOTA Certifications

Based on a peer-reviewed process in which applicants submit a reflective portfolio that addresses identified criteria, a self-assessment, and development of a professional development plan

Being awarded these credentials demonstrates that you are a dedicated OT professional and that you have gone above and beyond to demonstrate the knowledge, skills, and abilities that highlight your continuing competence

Benefits to a certification:

- Demonstrates proficiency in your chosen area
- Encourages life-long learning through credential maintenance
- Enables you to be better equipped to provide customized care to clients

Specialty Certifications:

- Gerontology (BCG)
- Driving and Community Mobility (SCDCM)
- Mental Health (BCMh)
- Environmental Modification (SCEM)
- Pediatrics (BCP)
- Feeding, Eating, and Swallowing (SCFES)
- Physical Rehabilitation (BCPR)
- Low Vision (SCLV)
- School Systems (SCSS)