

Project Description & Sites

Areas of Study: 1) Clinical Practice, 2) Education
Population: U.S. Army OTPs, D.O.D OTPs, OTDS students
Sites: Blanchfield Army Community Hospital, Fort Campbell, KY
Description: My doctoral capstone focused primarily on clinical practice specific to OT in the Army. I spent time observing and growing my clinical skills in the top three clinical settings in which Army OTs primarily practice – upper extremity/hands, human performance optimization, and behavioral health. The secondary focus of my capstone was education. I educated a cohort of OTD students on the role of OT in the Army, the opportunities available to OTs in the Army, and the requirements of OTs in the Army. I contributed a compilation of evidence-based resources to my site that will be shared with Army OTs across the country.



Needs Assessment | Literature Review

Needs Assessment: I surveyed second year Huntington OTD students and found a knowledge gap in students' awareness of the settings in which Army OTs work and the opportunities available to them. 73% of students reported they do not know what settings Army occupational therapists work or reported an incorrect setting. 0% of students reported that U.S. Army occupational therapists can obtain a PhD for free, specialty pay for board certifications, retention bonuses, a housing allowance, or military benefits.

Literature Review: Thomas Kidner, a founder of occupational therapy, specialized in vocational training for Canadian WWI veterans. Hand therapy originated during the Vietnam War due to war-related injuries. U.S. Army occupational therapists can receive training to become a Neuromusculoskeletal Evaluator (NMSE), allowing them to work as physician extenders in outpatient and deployed environments. Holistic Health and Fitness is a relatively new initiative in the U.S. Army focusing on readiness training of soldiers through five domains: physical, nutritional, mental, spiritual, and sleep. Readiness in these domains is intended to support occupational performance such as nutrient optimization for specific tasks.

Christ | Scholarship | Service

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms” 1 Peter 4:10

“And now these three remain: faith, hope and love. But the greatest of these is love” 1 Corinthians 13:13

Project Completion and Outcomes

- ❖ **Outcome Measure 1:** Student will create a compilation of evidence-based resources supporting a need identified by the health care team on base with digital access.
- ❖ **Related Learning Objectives:** Completion of continuing education courses and design of at least 2 clinical case studies
- ❖ **Outcome Measure 2:** Student will teach OTD students on the role of OTs within the U.S. Army through a formal presentation with a completed analysis of effective teaching via survey.
- ❖ **Related Learning Objectives:** Completion of a lesson plan with complementary activities and creation of a survey to analyze the effectiveness of the formal presentation

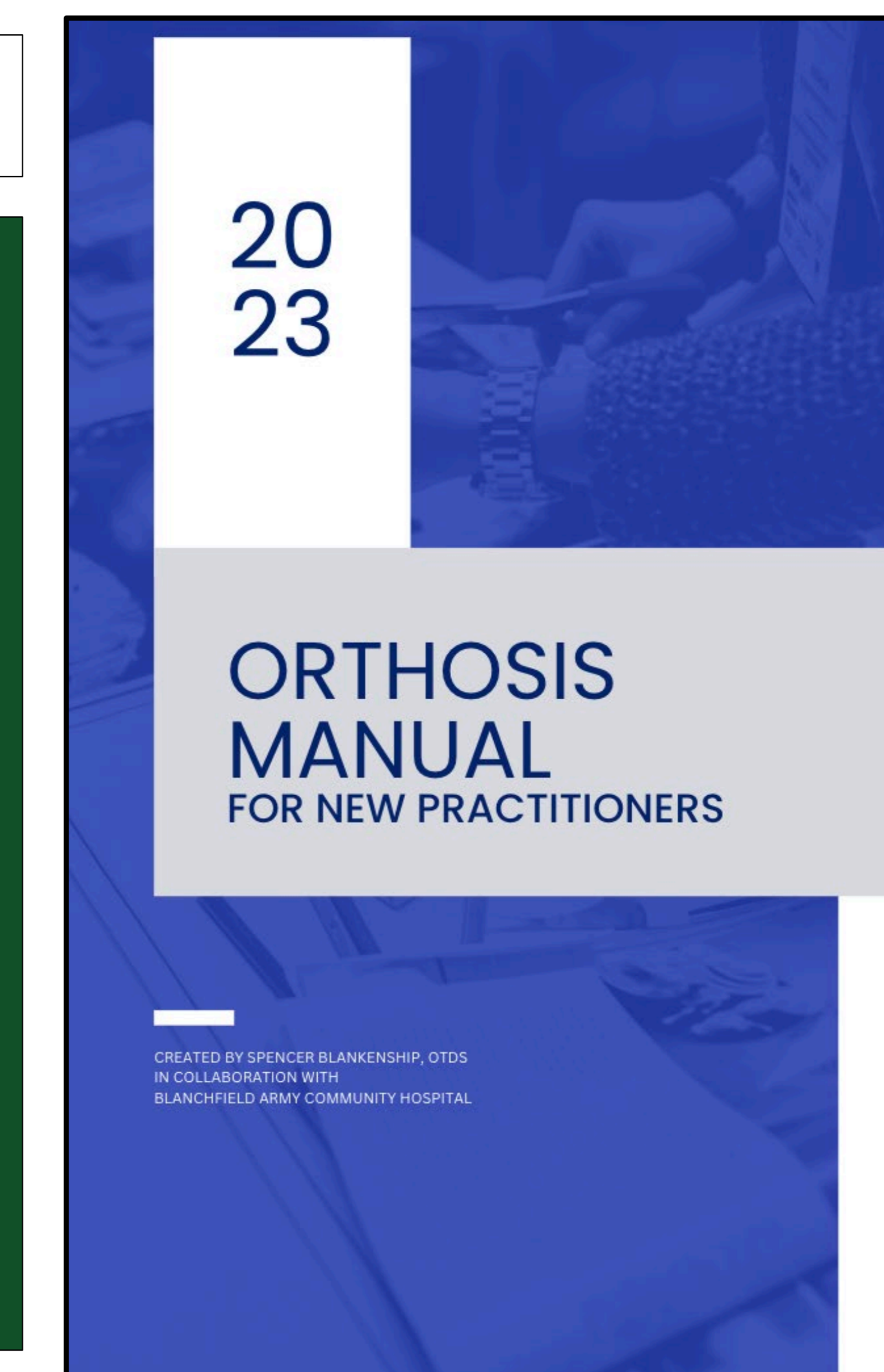
Mission & Vision Statements

Mission Statement: To develop competency in addressing upper extremity deficits amongst the U.S. Army population.

Vision Statement: To examine and enhance the health and wellness culture of a U.S. Army base with an occupational-based approach and team support.

Deliverables

- ❖ **Deliverable #1:** Orthosis Manual – Evidence-based compilation of step-by-step instructions to create 21 orthoses with digital access
- ❖ **Deliverable #2:** CEU certificates
- ❖ **Deliverable #3:** PowerPoints from 2 clinical case studies
- ❖ **Deliverable #4:** PowerPoint and survey design from formal presentation
- ❖ **Deliverable #5:** Survey analytics
- ❖ **Deliverable #6:** Lesson plan outline and PowerPoint presentation with accompanying activities



Future Implications

- ❖ **Impact on OT:** Orthosis manual available to Army OTs; presentation to a cohort of OTD students; clinical case studies, lesson plan, orthosis manual, and PowerPoint presentation available to future Huntington OTD students
- ❖ **Impact on my career:** My capstone solidified my desire to pursue a career in Army OT and helped me grow the necessary clinical skills to be successful in this role.
- ❖ Student may be contacted at blankenships@huntington.edu

KEY REFERENCES *Full reference list and image reference list available upon request

Amaker RJ, Brower KA, & Admire DW. (2008). The role of the upper extremity neuromusculoskeletal evaluator at peace and at war. *Journal of Hand Therapy, 21*(2), 124–129.
 Borgeson, N. (2021, February 23). Holistic health and fitness: physical and nutritional readiness. U.S. Army. https://www.army.mil/article/243611/holistic_health_and_fitness_achieving_physical_and_nutritional_readiness
 Yakobina SC, Yakobina SR, & Harrison-Weaver S. (2008). War, what is it good for? Historical contribution of the military and war to occupational therapy and hand therapy. *Journal of Hand Therapy, 21*(2), 106–114.