

NICOLE DI SPIRITO, BA, MOT

EDUCATION

- Master of Occupational Therapy, University of British Columbia, 2020
- Bachelor of Arts – Psychology, University of British Columbia, 2017

CERTIFICATIONS

- Progressive Goal Attainment Program Treatment Provider (June 2021)
- Certified Work Capacity Evaluator (March 2023)

PROFESSIONAL DEVELOPMENT/TRAINING

- CAOT Workshop on Understanding the Workplace Mental Health Landscape, I. Lewis, November 2023
- The Matheson Cognitive Functional Capacity Evaluation Certification Program, T. Percy, September 2022
- CAOT Foundations in Mental Health Course, L. Diamond-Burchuk, February 2022
- The Centre for Deployment Psychology Prolonged Exposure Therapy for PTSD Certification Course, A. Milochik, February 2022
- The Matheson Functional Capacity Evaluation Certification Program, C. Howe, November 2021
- The Progressive Goal Attainment Program (PGAP) Training Workshop, M. Sullivan, June 2021
- The Dive-In Coach Approach: Coaching for Return to Work; H. Theriault, 2020
- University of British Columbia Master of Occupational Therapy Capstone Conference Research Project: Screen Time Guidelines for Children with ASD: Clinicians' Perspectives, 2020
- Program for Excellence in Telerehabilitation Education and Training, 2020
- BC Rural and First Nations Health and Wellness Conference, 2020
- Complex Hand Therapy Workshop, M. Metzger, 2020
- Student Fieldwork Project: Pediatric TBI - When to Perform a Swallow Assessment, 2019
- Assistive Technology and Wheelchair Skills Bootcamp, B. Miller, 2019
- Advanced Psychosocial Workshop, M. Lee, 2019
- Ergonomics – Practice Skills and Therapeutic Procedures, M. Kyi, 2019
- Self-Management of Chronic Pain, S. Schellinck; B. Sakakibara, 2019
- Motivational Interviewing, G. Walker & M. Lee, 2019
- Concussion Awareness Training Tool (CATT): Concussion Toolkit for Medical Professionals, 2019
- Trauma-Informed Practice, M. Lee, 2019
- Suicide: Awareness, Prevention, and the Role of Occupational Therapy, M. Lee & M. Wenger, 2019
- Non-Violent Crisis Intervention Training, Fraser Health, 2016

RELEVANT WORK EXPERIENCE

Occupational Rehab 2, Re:Function Health Group, Richmond, B.C. – November 2022-Present

Occupational Therapist

- Assessment and treatment planning with interdisciplinary team
- Functional assessments for individuals with complex work-related injuries
- Liaising with employers and case managers
- Job site visits
- Gradual return to work planning
- Administration of exercise programs and monitoring of gradual progressions in individualized programs
- Administration and monitoring of work simulation exercises with gradual progressions
- Administration of group education on safe body mechanics, pacing, pain management, hurt versus harm, the fear avoidance cycle, thought reframing, amongst other topics.

Consultant Occupational Therapist, Re:Function Health Group, Richmond, B.C. – November 2020-Present

Consultant Occupational Therapist

- Performance of functional capacity evaluations including cognitive functional capacity evaluations
- Performance of standardized strength capacity testing as well as standardized functional and cognitive assessments
- Performance of job demands analyses
- Performance of pre-employment screening assessments

Community Occupational Therapy, Re:Function Health Group, Richmond, B.C. – November 2020-November 2022

Occupational Therapist

- ADL functional assessments in the community (e.g. client homes) and intervention planning
- Recommendations and attainment of medical equipment and ergonomic equipment/tools, based on assessment findings
- Cognitive assessments and intervention planning
- Education on chronic pain, pain management, and energy conservation
- Prolonged exposure therapy for individuals with PTSD
- Mental health treatment: Cognitive behavioral therapy, sensory modulation strategies, education on mindfulness and relaxation strategies, behavioral activation, sleep hygiene and self-care education, goal setting.
- Ergonomic assessment and recommendations for appropriate workstation tools or modifications
- Job site visits
- Gradual return to work planning
- Liaising with employers, case managers, and other treatment providers

- Experience with WorkSafe BC claims under two-year mentorship program; experience with ICBC claims

Inpatient Rehab Unit, Holy Family Hospital, Vancouver, B.C. – November 2020-March 2021

Occupational Therapist

- ADL functional assessments and intervention planning
- Cognitive assessments and intervention planning
- Education on safe transfers and ADL modifications for individuals with amputations, orthopedic injuries, and neurological conditions

Adolescent Psychiatry Unit, Kelowna General Hospital, Kelowna, B.C. – Fieldwork, 2020

Student Occupational Therapist

- Adult/Adolescent Sensory Profile assessment
- Facilitation of mental health treatment groups
- ADL functional assessments and intervention planning
- Leisure activity assessments and intervention planning

Orthopedics/Joint Replacement, Burnaby General Hospital, Burnaby, B.C. – Fieldwork, 2020

Student Occupational Therapist

- Manual wheelchair assessment and prescription
- ADL functional assessments
- Functional transfer assessments
- Hospital discharge planning
- Equipment prescription through MEPP Referral Program

Acute Neuro/Pediatric Intensive Care Unit, B.C. Children’s Hospital, Vancouver, B.C. – Fieldwork, 2019

Student Occupational Therapist

- Dysphagia and eating assessments
- Video fluoroscopic swallowing studies
- Splinting: assessment and treatment
- Education on concussion and symptom management

Head Injury Assessment and Treatment Program/Chronic Pain and Medication Management Program, Lifemark, Vancouver, B.C. – Fieldwork, 2019

Student Occupational Therapist

- WorkSafe BC Return to Work support services
- Work site ergonomics
- Job site visits and Job Demands Analyses
- Gradual Return-to-work Planning

Home and Community Health, Fraser Health, Port Moody, B.C. – Fieldwork, 2019

Student Occupational Therapist

- Home Adaptation Assessments and Recommendations

- Home safety assessments and adaptations
- Equipment funding request to Ministry of Health
- Seating assessments
- Pressure sore management

DEMONSTRATED COMPETENCIES

Return-To-Work Planning and Implementation:

- Able to perform job demands analyses and make appropriate recommendations for equipment, modifications, and gradual return-to-work planning
- Experience providing education on safe body mechanics, chronic pain, pain management
- Use of functional assessments to determine functional capacity and interpretation of data for recommendations for accommodation
- Able to perform ergonomic assessments and provide recommendations for workstation modifications
- Able to perform standardized assessments for physical and cognitive assessment and design work simulation assessments for both physical and cognitive work demands

Community Adult Rehabilitation:

- Experience with home safety assessments and analyses for recommendations of equipment, environment modifications, and community resources
- Able to perform ADL functional assessments and make appropriate recommendations for task modifications and assistive devices or equipment
- Experience performing standardized cognitive assessments and providing appropriate cognitive rehabilitation exercises
- Able to provide education on concussion symptoms and chronic pain management
- Able to provide assessment and treatment in prolonged exposure therapy for individuals with PTSD
- Able to provide cognitive behavioral therapy for anxiety and fear avoidance following injury
- Able to provide education on sensory modulation strategies, mindfulness and relaxation strategies, sleep hygiene and self-care
- Able to provide Progressive Goal Attainment Program structured treatment program