Assessment & Treatment of Executive Functioning

Debbie Rand, BOT, MSc, PhD
Alison McLean, BSc (OT), MSc

July 21, 2012, 8:30 a.m. to 5:00 p.m.
July 22, 2012, 8:30 a.m. to 4:30 p.m.

Lab 1 & 2, OSOT, UBC, T-325, 2211 Wesbrook Mall, Vancouver

Course description
Deficits in executive functions are common in individuals with neurological conditions such as after traumatic brain injury or stroke, in individuals with mental health conditions, and seniors with cognitive impairment. Despite the fact that in many cases their “basic” cognitive abilities may be preserved, such individuals demonstrate difficulties in occupational performance.

Learning Outcomes
• Identify client behaviours that may indicate impaired executive functioning
• Select and administer at least 3 different tools to assess executive functioning
• Analyze assessment findings to guide OT treatment interventions
• Apply executive function interventions across a range of OT practice settings

Day 1 will focus on recently developed, readily available, functional and ecologically valid assessments that occupational therapists can use in their practice (such as the Executive Function Performance Test, the Multiple Errands Test and the Kettle Test). The assessments taught do not need to be purchased to administer in the clinical setting. The workshop will combine evidence-based practice literature with learning how to administer new tools to assess executive functioning deficits. Since this is a practical and hands-on workshop, participants will have the opportunity to try out these assessments.

Day 2 will address evidence-based practice for interventions applicable to individuals with executive dysfunction. The focus will include each of the four general categories of executive function intervention: direct training (process training), teaching task-specific routines, environmental supports and strategies, and meta-cognitive/self-instructional training. Workshop participants will have the opportunity to apply the interventions to case studies and discuss how to generalize the new information learned to their own practice settings.

Who should attend
Occupational Therapists working with adults or adolescents who have acquired brain injury (stroke, traumatic brain injury, etc.), mental illness, or cognitive impairment associated with aging; within hospital, community, or other settings.

Instructional methods
Lectures, demonstrations, practice in administration of assessments, case descriptions and video presentations.
**Presenters**

**Debbie Rand, BOT, MSc, PhD** - is a senior lecturer in the Department of Occupational Therapy at Tel-Aviv University, Israel. Her PhD focused on the use of virtual reality as a tool for stroke rehabilitation and the development of an assessment tool to assess executive function in the virtual environment. During her post-doctoral studies at UBC she researched the amount of use of the upper extremity post-stroke, factors that affect the amount of function of the upper extremity after stroke and the effect of exercise on cognition post-stroke. Dr. Rand is also an experienced clinician with more than 15 years working with individuals post-stroke, specializing in treatment of the weaker upper extremity and executive functions. Dr. Rand’s research has been published in over 25 articles and she teaches workshops focusing on stroke rehabilitation.

**Alison McLean, BSc (OT), MSc.** - has worked in acquired brain injury rehabilitation since 1990 and has a strong focus on community-based rehabilitation and cognitive rehabilitation. During her MSc studies her research focused on community-based support services for individuals with brain injury. Alison has conducted and updated a systematic review on executive function interventions to improve everyday function for individuals with brain injury and co-conducted a review of literature relating to use of cognitive remediation in brain injury, stroke, older adults and mental health populations. Alison teaches clinical reasoning, evidence-based practice and neuro-rehabilitation to the MOT students at UBC, and has taught/ presented on cognitive rehabilitation in a number of workshops and conferences for clinicians and consumers.

**Tuition**


A light breakfast and lunch are included. Maximum enrollment is 40.

E-reservations are accepted but payment must be received within one week to guarantee your seat. Make cheques payable to Dianna Mah-Jones OT Consultant. Cheques may be post-dated with fee according to above dates. Sorry, no charge cards. Deadline for registration is July 2.

**Refund Policy**

Cancellation notice received 14 days prior to the course will receive a full refund less a processing fee of $40. No refunds will be given after that date but you may send an alternate. A full refund of the registration fee will be provided if the course is cancelled.

**Information:** Contact Dianna at dmjot@shaw.ca or call (604) 263-8730 to leave a message.