

**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



September 2020

## 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

## INSIDE THIS ISSUE

OTAO 2020 Virtual Conference	1
OTLB Presentation: Tele-Rehab in the Out-patient Environ.	1
New Cultural Comp. CE Requirement	2
Temporary Rules in Effect	2
The Effects of Alcohol	3
Important Links related to the Pandemic.	4
Keep your contact Info current! It's the Law!	4

## 2020 OTAO Virtual Conference

By the OTAO Conference Committee

Welcome to the first ever 2020 OTAO Virtual Conference! Courses are being offered throughout the month of October and ending with our OTAO Happy Hour — Awards Nights — OT Night In on October 30. There are a variety of topics via Live-Presentations and Pre-Recorded sessions. We will continue to have our semi-annual business meeting with the OTAO President, a session on advocacy with our OT Lobbyist, awards to honor OTs in our community, and a silent auction to support our student scholarships.

**All courses must be purchased individually.** During the early bird registration period (September 14-30), there will be a special for the **first 100 course registrations, of 2 additional free courses after the first course registration.** Then during the regular registration period (October 1-31), there will be a special for the **first 100 course registrations, of 1 additional free course after the first course registration.** Note: If you were one of the first 100 individuals to register for a course during both early bird and regular registration periods, you will receive a separate email from [info@otao.com](mailto:info@otao.com).

When courses are available, you must complete the course survey before receiving a certificate of completion. Once done, please allow up to 72 hours to receive your course certificate from [info@otao.com](mailto:info@otao.com).

These are new times for us and we appreciate your patience and understanding as we navigate through this process. As a thank you for your continued support, we would like to offer you some FREE courses. For additional information on pricing,

please inquire at our registration page. Any changes/updates about the 2020 OTAO Virtual Conference will be made on this page. Please reach out if you have any questions/concerns:

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

### OTLB: Tele-Rehab for Adults in the Out-Patient Environment

Speaker Kate Morrell will explain how a large hospital system implemented tele-rehab to respond to the demand for virtual services during the 2020 pandemic. Licensing laws, insurance challenges, documentation requirements will be reviewed. Evaluation and treatment challenges will be discussed along with opportunities and barriers to telehealth implementation. Questions and audience discussion encouraged.

The Board Live presentation will be held on **Friday, October 16th at Noon.**



Speaker Kate Morrell, M.A., CCC-SLP

## ***\*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 legislative requirement is in compliance with [HB 2011 \(2019\)](#).

Here are links to the relevant rules:

[339-020-0025 CE in Cultural Competency](#)

[339-020-0080 CE Certification](#)

[339-020-0010 CE Requirements for Current Licensees](#)

### **Find an OHA-Approved CCCE Training**

This is a growing list of OHA-approved training opportunities, based upon criteria for high quality and standards of excellence in cultural competency education.

[https://www.oregon.gov/oha/OEI/CCCEMtgDocs/CCCE%20Registry\\_071420.pdf](https://www.oregon.gov/oha/OEI/CCCEMtgDocs/CCCE%20Registry_071420.pdf)

### **Cultural Competence Continuing Education (CCCE) - OHA Website:**

<https://www.oregon.gov/oha/OEI/Pages/CCCE.aspx>

## ***Temporary Administrative Rules In Effect Through 2/5/2021:***

The health boards were asked by the Governor's office to adopt temporary rules so that Boards can take administrative action for violations of executive orders. Oregon occupational therapy practitioners must comply with Governor's Executive Orders during a declared emergency.

### **339-010-0020**

#### **Unprofessional Conduct**

6) Unprofessional Conduct in a Declared Emergency:

(a) Unprofessional conduct during a declared emergency includes failing to comply with any applicable requirement of a Governor's Executive Orders, including but not limited to:

(A) Providing occupational therapy services when permitted, but without wearing Personal Protective Equipment (PPE) when PPE is required;

(B) Providing occupational therapy services at a business required to be closed;

(b) Unprofessional conduct during a declared emergency includes failing to comply with applicable Oregon Health Authority (OHA) guidance implementing a Governor's Executive Orders, including but not limited to failing to follow guidance on providing occupational therapy services in person.

(c) No disciplinary action or penalty action shall be taken under this section if the Executive Order provision or OHA guidance alleged to have been violated is not in effect at the time of the alleged violation.

## THE EFFECTS OF ALCOHOL: ARE YOU REALLY SOBER?

Over the past few years, the Board has seen an increase in alcohol related complaints and disclosures of DUI arrests. Former PT Board Public Member, Troy Costales, is the Administrator of the Transportation Safety Division of The Oregon Dept of Transportation (ODOT) and lectures nationally on the effects of alcohol and public safety. Troy drafted the following scenario for your thought and consideration:

It is very early on Saturday morning and your designated driver drops you at home and the clock on your kitchen's wall says 3AM. Then you notice the bright yellow note on your message board: "Working Saturday." Well it isn't too bad, everything will be just fine, you will get five hours of sleep and a cold shower will sober you right up for your first client at 9 AM, right?

In plain simple terms, nothing will help your body process the alcohol you consumed other than time. Time? How much time do you really need to be ready for that 9AM client? On average, the human body will process out the consumed alcohol at an average dissipation rate of around 0.015 per hour.

Your goal should be to be completely sober before you leave for the office, right? Between your commute and preparation for the day, let's just say that 8 AM is the time you want to roll out the door. Here is a calculation of the maximum amount of alcohol your body will process while you get that five hours of sleep:

*Time/Blood alcohol content (BAC):*

8AM/0.000 (your goal before you leave for the office), 7AM/0.015, 6AM/0.030, 5AM/0.045. 4AM/0.060, 3AM/0.075\* (0.08 is the legal limit in Oregon for driving).

***So, in order to be 0.000 when you walk out the door at 8AM, your BAC at 3AM had to be 0.075 or lower!!!!***

But, the dissipation rate is only one-half of the picture. What about the consumption rate? This too isn't an exact science as each of our bodies will react with some slight differences but there are some good general guidelines on our BAC level and how many drinks we consume.

The peak BAC reached can be from one to two hours after the last drink. During the evening your body will process the alcohol, but not as fast as you consume it.

Let's roll back the clock on your Friday evening festivities. You start consuming alcohol at 7PM with two drinks in that first hour. You enjoy one drink per hour for the rest of the evening but at 1AM and then again at 2AM you decide to take one extra drink. Here, in general, is what this means for your BAC:

7PM/0.035 (two drinks), 8PM/0.055 (one drink), 9 PM/0.075. (one drink and your body starts to process the first drink), 10PM/0.080 (one drink and your body is still processing), 11PM/0.085 (one drink and your body is still processing), Midnight 0.090 (one drink and your body is still processing), 1AM/0.110 (two drinks and your body is still processing), 2 AM/0.130 (two drinks and your body is still processing), 3 AM/ 0.115 (no drinks and your body is still processing), 4AM/0.100, 5AM/0.085, 6AM/0.070, 7AM/ 0.055, 8AM/0.040.

***In this simple example, your BAC when you walked through your door at 3AM is 0.115 and is 0.04 at 8AM.*** You stuck with one drink per hour except at the beginning and the end of the night and you stopped drinking just after 2AM... yet your body is still processing away the alcohol at 8AM and you arrive at the office, prepared to treat patients with alcohol in your system.

So that fun evening out puts you and your patients at risk.. Even a few drinks the night before can impair your judgment at work the next day. As one commercial says "**Think before you drink**" for your sake and the sake of your patients.

## Oregon Health Authority GUIDELINES

The response to the COVID-19 outbreak is evolving rapidly, with mandatory measures and guidance being published daily at the local, state and national levels. We encourage you to check frequently for updated information as things change.

These are the most recent guidelines from OHA. You can also check the OTLB website for regular updates by clicking [Here](#).

[Clinical Care, and Healthcare Infection Prevention and Control Guidance for COVID-19 - July 22, 2020](#)

[OHA MASK GUIDANCE—June 30, 2020](#)

[OHA MASK FAQ's—July 9, 2020](#)



### Additional OHA Resources:

Available on OHA's [COVID-19 page for Health Care Partners](#):

[OHA Guidance on Resumption and Continued Provision of Non-Emergent and Elective Procedures at Hospitals](#)—Updated 7/30/20

[Guidance on Resumption and Continued Provision of Non-Emergent and Elective Procedures in Medical and Dental Offices, and Other Health Care Settings](#)—Updated 7/31/2020

[OHA Provisional Guidance: Clinical Care and Healthcare Infection Prevention and Control for COVID-19](#) - Updated 6/29/2020

[Oregon Guidance for Healthcare Personnel on Use of PPE in Resource-Constrained Settings](#) - Updated 7/8/2020

### Executive Orders

The Governor has issued several Executive Orders relating to the Pandemic. Licensees are expected to comply with all applicable requirements of the orders, relevant to the specific care setting and type of procedure.

All [Executive Orders](#)

[Governor's Executive Order 20-22](#)—Elective and Non Urgent Procedures

Governor's Office COVID page:  
<https://govstatus.egov.com/or-covid-19>

### Telehealth Resources

[Board rules](#) and FAQ's on telehealth

[Oregon Health Plan coverage of Telephone/Telemedicine/Telehealth Services](#)

[OHA-COVID-19 Expanded Telehealth/Telemedicine Provider Webinar](#)

[AOTA Telehealth Resources](#)—available to members and non-members

## WHAT'S COMING UP

2020

October: OTAO  
Annual Conference -Virtual  
Platform  
Nov. 6 Board Meeting

## State Holiday Closure Schedule

2020

Nov. 11 Veterans Day  
Nov. 26 Thanksgiving  
Nov. 27 Day after TG  
Dec. 25 Christmas

## Occupational Therapy Licensing Board

800 NE Oregon St.  
Suite 407  
Portland, OR 97213

(971) 673-0198  
(971) 673-0226 FAX

### Website:

[www.oregon.gov/otlb](http://www.oregon.gov/otlb)

### Email:

[Nancy.Schuberg@state.or.us](mailto:Nancy.Schuberg@state.or.us)

-or-

[Rachel.Cillo@state.or.us](mailto:Rachel.Cillo@state.or.us)

## Statewide Mask, Face Covering, Face Shield Guidance for Health Care Offices

9/16/2020

Click [Here](#)



### Licensee Count:

OT's: 2,122

OTA's: 485

**Total: 2,607**

As of 9/18/20

*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.org). 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.org) 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](#). **There is No Charge.** We do not need their form. We will email you back when it is done.