

## **EDUCATION**

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GRAND VALLEY STATE UNIVERSITY, Grand Rapids, MI

*Master of Science Occupational Therapy 2021*

- Cumulative GPA: 3.9
- Research Topic: Occupational Therapy's role in treating oncology patients in the ICU

UNIVERSITY OF DELAWARE, Newark, DE

*Psychology, Medical Humanities, May 2010*

- Research: LIFE: Laboratory of Interpersonal Functioning and Experience
- Advanced Independent Research Topic: Bioethics and Health Policy: Disease Mitigation and Individual Responsibility

## **FIELDWORK & INTERVENTION EXPERIENCE**

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### *Fieldwork Level II*

**Developmental Therapy Associates**, Pediatric Outpatient Sensory Integration Clinic, *Cary, NC* 4/2021- 6/2021

- Provided therapy to a wide variety of clients including those with dyspraxia, cerebral palsy, autism spectrum disorder, and mental health considerations.
- Created and delivered interventions utilizing SI, NDT, CBT, DIR/FT, Beckman Oral, SOS Approach to Feeding, Oral Placement Therapy, and Handwriting Without Tears within a sensory-based clinic, in daycares, and virtually.
- Executed all components of the occupational therapy process from screening, evaluation, assessment, to discharge.
- Initiated 1:1 caregiver education and training services to promote carryover at home
- Implemented streamlined kitchen design and established a clinic craft area to optimize client independence and therapist productivity.

**Triumph Therapy Services**, Early Intervention Services, *Raleigh, NC* 1/2021-4/2021

- Provided community-based and virtual therapy to children ages three months to four-years-old, specializing in visual perception and oral motor. Conditions included: dysphagia, oral deformities, cerebral palsy, stroke, cortical visual impairments, cerebral anoxia, Ehlers-Danlos syndrome, Treacher Collins syndrome, and sensory processing disorder.
- Empowered and coached parents and nurses through active engagement and trainings in oral motor, visual perception, and behavioral techniques.
- Initiated series of business discussions with owner to optimize community-driven revenue, leading to organization's launch of *Inclusive Nature-Based Therapeutic Program*. The program provides additional income to therapists, and offers children a unique way to socialize with peers, develop motor and sensory skills, and build their confidence.
- Created caregiver educational handouts entitled. "Tantrums vs Sensory Meltdowns: The Differences, and How to Respond," "Heavy Work: What, Why, and How?" "My Child's OT Food Journal," and "Potty Training 101."
- Provided end-of-day detailed summaries to each caregiver and nurse to encourage active engagement during sessions and continuity of care. Summaries outlined the continued assessment, specific strategies and techniques used, and plans.
- Generated individualized Kinesio taping video tutorials for clients with hemiplegia, spasticity, and oral motor deficits.
- Led In-Service presentation examining the interdependency of the parent-child dyad and the impacts on self-care.

### *Fieldwork Level I*

**Triumph Therapy Services**, *Early Intervention Services*, Raleigh, NC 9/2020-12/2020

**Empower Therapy PLLC**, *Early Intervention Services, Home Based & Farm Setting*, Raleigh, NC 8/2019-12/2019

**Olivia's Gift**, *Adult Group Home Setting*, Grand Rapids, MI 1/2019-5/2019

## **ASSESSMENTS | MODALITIES & TECHNIQUES**

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- Sensory Processing Measure | Sensory Profile | DAYC-2 | Beery VMI | DAP Test | GOAL | M-FUN | COMPS | BOT | ROM & MMT | Trails A & B | PDMS-2 | MOCA | COPM | SLUMS
- Therapeutic Listening | Safe and Sound Protocol | Integrated Listening | Quick Shift | Interactive Metronome | Pediatric thumb splinting | Myofascial Release | Kinesio Tape

## **SPECIALIZED CERTIFICATIONS | ACCOMPLISHMENTS | LEADERSHIP**

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- Certified Kinesio Taping Practitioner (CKTP), Eligible to sit for exam August 1, 2021
- Certified DIR/FT-Basic
- Student Speaker at GVSU Teach-In Conference 2021
- Executive Board Member, Student Occupational Therapy Association
- Basic Life Support for Health Care Provider, American Heart Association
- Lean Six Sigma Certifications: *Yellow, Green, and Purple Belts* (Quality Improvement & Operational Efficiency)

## **CONTINUING EDUCATION**

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- *Certified Kinesio Taping® Assessments, Fundamental Concepts and Techniques* | Kinesio University
- *Kinesio Taping® Advanced Techniques and Clinical Reasoning* | Kinesio University
- *DIRFloortime®* | Interdisciplinary Council on Development and Learning (ICDL)
- *Myofascial Release (MFR)* | R. McAlister, PhD, OTR/L
- *Visual Skills and Impact on Learning* | T. P. Holmes, MOT, OTR/L
- *Effects of Visual Perceptual Problems in Children and Adults with Traumatic Brain Injury* | S. Shamberg, OTR/L, FAOTA
- *Supporting Infants with Visual Impairment with Feeding* | M. D. Klein, OTR/L, MEd, FAOTA
- *Crumbs as a Tool in Pediatric Feeding Transitions* | M. D. Klein, OTR/L, MEd, FAOTA
- *Mouth Moves: Helping Parents to Support Oral Motor Development in their Children for Feeding Success* | K. Dilfer, MS, OTR/L & S. Cohen, MA, CCC-SLP, CLC
- *Sensory Skills: Helping Parents to Support Sensory Development in their Children for Feeding Success* | K. Dilfer, MS, OTR/L & S. Cohen, MA, CCC-SLP, CLC
- *Prematurity: Diagnosis and Related Conditions* | R. Mattingly, EdD, CCC-SLP
- *Developing In the NICU: Interventions for the Early Brain* | J. Jolley, MS, OTR/L & C. Molder, MS, OTR/L
- *Typical Feeding Development* | R. Mattingly, EdD, CCC-SLP
- *ACEs and the Body: How Adverse Childhood Experiences Impact Occupational Therapy* | A. Peak, LCSW, IMH-E
- *Interoception: The Hidden Sensory System* | R.V. Whitney, PhD, OTR/L, FAOTA
- *Is it Sensory or Behavior? Understanding Challenging Behavior* | T. Warwick, MS, OTR/L
- *Series: The Pediatric Hand* | V. Calhoun, MS, OTR/L. CHT.

## **WORK EXPERIENCE**

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**Neurosurgery Quality Operations Analyst**, UNC Hospital, Chapel Hill, NC 2013- 2017

- Oversee all quality initiatives, human and non-human research, and evidence-based research within neuro department

### **Program Manager:** *Quality Outcomes Database*

- Establish risk-adjusted national benchmarks for both the cost and quality of common neurosurgical procedures
- Analyzed morbidity and clinical outcomes of patients
- Generated quality and efficiency reports through patient interviews and medical chart extraction
- Created and presented deliverables for Neurosurgery Department leadership and physicians
- Demonstrated comparative effectiveness of clinical procedures within physician practice

### **Project Manager:** *Standardized Patient ICU Rounds Improvement Team*

- Successfully lead a multidisciplinary team consisting of physicians, therapists, nurses, and schedulers to standardized and streamline their patient rounding process
- Created an efficiency algorithm to improve patient care, decrease physician rounding time to half, while simultaneously decreasing patient length of stay
- Improved staff camaraderie and team satisfaction by listening and addressing team goals and concerns
- Significantly improved team member's confidence in one another and patient's satisfaction scores.
- Conducted extensive interviews with approximately 60 clinical staff members in order to examine problem areas and create a cohesive and suitable plan

### **Project Manager:** *Neurosurgery Readmissions Team*

- Winner of the UNC Center for Innovation Bright Ideas challenge, a hospital-wide competition dedicated to improving patient-care and quality
- Helped reduce neurosurgical readmissions by 50% by launching a multidisciplinary team dedicated to finding problems and solutions within the current system
- Created an algorithm for adult elective neurosurgery cases which simplified the patient follow-up process, which was later adopted hospital-wide in several surgical departments

- Neurosurgery Clinical Research Coordinator**, UNC, Chapel Hill, NC 2011-2013
- Played integral part of team which was awarded \$6.8 million of federal funding for new project “Better Back Care,” including grant writing and operational development
  - Assist in vendor and site contracts, project budgeting, IRB drafting, and preparation
  - Able to execute a research problem from development, through funding, IRB approval, clinical trial, and publishing
  - Was the top patient recruiter for UNC’s largest clinical trial
  - Create networking opportunities to promote UNC Brain Tumor Research Program
  - Helped launch and create bi-monthly Neurosurgery promotional Newsletter
  - Created hospital flyers to recruit patients for open trials, increasing enrollment by 15%

- Clinical Research Assistant**, United BioSource Corporation, Bethesda, MD 2010-2011
- Managed 47 studies obtaining patient reported outcomes for pharmaceutical clients
  - Oversaw patient and site recruitment across the US and internationally
  - Managed vendor/site contracts, project budgeting, and preparation
  - Supervised advertisement placement for patient and site recruitment
  - Conducted customer interviews, co-moderated focus groups, and phone screened international patients
  - Awarded \$180,000 of consulting credit as a result of research proposal for pharmaceutical client
  - Prepared protocols, proposals, and client deliverables
  - Managed cognitive debriefings, validation, and utility studies nationally and internationally

- Editor**, Psychology Department University of Delaware, Newark, DE 2007-2010
- Completed intensive editorial program to educate students about the fundamentals of writing, analyzing, and editing proposals and papers

## **ADDITIONAL RESEARCH**

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- Computerized Cognitive Training for Kids with Sickle Cell* | Duke University, Durham, NC 2011-2012
- Volunteer research analyst

- LIFE: Laboratory of Interpersonal Functioning and Experience* | University of Delaware, Newark, DE 2007-2010
- *Couples Coping with Cancer Lab*  
This lab observed adjustments to chronic life stressors in marital relationships. To study these processes, the lab examined the daily lives of women with breast cancer and their spouses. A central focus concerns the social support, psychological adjustment, and relationship functioning of breast cancer women and their spouses during cancer treatment.

- Advanced Independent Research*, University of Delaware, Newark, DE 2009-2010
- Conducted independent research in bioethics and health policy pertaining to patient coping and disease mitigation.

## **PUBLICATIONS & PRESENTATIONS**

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- Molecular Genomic Alterations in Meningiomas. *American Association for Neurosurgery*, 2014.
- The Impact of Radiosurgery Fractionation and Tumor Radiobiology on the Local Control of Brain Metastases. *Journal of Neurosurgery*, 2013.
- Stereotactic Radiosurgery for Single Brain Metastases from Non-Small Cell Lung Cancer: Progression of Extracranial Disease Correlates with Distant Intracranial Failure. *Journal of Radiation Oncology*, 2013.
- *Exploring Colorectal Cancer Research and its Connection to Occupational Therapy: A Critical Review*. Grand Valley State University MSOT Research Thesis, Presented December 2020
- *Media Representation Among Black Americans & Its Impact on Occupations*. Student Speaker/ Co-Presenter at Grand Valley State University Eighth Annual “Teach-In” Series, December 2020.
- *Quality Operations Database: The Future of Research and Patient Outcomes*. Presenter, UNC Neuroscience Grand Rounds, Fall 2016
- *Implementation of Daily Goals to Improve Communication and Care within the Intensive Care Unit*. Presented at UNC Quality Improvement Expo, Fall 2015.
- *Neurosurgery Readmissions and Lean Six Sigma*. Presented at UNC Quality Improvement Expo, Fall 2014.

## **SKILLS/ TRAINING**

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- Proficient in Therabill, Fusion, webCIS, and Epic EMR systems.
- Proficient in Microsoft Office-Excel, PowerPoint, Word, Outlook, REDcap
- Proficient in Green Screen technology, video-editing and design software for telehealth, client handouts, and marketing
- HIPAA and data security certificates
- Strong interpersonal, networking and communication skills, approachable and adaptable, excellent editorial and research skills. Creative and persuasive with attention to detail and organization. Able to work autonomously or in a team environment, exceedingly ambitious, and always optimistic.

## **AWARDS/ HONORS**

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Bright Ideas Challenge Winner awarded by UNC Center for Innovation October, 2014.

Division I softball scholarship

Psi Chi Psychology Honors fraternity

Order of Omega Honors Fraternity

## **VOLUNTEER EXPERIENCE**

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*Kenyan Orphanages, Nairobi, Kenya*

- Engaged in recreational, education, and care-taking role with children aged 1-17 who were living in orphanages as a result of homelessness and or HIV/AIDS
- Provided educational materials, medical assistance, food and friendship to children living in the slums of Kenya combatting addiction and homelessness.

*US Baseball Academy "Donate a Dream" Campaign*

- Conceptualized and successfully launched a national donation initiative, Donate A Dream, which through over 100 donation points, collected \$500,000 in baseball equipment for distribution to underprivileged children in the U.S. and Dominican Republic
- Obtained sponsors, Major League Baseball and Major League Baseball Players Association
- Generated national press releases and utilized radio appearance and social media to obtain equipment

*Swim Coach, Special Olympics, Orange County, NC*

- Developed engaging and recreational therapeutic plans for a 24-year-old woman with non-verbal autism, and a 13-year-old young lady with a traumatic brain injury.
- Monitored their ongoing progress and worked with them independently to achieve their goals.

*Camp Counselor, Comfort Zone Camp for bereaving children, Nationwide, U.S.*

- Served as a child's role model, mentor and anchor for the duration of camp, and facilitated healing circle time, a daily therapeutic session where a bereaving child can safely and freely explore their emotions and cope with the loss of their loved one.

*Camp Royall for Autism, Hillsboro, NC*

- Prepared activities and events for children and adults with autism, including arts and crafts, group games, sensory room play, and outdoor fun.
- Assisted in feeding, bathing, and changing of campers who needed extra support and encouragement.