

The Link



LOMA LINDA UNIVERSITY
School of Allied Health Professions

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives.

-- William A. Foster

HONEYBEES AND SAHP: Pollinating The World



For as far back as I can remember, I've been in love with nature! My mother, who I'm certain would be a contender for the world's most patient person, tolerated a menagerie of "friends" I was constantly bringing home to share my room. Mammals, reptiles, amphibians, birds, spiders and insects – I lived with them all!

Though anything fauna was special, I always held a particular fascination for the social insects – bees, wasps and ants. Honeybees were especially intriguing as they could be found anywhere there were flowers; and furthermore, I learned early on that honeybees were responsible for much of the world's flower pollination, and thus, for many of the fruits and vegetables we eat and the seeds we plant.

An average honeybee is slightly greater than one centimeter in length and weighs approximately 2-tenths of a gram – that is about 1-tenth the weight of a penny. Yet, in spite of their small size, pollinating honeybees contribute to the annual U.S. production of 4.5 million metric tons of apples, and internationally, 75 million metric tons of citrus, 32.5 million metric tons of tomatoes and 750 thousand metric tons of almonds, to name just a few. In 2008, honeybees pollinated over 70 million acres of soybeans in the United States. That translates into 109,375 square miles of pollinated soybeans in one year!

How do such small creatures, which at top speed fly only about 15 miles per hour, accomplish such an incredible feat?

The sheer enormity of this task, and the speed with which it is carried out, is attributable to the well-ordered division of labor programmed into a colony's behavior. Every worker in a colony

is a specialist. Each does her job and none other. Mistakes, risks and duplication of effort are dramatically minimized as a result of this specialization. And likewise, specialization results in a remarkably-high labor efficiency. By working together, each in its own niche specialty, these small insects achieve work on a grand scale, and they do it well!

As my career has taken me into the field of education within the allied health professions, the similarity of this organizational structure to a honeybee colony has not been lost on me. In both cases, working populations, though perhaps large in absolute numbers, are proportionately small compared to the size of the task. You, our alumni, are our "honeybees." You are well-trained specialists, able to efficiently integrate your skills with the skills of the other disciplines making up the spectrum of healthcare specializations.

As our world moves farther into the 21st century, demographic changes will be accompanied by increasing pressure on the U.S. healthcare industry. The ability of the industry to meet this increasing demand, and to do that work well, is in part dependent on a labor force that is well-trained, specialized and working in synchrony between specializations. That's you! Special, dedicated, and qualified to meet the demand of our ever growing population. You are our honeybees!

Sincerely,

Ernest Schwab, M.S., Ph.D.
Associate Dean for Academic Affairs



7TH ANNUAL AFTERNOON TEA WITH A SCHOLAR

by Heather Kitching, MA, OTR/L, Region 2
Director (OTAC)

The Los Angeles region of the OT Association of California proudly hosted the 7th Annual Afternoon Tea with a Scholar on Sunday, September 7, 2008. The Afternoon Tea featured Dr. Christy Billock's presentation, "Delving into the Center: Spirituality, Occupation and Occupational Therapy." Dr.



Billock has been on faculty at Loma Linda University for eight years and is currently teaching coursework in both the Masters and Doctor of Occupational Therapy degree programs. She is the author of *Spirituality, Occupation, and Occupational Therapy* in E. B. Crepeau, E. S. Cohn & B. A. B. Schell (Eds.) (2009), Willard & Spackman's *Occupational Therapy* (11th Ed.).

Dr. Billock challenged her audience to reflect on the history of occupational therapy and the overt presence (or absence) of spirituality as a central concept for intervention with clients. She provided a summary of her own dissertation research exploring the relationships between spirituality and occupation for women. Attendees remarked that the discussion of spirituality was refreshing and stimulating.

Dr. Billock's concluding remarks included her recommendation to be client-centered and occupation-centered as a means of most effectively facilitating a client's perceptions of spirituality in the context of our services. Dr. Billock also recommended making referrals to chaplains or other spiritual guides and experts for more specific spiritual healing.

ARE YOU CARFIT®?

Driving is an important activity for many people and is often a source of independence, socialization, leisure, and necessity. Older drivers, because of their declining senses, are at risk for being seriously injured or killed in a motor vehicle accident. It's important that they be aware of the changes they may be experiencing as they age.



In an effort to serve the community and work towards AOTA's Centennial Vision, many graduate OT students completed an AAA CarFit® technician training during one of their graduate courses.

On August 6, 2008, the students assessed 20 local drivers at the Redlands Senior Center and educated them on driving safety and how their car "fits" them. For more details on CarFit® events and resources in your area contact: www.car-fit.org.

STUDENTS RECEIVE "SEED MONEY" FOR RESEARCH PROJECTS

On Friday, October 10, 2008 at the California Foundation for Occupational Therapy (CFOT) luncheon, three Masters of Occupational Therapy (MOT) student groups were honored for their outstanding research projects. This luncheon was part of the state-wide Occupational Therapy Association of California annual conference at the DoubleTree Hotel in Ontario, CA. Each group was given "seed money" which CFOT awards to deserving student research projects which advance the science of occupational therapy and benefit the recipients of OT services.

The research projects and group members receiving recognition were: "Occupational Therapy Practitioners' Use of the Wii in Rehabilitation: A Preliminary Study" by Tiffany Gillham, Jaimee Harris, Sarah Lord and Tiffany Newman; "Occupational Therapy Voluntary Credentialing for Fieldwork Educators and Coordinators: Motivations and Challenges" by Kristin Lim, Alexander Nguyen, Susanna Perez, Suzie Schwartz, and Christine Wells; and "Mothering Experience of Survivors of Domestic Violence" by Sara Aller, Hailey Clark, Scott Montgomery, Leslie Purzycki and Enjoli Pyburn.

REACHING OUT TO THE COMMUNITY THROUGH RESEARCH AND ROTATIONS

The Online Doctor of Occupational Therapy (OTD) program at Loma Linda University is now in its second year, and in July of 2008, students from California, Washington, and Taiwan flew in for their summer intensive. The students worked closely with the faculty as they focused on their independent research projects. They presented their completed professional rotation proposals to the faculty in the School of Allied Health Professions. The students are connecting their research projects with their rotations using a variety of research designs. The rotations unfolded in the following areas:

- A healthy lifestyle program to address obesity among young girls
- A sound-based listening program in Taiwan
- A program for foster caregivers and children exposed to substance abuse
- An art exchange program with children facing adversity

LLU CEUs AT SEA

Set sail to the Western Caribbean from July 26 to August 2, 2009. TOPIC: How Healthy Are You... Really? CEUs approved for Rad Tech, Dietary, Nursing, PT, OT, Resp. Therapy, and other Allied Health Professionals. Deposit deadline: 3-15-09. Final payment due: 4-25-09. Details are available at www.llu.edu/llu/sahp/cruise/2009.

FINDING HOPE AND SUCCESS IN LYMPHEDEMA TREATMENT

by Daniel Sean Kaye, Editorial Staff of NEWS-Line for Occupational Therapists and COTAs
www.news-line.com. Reprinted with permission.



Occupational therapy is all about giving people their lives back. No matter how old the patient is, or how much money he or she has, or how far an illness has progressed, there is always hope. Joanne Shahnazi, OTR/CLT, works for the lymphedema clinic of Providence Holy Cross Medical Center in Mission Hills, California. She has seen amazing things happen for her patients and she knows that there are more advances to come.

Shahnazi was drawn to occupational therapy when she saw the creative ways OT can be used to “bring healing into people’s lives,” she says. “OT makes use of creative therapeutic techniques applied to goals

which are client centered. I found OT to have real-life applications,” says Shahnazi. “It does not matter what technique we employ, we strive toward independence. Once an individual regains independence, he or she regains dignity and self-esteem.”

Providence Holy Cross Medical Center is a 250-bed, nationally recognized Level Two trauma facility that Shahnazi says is well known to its community. In fact, for the second consecutive year, HealthGrades – an independent healthcare ratings company – has recognized the hospital as being in the top five percent of all hospitals in the nation for clinical performance.

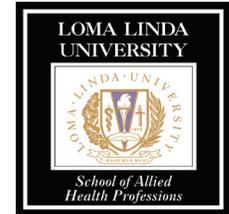
Shahnazi began with Holy Cross in September 1987, two years after she graduated from Occupational Therapy at Loma Linda University. When the field was just beginning to grow, Shahnazi was the only OT at Holy Cross. But that soon changed and Shanazi was promoted to department supervisor, a position she stayed in for 14 years. During that time, she helped establish the hospital’s hand and lymphedema clinics.

Six years ago, when her third child was born, Shahnazi resigned from her supervisory position, deciding instead to work only in the lymphedema clinic. Today she sees both primary and secondary lymphedema patients. The majority of them have breast or pelvic cancers, even though she treats any body part that has lymphedema. In addition to working in the clinic, Shahnazi presents information on lymphedema at annual in-services and speaks to community breast cancer support groups and has found that such talks have been very effective in getting the word out about lymphedema and how it can be helped. All in all, the rewards are truly meaningful to Shahnazi. “Seeing how effective therapy can be is life changing,” she says.

Joanne Shahnazi has her advanced practice certification in hand therapy/physical agent modalities, and is a certified ergonomic assessment specialist and lymphedema therapist. She is currently pursuing her ICLM (International Certification in Lymphedema Management).

DID YOU KNOW?

All of the entities under Loma Linda University have undergone an identity transformation over the past year. Each school logo has been modified, as can be seen from the SAHP logos below.



Previous SAHP Identity



LOMA LINDA UNIVERSITY
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New SAHP Identity

Occupational Therapy will be featured this year at the Alumni Homecoming in April! It's the 50-year anniversary of the department, so come and celebrate with us!!

DEPARTMENT UPDATES

Professor Christy Billock was appointed to the American Journal of Occupational Therapy (AJOT) Editorial Board

Professor Esther Huecker was reelected as treasurer for the Society for the Study of Occupation: USA, for 2008-2010.

Professor Judith Palladino was honored with the 2008 CFOT Meritorious Service Award in recognition of her ongoing volunteer efforts with the foundation, including her work as co-chair of CFOTs Research Committee.

At the 88th Annual Conference & Expo on April 10-13, 2008, in Long Beach, CA four Masters of Occupational Therapy students, Jody Crane, Rachele Goodrich, Pui Yi Rachael Leung, and Portia Paulino, did a poster presentation on Self-Perceived Strengths and Needs of Survivors of Domestic Violence.

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2009 CALENDAR

MARCH:
SAHP Alumni Reunion in San Diego, CA.....4

APRIL:
13th Annual Alumni Homecoming & Continuing Education Convention.....16-19

MAY:
PA Reunion at Prime Med West in Anaheim, CA.....8

EMC/Respiratory reunion in Palm Springs, CA.....14

JUNE:
Graduation.....14



Great Idea

Good news! You don't need to fill out a contact card, address it, stamp it, and mail it to us so we have your updated information. You can now update everything ONLINE! Visit our website at www.llu.edu/llu/sahp/alumni/stayconnected and fill out the forms.

We would love to know about any new events happening in your life. Email your photos and stories to jpruehs@llu.edu.

Sign up now for our new online mailing list to receive the *SAHP Source*, email notifications of Alumni events, school/university updates and so much more! You will find the sign up form on the Stay Connected page.



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