

## Registration Form

If your district is paying by check  
please mail to:

GASOPT  
P.O.Box 972  
Redan, GA 30074

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Mailing Address

\_\_\_\_\_  
County/District

For OT/PT Students (no charge)

\_\_\_\_\_  
College/University

\_\_\_\_\_  
Supervising Therapist/District

GASOPT  
P.O.Box 972  
Redan, GA 30074

## Georgia Alliance of School Occupational and Physical Therapists



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2022 Spring Conference  
Virtual Conference via Zoom  
Friday March 25, 2022  
8:00-4:00  
6 Contact Hours

Hosted by:  
GASOPT OFFICERS

### Presentations:

How a Pediatric Orthopedic Surgeon  
Can Keep You Out of Trouble at School  
Dr. Michael Schmitz

Burnout, Wellness, and Pursuit of  
Happiness  
Dr. Lucky Jain

ExerSHINE Kids, High Intensity  
Exercise to Improve Self-Regulation in  
Children With Sensory Processing  
Challenges  
Amy Wheadon, OTD, OTR/L, CPT

## Conference Description

**How a Pediatric Orthopedic Surgeon can Keep you out of Trouble at School:** In this course participants will gain an understanding on when to assure and when to refer patients with various diagnoses. In addition, participants will gain a greater understanding of common surgical indications, procedures, and rehabilitation.

### **Burnout, Wellness, and Pursuit of Happiness:**

Participants will gain an awareness of the burnout amount for health professionals, approach to wellness at individual and institutional level and explore ideas that create joy in the practice of medicine

### **ExerSHINE Kids:**

This course is designed to introduce the novel and eclectic approach of using high intensity exercise as a change agent for targeting sensory processing skills and for enhancing occupational performance in pediatric clients. High intensity exercise is a practical way to easily infuse sensory input into a child's day in a practical and functional way. We will discuss why more and more children have sensory challenges and why there is a NEED for children to move their bodies more, especially now. Participants will learn also about the research in this area and will learn how to use high intensity exercise effectively with your own pediatric clients!

### **MEET THE SPEAKERS:**

**Dr. Lucky Jain** is the George W. Brumbley, Jr. Professor and Chairman of Pediatrics at Emory University of School of Medicine and the Chief Academic Officer at Children's Healthcare of Atlanta. Executive Director of the Emory+Children's Pediatric Institute. He previously served as the President and CEO of Emory Children's Center. In addition, he is a senior investigator at the Center for Cell and Molecular Signaling and holds a joint appointment as Professor in the Department of Physiology. Dr. Jain became a keen advocate of personal and institutional wellness after he suffered a heart attack in 2011. He has a keen interest in Vipassana meditation, is a golfer, and plays tennis. He has two children and is married to Shabnam Jain MD, a faculty member at Emory, and the one he considers his singular pillar of strength for over 30 years.

**Amy Wheadon**, OTD, OTR/L, CPT has been a pediatric OT for 22 years. She is a graduate of Boston University Sargent College (MSOT) and NEIT (OTD), where her doctoral research focused on examining high intensity exercise as a change agent for improved sensory processing skills and enhanced occupational performance in pediatric clients. Amy owns KidSHINE LLC, a private practice (in Rowley and Amesbury MA) that uses an eclectic, strengths-based approach to treatment and focusing on fostering community and empowerment. Amy is also the founder of the EXERSHINE kids POWER Bootcamp Program, which is the focus of her research and her presentation today. Amy is a fitness enthusiast and a mom to 3 teenagers and a rescue puppy.

**Dr. Michael Schmitz** is a pediatric orthopedic surgeon and the Chief of Orthopedics at Children's Healthcare of Atlanta. He also serves as the Co-Director of the Spasticity Clinic and Limb Deficiency Program at Children's as well as the Medical Director of the Fracture Program. Dr. Schmitz's specializes in spinal care, limb deformity and deficiency, and orthopedic manifestations of neuromuscular disease. He has special interests in complex spinal deformities including early onset scoliosis, limb deficiency, cerebral palsy, and orthopedic trauma. His primary office is at Children's at Meridian Mark in Atlanta with additional clinics in Alpharetta, Cumming, and Fayetteville.

Time	Topic	Speaker
7:45-8:00	Zoom Login Opens	GASOPT officers
8:00-8:15	Conference introduction	GASOPT officers
8:15-10:15	How a Pediatric Orthopedic Surgeon can Keep you out of Trouble at School	Dr. Michael Schmidt
10:15-10:30	Break	GASOPT Officers
10:30-11:45	Burnout, Wellness, and Pursuit of Happiness	Dr. Lucky Jain
11:45-12:00	Break	GASOPT officers
12:00-1:00	Business Meeting	GASOPT officers
1:00-2:30	ExerSHINE Kids,	Dr. Amy Wheadon
2:30-2:45	Break	Dr. Amy Wheadon
2:45-4:00	ExerSHINE Kids,	Dr. Amy Wheadon
4:00	Wrap up/Questions	GASOPT officers

## Course Objectives

- Gain a greater understanding of when to reassure and when to refer patients with Spina Bifida, Cerebral Palsy, Osteogenesis Imperfecta, Down Syndrome, Blount's Disease, Traumatic Brain Injury, and Surgical Wounds. Gain a greater understanding of common surgical indications, procedures, and rehabilitation.
- Create awareness of the burnout amount for health professionals, approach to wellness at individual and institutional level and explore ideas that create joy in the practice of medicine
- Identify and explain 3 reasons why OT practitioners are seeing an influx of pediatric clients in schools with sensory processing challenges. Identify 3 sensory systems that are activated and enriched through high intensity exercise and describe why and how 3 specific exercises target particular systems. Analyze and explain how and why high intensity exercise correlates with improved self regulation by identifying 3 sensory processing outcomes and 3 performance area outcomes that were measured to be positively impacted by using high intensity exercise in the ExerSHINE Kids POWER Bootcamp Program research study. Apply learning from this course to describe 3 ways you can use high intensity exercise as an intervention for improved sensory outcomes with your pediatric clients.

## Conference Information

### Conference cost and payment:

Registration is electronic, via Paypal ONLY, with the exception of local districts registering multiple staff members.

Cost: \$60.00 payable via the Paypal link on [GASOPT website](#).

Registration Deadline:

**Paypal: Tuesday March 22, 2022 by 8:00 pm**

**\*\*\*Registration will close upon reaching a max capacity of 250, so don't delay your registration\*\*\***

Please keep your digital Paypal receipt as confirmation of your payment. If you have questions regarding registration, please contact:

[gasopt@gmail.com](mailto:gasopt@gmail.com)

In order to receive the full 6.0 contact hours for license renewal, you must remain logged in to Zoom meeting for the entirety of the presentation. Cameras will be required to be on, so the officers can monitor participation by members.

GASOPT officers will moderate the presentation and we ask that all question for the presenters be typed into the chat box.

### IMPORTANT ANNOUNCEMENTS

The business meeting of this conference will have items the membership will need to review and/or vote on:

- Open discussion about GASOPT website
- Update reports
- Announcement of exciting upcoming opportunities for members to become officers.
- Discussion on philanthropic giving for GASOPT