

**Mission:** To protect the public by supervising occupational therapy practice and assuring safe & ethical delivery of occupational therapy services.

# OTLB News



## Occupational Therapy Licensing Board

### BOARD MEMBERS

- Sybil Hedrick Park, OTR/L, CHT, CSCS, Board Chair
- Max Perkins, OTR/L
- Kari Hill, COTA/L
- Erion Moore, Public Member, Vice Chair
- Clyde Jenkins, Public Member

### BOARD STAFF

- Nancy Schuberg  
Executive Director
- Rachel Cillo  
Licensing Specialist

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August 2021

## 2021 Legislative Session—Bills that Passed

Sine die was June 27th, the session is over.

Bills related to the OT board or health providers (bill numbers are hyperlinked to OLIS):

**[HB 2078](#)** – changes pain management from a one time requirement of 7 hrs to 1 hr. Completion due at initial license and every 36 months thereafter.

Look for more information in future newsletters. This new requirement will **not** apply to 2022 renewals.

**[HB 2315](#)**– Amended so that is only requires specified behavioral health providers (OT is not included) to complete required CE on Suicide risk assessment, risk and management. OT will continue to report any CE per SB 48 (2017).

**[SB 5521](#)** – Budget bill for Health Related Licensing Boards.

**[HB 2359](#)** Relating to health care interpreters. Requires health care providers to work with health care interpreters from health care interpreter registry operated by the Oregon Health Authority to provide interpretation services.

**[SB 567](#)** Relating to discrimination in provision of health care; amending ORS 659.142. Make unlawful practice limiting or refusing treatment based on patient's race, color, national origin, sex, sexual orientation, gender identity, age or disability, requires completion or individualized assessment.

**[HB 3057](#)** – During COVID-19, would allow OHA to share individually identifiable information related to COVID -19 info to care coordination entities (CCO's insurers, clinic based care coordinators) at health plans and with for coordination purposes. Protect privacy Public hearing and work session held. Would take place under HIPAA umbrella. No one else would have access to data.

**[HB 3159](#)** – requires health care providers and health insurers to collect from patient, client or member data on race, ethnicity, preferred spoken and written language, disability status, sexual orientation and gender identity. Requires OHA to establish data system for receipt and storage of specified data.



## Participate in a Pacific U study...



You are invited to participate in a Qualtrics survey designed to investigate the challenges faced by families of K-12 students due to the shift to virtual learning during the pandemic. The survey will take approximately 15-20 mins of your time.

If you choose to participate in the study, the information you will share with us will be kept completely confidential. If you have further questions or concerns, please contact:

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Approved July 15, 2021  
Expires July 15, 2026

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This Photo by Unknown Author is licensed under [CC BY](#)

To participate in the study, scan the QR code to access the survey.



Or, use the following link: [Survey Link](#)

## Filing OTA Supervision with the Board

Any person who is licensed as an occupational therapy assistant may assist in the practice of occupational therapy only under the supervision of a licensed occupational therapist. Before an OTA can start working they must file their OT Supervisor with the board.

OTA's can update their OT Supervisor electronically through the OTLB [License Portal](#). No longer do you have to send in a form. Log in and Click on Supervisor/Supervision Tab, add the name of the OT Supervisor, the Site of Supervision, the Start date and click SAVE. **The OT Supervisor must then log in and change the approval status to "approve"**. Once this is done, the OT Supervisor is on file with the board.

[Step-by-step instructions on how to file supervision in the License Portal](#)

[OAR 339-010-0035 Supervision of an Occupational Therapy Assistant](#)

# Emotional, Spiritual, and Physical Self-Care Tips

Courtesy of IBH Monitoring

It's so easy to put your self-care on the back burner, particularly when life is full or feels hard. In case you need some reinforcement, here is a list of self-care tips for taking care of your mind, body and soul.

## Emotional Self-Care

- Spend time with the others whose company you enjoy
- Stay in contact with important people in your life
- Give yourself affirmations, praise yourself
- Find ways to increase your sense of self-esteem
- Reread favorite books, re-view favorite movies
- Identify comforting activities, objects, people, relationships, places, and seek them out
- Allow yourself to cry
- Find things to make you laugh
- Express your outrage in social action, letters, donations, marches and protests
- Play with children

## Spiritual Self-Care

- Make time for reflection
- Spend time with nature
- Find a spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Try at times not to be in charge or the expert
- Be open to not knowing
- Identify what is meaningful to you and notice its place in your life
- Meditate
- Pray
- Sing
- Spend time with children
- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc.)

## Physical Self-Care

- Eat regularly (breakfast, lunch, and dinner)
- Eat healthily
- Exercise
- Get regular medical care for prevention
- Get medical care when needed
- Take time off when sick
- Get massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Wear clothes you like
- Take vacations
- Take day trips or mini vacations
- Make time away from electronics
- Know your unhealthy behaviors and watch for their return
- Recognize your triggers
- Notice the events or feelings precede the tendency to want to turn to habits that are unhealthy
- Avoid binge eating and or purging
- Avoid cigarettes and other tobacco products
- Seek help for a healthy lifestyle

## ***The OT Licensing Board will now accept CE on Self Care:***

### **New rule:**

### **339-020-0020 CE Categories and Points**

These numbers refer to a two year total of 30 points. Credit for CE shall be calculated on a point basis in the following categories and must relate to occupational therapy services. It is the responsibility of the licensee to demonstrate how specific classes contribute to the development of the occupational therapy skills. Unless stated otherwise, one point equals one contact hour. Sixteen to 30 required CE points must come from categories 1-10. A limit of 14 of the required CE points may be accrued from categories 11-18, unless noted otherwise.

### **(18) Personal Development/Self Care: Up to four points.**

If audited, the Licensee must be able to describe how the CE relates to their practice. All CE must be at the professional level.

For more information on CE requirements, rules and tips: Click [here](#).

## ***OTLB's transfer to OHA's Health Licensing Office—Update***

The Governor's biennial budget for 2021-2023 came out in early December and proposed that six agencies that currently report directly to the Governor, including the Occupational Therapy Licensing Board, move under the Oregon Health Authority's Health Licensing Office (HLO).

Link to HLO's website: [Click here](#)

HLO is one agency that oversees several Boards and Programs, including the Art Therapy Program, Board of Cosmetology, Licensed Dietitians, Athletic trainers, etc. The other agencies included are the Speech Language and Audiology Board, Naturopathic Board, Mortuary and Cemetery Board, Medical Imaging Board and the Veterinary Board.

Since 2006, these six boards have been grouped together for budgetary purposes as the Health Related Licensing Boards. The boards share resources and a budget code but otherwise operate as independent agencies.

Very few details are known at this time. According to the Governor's budget the Board will retain its current authority, oversight and structure, however, administratively it will operate in the HLO. The Board has been granted a one year budget to operate as it does currently and to work out the details and make the transition.

Link to HLO statutes: [676.560 Purpose of Health Licensing Office](#)

**Update:** The Education Subcommittee recommended granting the six boards a two-year budget and has directed the six boards to work with the Dept. of Administrative Services (DAS) to present a plan to remain independent or to become a part of OHA's Health Licensing Office starting in the 2023-25 biennium. The boards and DAS must jointly report their proposal to the Joint Ways and Means Committee during the 2022 legislative session. For a link to the recommendation: [Click here](#). The bill went on to pass the house and senate has been signed into law by the Governor.

### ***\*New\* Cultural Competency CE Requirement***

Effective July 1, 2020, ALL licensed Occupational Therapists and Occupational Therapy Assistants are required to complete at least one hour on Cultural Competency per renewal period. This requirement is in compliance with HB 2011 (2019).

**This new requirement does apply to 2022 renewals.**

Link to rule: [339-020-0025 CE in Cultural Competency](#)

The Board leaves it up to the discretion of the practitioner to choose a course that would be most beneficial to his/her practice. The OHA list of courses below are available but it is not required that you choose a course from this list.

**OHA List of Approved CCCE Training:** [Click here](#)

**OHA CCCE website:** [Click here](#)

**AOTA course: Diversity in Health Care for OT:** [Click here](#)

## COVID –19 - Latest Updates:

**\*New\* August 19th:** Governor Kate Brown today announced two new vaccination measures to address Oregon's hospital crisis, caused by the Delta variant surge, and to help keep Oregon students safe in the upcoming school year and minimize disruptions to in-person instruction:

- Oregon's vaccination requirement for health care workers will no longer have a testing alternative. Health care workers will be required to be fully vaccinated by October 18 or six weeks after full FDA approval, whichever is later.
- All teachers, educators, support staff, and volunteers in K-12 schools will be required to be fully vaccinated by October 18 or six weeks after full FDA approval, whichever is later.

Link to the Press Release: Click [here](#)

Link to the Press Conference: Click [here](#)

**Starting August 13:** masks are mandatory in all indoor spaces to fight COVID-19 spread. [For more information click here.](#)

**August 4:** [Governor Brown announced that all health care workers will be required to submit to weekly testing for the coronavirus unless they are vaccinated](#) and directed the Oregon Health Authority to promulgate rules.

### More Links:

[COVID-19 Vaccination or Testing Requirements for Healthcare Providers and Healthcare Staff in Healthcare Settings](#) (8/5/2021)

[Tips for Providers: COVID-19 Testing for People with Disabilities](#) (8/2/2021)

Vaccine Locator Map: <https://getvaccinated.oregon.gov/#/>



## WHAT'S COMING UP

### 2021

Oct. 9 OTAO conference  
Nov. 5 Board Meeting

### State Holiday Closure Schedule

Sept. 6 Labor Day  
Nov. 11 Veterans Day  
Nov. 25 Thanksgiving  
Nov. 26 Day after TG  
Dec. 24 Christmas

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## SAVE THE DATE:

2021 OTAO  
ANNUAL CONFERENCE  
October 9, 2021

[Click here for more info](#)

### Visit the License Portal

- Update your Contact Information
- Submit a name change request
- OTA 's can file their OT Supervisor with the board. (The OT Supervisor must log in to confirm)
- Enter your Pain Management CE
- Request a verification to be sent to another state
- Update your work location
- View and print any invoices or receipts
- Print a copy of your License
- Renew your license in 2022

**Lend your skills  
in an emergency...**

**State Emergency Registry of  
Volunteers in Oregon (Serv-OR)**

SERV-OR is a statewide registry system to help health care professionals volunteer their services during emergencies with significant health impacts.

The registry is sponsored by the Oregon Public Health Division in partnership with the Medical Reserve Corps.

For more info, visit:

<https://www.serv-or.org/>

## Self-reporting Requirements

If you are arrested you must notify the Board within **10 working days** of a conviction of a misdemeanor, or an arrest for or conviction of a felony. OAR 339-010-0020 (5)(d).



## Did your Legal Name Change?

**To change your name:** Go to [www.oregon.gov/otlb](http://www.oregon.gov/otlb) for the name change form or send an email to [board staff](mailto:board@otlb.oregon.gov). Email or fax us the legal document showing the name change. OAR 339-010-0018

## Keep your Contact Info Current—It's the Law!

**Change your contact information within 30 days:** Go to [www.oregon.gov/otlb](http://www.oregon.gov/otlb) and complete the address change form, send an email to [board staff](mailto:board@otlb.oregon.gov) or to Log in to the License Portal—click [here](#). OAR 339-010-0018

**To order a verification to be sent to another state:** click [here](#). We do not need their form. We will email you back when it is done. Fee is \$25.