

Student Therapists and Observation Students at Blank Pediatric Therapy

You may have seen students observing or working with patients in our clinics and might have wondered why we have students in Blank Pediatric Therapy so frequently. Blank Children's Hospital is a teaching institution. As such, we are committed to providing educational opportunities and training for students in physical therapy, occupational therapy, and speech-language pathology graduate programs. Typically, these students are completing the final requirements for their degrees and have received substantial academic as well as clinical training prior to coming to Blank. At Blank Pediatric Therapy, student internship candidates participate in an interview process before being selected to participate in our student programs. Students are paired with experienced mentors in their discipline and are required to meet certain clinical standards according to their programs as well as national certifying organizations in order to successfully complete their internships. Students begin by observing treatment sessions before being transitioned by their mentors to treating patients on their own. Mentors continuously supervise sessions and provide feedback throughout the student's time at Blank and ensure that children continue to receive the highest level of care. The time students spend at Blank depends on which therapy discipline they are training in as well as their specific program requirements, but typically student placements range from 8 to 12 weeks in length.

We also often have undergraduate therapy students as well as medical students and residents observing sessions in order to learn more about each discipline and what we do as pediatric therapists. Undergraduate students are beginning to learn what therapy sessions look like, and physician observers are interested in learning more about what happens in pediatric therapy and how it relates to their patients. UnityPoint is invested in coordinating care between all providers caring for each patient, and allowing physicians the opportunity to better understand the roles of physical, occupational, and speech therapy we are fostering the ability to look at the "whole picture" of each child's care.

Many families and patients have had great experiences with student therapy interns at Blank. However, if you are uncomfortable with having a student therapist treat or observe your child, please let your primary therapist know. Additionally, if you have any concerns with a student therapist, please bring these to your primary therapist as we want to ensure that therapy is an overall positive and beneficial experience for you and your child. Your questions or concerns may also provide valuable feedback that your therapist can share with the student as he or she continues in the learning process.

Blank Pediatric Therapy is committed to providing quality education for therapy students, and we thank you and your children for the part you can play in bringing up the next generation of talented pediatric therapists!

Legal Remedies

February 2016

Iowa Legal Aid
1111 9th Street, Suite 230
Des Moines, Iowa 50314

You can apply on your own (on-line or by mail), or you can contact the: Iowa Coalition Against Sexual Assault (515-244-7424); Iowa Coalition Against Domestic Violence (515-244-8020); Iowa Attorney General Crime Victims Unit (515-281-5044); or an Application Assistant (once that program is set up).

For more news, contact SafeAtHome@iowa.gov, call (515)-281-0145, or visit SafeAtHome.Iowa.gov.

Safe at Home

Question: I recently moved to get away from the person who attacked me, but now I am afraid he will find my address through a public records search. Is there anything I can do to stop this?

Answer: Yes! Iowa recently passed the Safe at Home Act (SAH), which goes into effect January 1, 2016. The SAH program provides survivors of sexual assault, domestic violence, stalking, trafficking or violent crimes with a substitute address to use instead of their actual address, on public records.

Blank Pediatric Therapy: Des Moines: 515-241-8550 Ankeny: 515-963-7924 West Des Moines: 515-225-6212

Connections

A publication of Blank Pediatric Therapy at UnityPoint Health

April 2016

Blank Children's Hospital
UnityPoint Health

Events

You are invited to the Dance Without Limits recital on April 24th at 2:00 at the Norwalk High School PAC! Lisa McGonegle is a current volunteer and Ann Ungs is co-founder and president of DWOL. This is the first session for DWOL as it's own 501(c)3 non-profit organization. Thank you for the support!

Screen Free Week April 29-May 5
<https://shar.es/1YXaUX>

Walk for Children with Apraxia of Speech, Sat, May 14 at 9 AM at Raccoon River Park in WDM

Wonderfully Made Family Camp at Hidden Acres (Dayton, IA) - Free weekend camp for families with a special needs child. June 10-12.
www.hacamps.org

Sportability of Iowa
www.sportabilityofiowa.org - Adapted Sports Camp, June 15-18 at UNI,

Climb Iowa Camps-
www.climbiowa.com, for ages 4-13

Easter Seals Camp Sunnyside
www.ia.easterseals.com

Blank Pediatric Therapy 25th Anniversary!

The year 2016 marks the Blank Pediatric Therapy department's 25th anniversary. In celebrating this milestone we are grateful for all of our patients, families, and staff throughout the years! We opened in 1991 as the Variety Club Pediatric Therapy Services and from the beginning, we have been committed to the children and families we serve. This is exemplified in many ways, from our staff, our commitment to therapeutic expertise, and to our special programs.

Did you know that when our department began it is estimated that there were only 8 therapists, of which 4 continue to work in the department today? We currently have 35 therapists, many of which have been with the department for 15+ years! Blank Pediatric Therapy began with one clinic at Methodist hospital and has since expanded to 3 clinics to better serve the Des Moines metro area.

Our department has also grown in the types of services we provide. Outside of therapy sessions, we offer many special clinics and camps. Our Special Kids Clinic began around the time the Pediatric Therapy Department began and continues today. Blank Pediatric Therapy occupational therapists offer a summer Handwriting Camp, and new this summer is an All Abilities Yoga Camp offered by two of our physical therapists!

As we celebrate our growth this year we would like to thank you for choosing Blank Pediatric Therapy to serve you and your child's needs. We are proud of the past 25 years and look forward to many more!



Please welcome our new staff!



Kristen is a financial advocate at our West Des Moines office. She joined our staff at the beginning of 2016. Kristen graduated from Buena Vista University with a degree in Human Services/Psychology. She currently lives with her fiancé in Grimes. They will be getting married this summer. Kristen enjoys reading, rock climbing at Climb Iowa, hiking, ice skating, painting and spending time with her family and friends.



Brett is the therapy tech in our Ankeny office. He joins us after graduating from Simpson College with a degree in exercise science. Brett is currently in the process of applying to schools to study physical therapy. He lives in Ankeny with his girlfriend and they may soon have a cat as their third roommate. Brett's hobbies and interests include the Iowa Hawkeyes (especially football), being outdoors (riding his bike, going for hikes/walks), being a fine food connoisseur (aka eating Jethros and other delicious restaurants in the area) when he not busy making his own masterpieces on the grill, and reading a good book or watching a good movie.

Regan joined our staff in West Des Moines at the beginning of 2016 as a therapy tech. She comes to us with a variety of experience, including being a substitute associate for the Des Moines Public Schools, working as a CNA at Iowa Hospice and working at Iowa Lutheran Hospital in the older adult mental health unit. Regan enjoys spending time with her three children (2 sons, 1 daughter) and her boyfriend. She loves baseball, football, traveling, and her boxer dog, Jax!



EveryBODY's Yoga: Summer Yoga Camp for Kids/Teens

We are offering a 6-week Kids Yoga Camp that is open to kids of all abilities! Hosted by two Physical Therapists that are also Certified Kids Yoga Instructors, we will help your kids move, stretch, and breathe with this truly fun form of exercise!

We will be offering three classes which will meet weekly for six weeks Fridays, June 10 through July 15:

Fridays, 9 a.m. 3-5 years old

Fridays, 10 a.m. 6-10 years old

Fridays, 11 a.m. 13+

Class Cost: \$100

Registration Deadline: May 13, 2016

To register, go online: <https://www.unitypoint.org/blankchildrens/classes-and-events-details.aspx?id=5dc08f00-102c-4adf-85cc-fb0e03754727&typeid=0aeba3e8-707f-427c-9718-c1f8855b341f>

For more information contact:

Lisa McGonegle Lisa.mcgonegle@unitypoint.org (515)241-8550

Rebecca Weller Rebecca.weller@unitypoint.org (515)241-8550



What is OT?

Occupational Therapy focuses on making children as independent as possible during their daily life. Treatment can focus on improving: fine motor skills, visual motor skills (such as catching a ball, drawing), handwriting, self-care skills (self-feeding, dressing, bathing, and brushing teeth), visual perceptual skills, improving core and arm strength, and overall movement coordination.

Occupational Therapists design their treatment sessions to the needs of each individual child to produce the best outcomes, along with provided a specific home program for each child to continue to improve their skills at home.

OT's also provide services for feeding skills, providing sensorimotor work, vision and fabricating splints. OT can also work on adapting an environment or activity to allow the child to be independent with the activity, along with providing adaptive equipment to promote independence.

Summer Handwriting Camp

The camp is an 8-week program focusing on improving your child's pre-writing skills (ie. shape formation, beginning letter formation) and handwriting skills through fun and engaging activities. The Handwriting Without Tears curriculum will be used as a basis of our camps.

Blank Pediatric Therapy Services will offer three separate camps directed toward the skills of both younger and older children. Each weekly session will be 60 minutes.

- Beginner Handwriting Camp (pre-K to K) 8 a.m. Tuesdays (6/6-8/8)
- Handwriting Camp (1st-2nd grade) 11 a.m. Mondays (6/6-8/8)
- Handwriting Camp (3rd-5th grade) 11 a.m. Thursdays (6/6-8/8)

**An additional camp may be offered if there is an interest for older children for printing or to address cursive handwriting.*

To register your child for camp, visit blankchildrens.org/classes and select Kids.

Registration deadline is May 20, 2016

The fee for the camp is \$250 and includes cost of materials. This is not a covered insurance benefit, and your health insurance will not be billed.

What would you like see in Connections?

If there is a topic that you would like to see in a future issue of Connections, let us know! All suggestions are welcome. Please email rose.giorgio-nelson@unitypoint.org

Please remember to bring your therapy folder to each session.

Thank you!

Spring Activities!

- *Take a walk outside while looking for flowers blooming and other signs of spring*
- Plant a flower in a jar or outside. Enjoy digging in the dirt- it's great sensory input
- *Fill plastic eggs with little toys, cotton balls, and more- It's great for fine motor coordination*
- Have your child hide the plastic eggs for sisters, brothers or for you. Talk about where you found them (in, on, under) for great speech input
- *Make handprint flowers using their handprint as the flower, then add a stem and leaves*
- Hop like a bunny, fly like a bird, crawl like a bug and more
- *Go for a bicycle or tricycle ride to work on coordination and strengthening*
- Use sidewalk chalk to work on basic concepts like shapes, colors, and letters.