

LAURA PATTERSON, BKin, M.Sc.OT

EDUCATION

- Master of Science in Occupational Therapy, Dalhousie University, 2019
- Bachelor of Kinesiology with Psychology, Acadia University, 2017

PROFESSIONAL DEVELOPMENT/TRAINING

Matheson Certified Work Capacity Evaluator	December 2023
Prolonged Exposure Therapy Course	May 2021
PGAP: Progressive Goal Attainment Program	April 2021
Anxiety Interventions Course	February 2020
<ul style="list-style-type: none">• Assertiveness Training, Relaxation Skills Training and Exposure Therapy Workshop	
PainBC Foundations Course	August 2019
Brain Tree Cognitive Training	August 2019
<ul style="list-style-type: none">• Video Podcast Online Course	
CAOT Webinars	2019-2023
<ul style="list-style-type: none">• Cognitive functional capacity evaluation – the unique contribution of occupational therapy for return to work• Cognitive rehabilitation after acquired brain injury: from evidence to practice• Vision rehabilitation: practical strategies for occupational therapists• Body-mind practices in mental health• Evaluating the client with concussion: a comprehensive occupation-based approach• Best practice in return-to-work intervention for clients who have experienced trauma• A cultural competency model for occupational therapists working with military and veteran families• Occupational Therapy and Post-Traumatic Stress Disorder: Dealing with Disruption in Daily Life• Breaking the Silence: Integrating Trauma-Informed Care into Occupational Therapy practice• How Trauma impacts daily life• Wheelchair assessment for bariatric clients• Alternative driving methods for people with muscle weakness• Em-POWERment: Power mobility training methods for children and adolescents with multiple severe disabilities• Navigating the risk of power mobility in the long-term care setting• Power mobility assessment: safety, skills, confidence, and participation• Seating and wheeled mobility: Considerations for long term care settings• Seating in the bathroom• From paper to practice: clinical application of evidence-based practice in seating and mobility• Wheelchair seating for pressure management	

- Weighing the options: Manipulating weight – maximizing efficiency – improving function with manual wheelchairs
- Occupational Therapist’s Role in the Screening and Assessment of People with Concussion
- Easing the strain of pain on the brain: Practical, evidence informed strategies for teaching pain self-management skills to people with brain injuries
- Innovative pacing and planning techniques following concussion/mild traumatic brain injury
- An introduction to the BINI: Brain injury needs indicator
- Bringing together life and ongoing rehabilitation after traumatic brain injury
- Self-injurious behavior: Insights and interventions for occupational therapists
- Utilizing food skills group in mental health occupational therapy: Occupation in recovery
- Occupational therapy outcome measures for community mental health practice
- Development of a mental health driving screen: SPOT – DS
- Exposure Therapy Pathway for Anxiety Management

ContinuED Courses

June 2022

- Wheelchair Seating Interventions
- Acute Care Back to the Basics: OT’s Role In The Emergency Department
- Acute Care Back to the Basics: Gerontology

RELEVANT WORK EXPERIENCE

Refunction Health Group, Inc.: 2022 - Present

- WorksafeBC Community Occupational Therapy
- Job Demands Analysis
- Work Site Ergonomics
- Functional Capacity Evaluations

Intuitive Rehabilitation Services: 2019 - 2023

- WorkSafeBC Return to Work support services (Physical Injuries, Brain Injuries and Mental Health Conditions)
- Home Safety Assessments and Adaptations
- Gradual Return to work planning
- Job Site Visits
- Equipment recommendations

Acute Care, Saint John Regional Hospital, Saint John, N.B. – Fieldwork, 2019

Student Occupational Therapist

- Manual wheelchair assessment and prescription
- ADL functional assessments
- Functional transfer assessments
- Cognitive screening and assessments
- Hospital discharge planning

Dr. Everett Chalmers Regional Hospital, Fredericton, N.B. – Fieldwork, 2019

Student Occupational Therapist

- Equipment recommendations
- Outpatient management of acute and sub-acute hand injuries

- Instructed Pre-Operative Hip and Knee Replacement class

Worksafe NB, Grand Bay, N.B. – Fieldwork, 2018

Student Occupational Therapist

- Functional Capacity Evaluations
- Jobsite Analysis
- Ergonomic Assessments

DEMONSTRATED COMPETENCIES

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

Community Adult Rehabilitation:

- Experience with home safety assessments and analyses for recommendations of equipment, environment modifications and community resources
- Able to perform ADL functional assessment and make appropriate recommendations for task modifications and assistive devices/equipment
- Experience performing standardized cognitive assessments and providing appropriate cognitive rehabilitation exercises
- Able to provide education on concussion symptoms, chronic pain management and various mental health conditions

Functional Capacity Evaluations:

- Experience using standardized, evidence-based functional assessments
- Able to use job demands analyses to develop meaningful and specific work simulations for incorporation into evaluations
- Able to identify functional limitations and recommend appropriate task modifications and accommodations to assist with return to work planning