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## SITARA KHAN, MSc. OT

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### EDUCATION

- Masters of Rehabilitation Science, Occupational Therapy, **McGill University**, 2016
- Bachelor of Rehabilitation Science, Occupational Therapy, **McGill University**, 2014

### PROFESSIONAL DEVELOPMENT/TRAINING

- Philadelphia Hand Surgery and Rehabilitation Symposium Conference, 2020

### RELEVANT WORK EXPERIENCE

#### **Re:Function Health Group Inc.: 2021 to present**

- Functional Capacity Evaluations
- Community Occupational Therapy

#### **St-Mary's Hospital: 2019 to 2021**

- Discharge plans for patients with orthopedic injuries, CVAs, and other surgeries and traumas.
- Recommendations regarding home adaptations with community services
- Custom orthoses fabrication

#### **Cappino Physiotherapy: 2020 to 2020**

- Physical, vocational, and mental health assessments for return to work
- Ergonomic assessments
- Return to work planning
- Functional Capacity Evaluations

#### **Clinique Forcemedic: 2016 to 2019**

- Return to work planning
- Functional Capacity Evaluations
- Work site visits

### DEMONSTRATED COMPETENCIES

#### **Functional Evaluation:**

- Experienced using standardized, evidenced based functional testing equipment
- Able to use job demand task analysis to develop meaningful and specific work simulation work circuits to incorporate in functional testing
- Able to interpret functional test measures and forecast return to work capacity
- Able to identify functional need for temporary task modifications or permanent accommodations during return-to-work planning

#### **Return-To-Work Planning and Implementation:**

- Able to coordinate and lead return to work meetings with involved stakeholders
- Able to effectively communicate with stakeholders to identify return to work plans, identify accountabilities of parties within the plan, develop consensus to execute the plan, and to address issues while monitoring the plan
- Able to identify and measure job demands
- Able to use task analysis and functional analysis to develop a return to work plan and grade exposure rates to work tasks within the plan specific to injured workers' needs

- Able to perform ergonomic analyses to identify risk factors of work demands in relation to functional capacities of an injured worker
- Able to identify temporary/permanent task modifications and/or accommodations necessary for an injured worker and implement them or eventually remove them in the return to work plan
- Able to prescribe ergonomic solutions via equipment provision, worker practice modifications (job coaching), or environmental changes
- Able to effectively write reports outlining specifics of job demands and return to work plans
- Certified CPR Training

**Community Adult Rehabilitation:**

- Home Safety Assessments with recommendation, training and provision of mobility aids, adaptive equipment and community resources to optimize client safety in the home
- Provide educational assistant training in safe body mechanics & the use of adaptive equipment