

# Kaylee Johnson, MS, OTR/L

VA License # 0119008571

## Experience

- *Aspen Womb Wellness, Roanoke, Virginia Jan 2021- Present*
  - Founder and lead occupational therapist for holistic pelvic health and maternal health
  - Consultant/ educator for medical professionals working in spinal cord injury (SCI) and/or traumatic brain injury.
- *Craig Hospital, Englewood, Colorado, September 2015- Jan 2020*
  - Occupational therapist empowering people who have sustained spinal cord injury (SCI), traumatic brain injury (TBI), or a combo (SCI and TBI) to return to life with activities just looking a bit differently than they did previously with activities of daily living (dressing, eating, bowel and bladder management, menses management, bathing, food prep, childcare, mobility, wheelchair education, leisure activities, and all aspects of life. Inpatient and outpatient.
    - Due to the mechanism of injury- many of these patients had comorbidities that also required management- i.e. fractures, vision issues, muscle shortening/ injuries, etc.
  - Program development and implementation for novel Outpatient Transition Program
    - Assessed people in their temporary home environment to ensure ease of transition and carryover of learning from hospital to home.
    - Bowel and bladder program management and implementation
    - Efficiency of morning and evening routine consultation with client and caregivers/ family
    - Facilitated patient reintegration in their home after being hospitalized sometimes for months to promote easier transition and greater success.
      - Outings to the gym to facilitate what a new exercise routine will look like
      - Grocery shopping, clothing shopping,
      - Uber/lyft rides, public transportation
      - Bowel and bladder management in public
  - Additional responsibilities:
    - Hand Clinic facilitator with two local hand surgeons and consult with other therapists to determine the best course for patients with multiple injuries and fractures.
      - Treated several patients who underwent tendon transfer surgery with specific protocol and splint fabrication
    - Upper Extremity (arm) Functional Electrical Stimulation bike team
    - Skin Committee member- conducted skin assessments throughout the hospital and recorded antecedent as well as action plan for healing and prevention
    - Tech and Therapy Shadow Program implementer
    - Proficient splinter for increasing function
    - Wheelchair clinic
      - Full body assessments to determine most appropriate wheelchair power vs. manual and various brands for each.
      - assess and educate clients on recommendations

- *Theraplay Inc., Newtown, Pennsylvania, October 2014-June 2015*
  - Occupational therapy coordinator and staff occupational therapist at pediatric outpatient medical-based therapy clinic
  - Encourage team building and provide mentorship to staff
  - Facilitate monthly meetings and elicit clinical improvement
  - Initiated monthly journal clubs and provide education as needed
  - Provide medically and developmentally appropriate therapy to babies and children with ASD, ADHD, CP, post-CVA, post-concussive syndrome, CHI, multiple syndromes, visual disturbances, FM concerns, learning disabilities, etc.
  - Educate families as well as advocate as needed to other healthcare providers or teachers to ensure appropriate educational adaptations are being implemented
  
- *Carolinas Medical Center, Charlotte North Carolina, April 2014-August 2014*
  - Per Diem occupational therapist
  - Acute care trauma and cardiac units
  
- *Gaston County School District, Gastonia, North Carolina, March 2014-June 2014*
  - Staff occupational therapist
  - Collaborated with parents and other team members to ensure team understanding of student occupational performance strengths and needs through evaluation, educational program planning, and service delivery.
  - Evaluated and applied occupation based individualized interventions to a diverse background of children from pre-k through high school through direct services as well as on a consultative basis in the least restrictive environment.
  
- *University of Colorado Hospital, Aurora, Colorado March 2013-January 2014*
  - Senior occupational therapist in acute care (Neuroscience ICU, Cardiothoracic ICU, Neuroscience Unit, as well as other acute areas), inpatient acute rehabilitation, and outpatient ALS clinic.
  - Evaluate, educate, and apply interventions for adults, older adults, and their families to increase independence in meaningful occupations.
  - Advocacy for the next appropriate level of care and/or safety with discharge
  - Leading evidence based practice meetings and student mentorship
  
- *Denver Health Medical Center, Level 1 Trauma Center, October 2009-March 2013*
  - Occupational therapist in acute care (ICU, PCU, floors) and inpatient acute rehabilitation
  - Evaluate, educate, and apply intervention for children, adolescents, adults, older adults, and their families directly after a traumatic injury or medical exacerbation in order to increase their independence in their meaningful occupations and assist with community reintegration
  - Specialized in SCI, TBI, multi-trauma, and bariatric treatments.
  
- *Guyana, South America: Orphanage, Outpatient Rehabilitation, and School for Special Education, June 2009*
  - Post-graduation internship/ volunteering
  - Provided Guyanese with education regarding typical development for infants and engaged in play with babies and children, stroke, and interventions to increase children's, adolescents', and adults' ability to engage in their meaningful occupations

- Internships
  - *Children's Hospital of Philadelphia Acute Care in the Intensive Care Unit, Fall 2008*
    - Evaluated, designed treatment plan, and performed interventions for babies and children with TBI, encephalitis, CVA, non-accidental traumas, developmental delays, sensory processing disorders, cancer, neurological impairments, down syndrome, cerebral palsy, scoliosis, and orthopedic impairments.
    - Interventions used included: ROM, MMT, splinting, scar massage, desensitization techniques, education on adaptive equipment, activities to improve posture, balance, mobility, communication, high level cognitive skills, fine and gross motor skills, and caregiver education.
  - *Lehigh Valley Hospital: Behavioral Health Adult and Adolescent Units, Summer 2008*
    - Assisted adolescents and adults with a variety of mental illnesses manage their symptoms and develop life skills to enhance participation in occupations.
    - Developed and lead self awareness, social skills, communication, self-esteem, self-expression, recovery, leisure awareness, stretch, pet therapy, relaxation, and craft groups.
    - Organized and implemented "Sensory Connection" Program.

## Education

- Master of Science degree in *Occupational Therapy* (May 2009) from Misericordia University, Dallas, Pennsylvania
- Bachelor of Science degree in *Health Science* (May 2009) from Misericordia University, Dallas, Pennsylvania
- Pregnancy and Postpartum Corrective Exercise Specialist, Sarah Duvall
- OT Pioneers: Pelvic Floor Therapy for Occupational Therapists, The Functional Pelvis
- Pelvic Rehab Manual Assessment & Treatment Techniques, the Essential Pelvis
- OT Learning Intensive Learning in Perinatal Health, Melissa LaPointe
- Diastasis Rectus Abdominus & The Postpartum Core, Munira Hudani, PT
- Lynn Shulte's Birth Healing Summit 2021, 20 one hour interviews with top influencers in the field.
- OT's role in lactation
- Biweekly mentoring meetings with Womb Matters (<https://www.wombmatters.com/>)
- Multiple classes on Motivational interviewing
- Infant feeding: the baby led way, Feeding Littles
- The Academy of Spinal Cord Injury Professionals National Conference
- Numerous continuing education classes at Craig Hospital in house- UE FES bike, TBI education, bowel, cathing, UE management, armadeo, armeo, e-stim, hand therapy (and more)
- Post-concussive syndrome and return to play
- Four month immersion trip in South America
- One month in India
- Neurorehabilitation Conference on TBI, CVA, and other neurologic disorders
- Cognitive Rehabilitation Seminar
- Stroke and Rehabilitation Seminar
- Movement Impairments of the Upper and Lower Extremity Seminar
- Traumatic Brain Injury Seminar
- Path to Peace Foundation's "College Students and the Common Good: Building a Better World" United Nations
- Multiple Leadership Development Seminars

### **Professional Licensure and Certifications**

- Licensed in Virginia. License on hold in Colorado, Pennsylvania, and North Carolina
- Basic Life Support (CPR and AED) Program, AHA

### **Presentations**

- Hjeltnes, B., **Johnson, K.**, & Scelza, W. (September 2018). “*Transition Program: A Novel Approach to SCI Outpatient Therapy*”. The Academy of Spinal Cord Injury Professionals National Conference.
- **Johnson, K.** (May 2019). *Improving Life After a Neuro Incident: Successful Bowel Evacuation*. The Rocky Mountain Chapter of Neuroscience Nurses conference.
- Wisdom for the Womb (May 2021). At The WellNest, Downtown Roanoke.
- Self-care for Down There (August 2021). Bellies, Babies, Tots

### **Honors & Awards**

- Multiple patient and team member recognitions/ compliment cards at Craig Hospital
- Therapist of the month award March and April 2015
- *Four star awards* received at Denver Health Medical Center for going above and beyond for patient care
- *McAuley Award Scholarship* for “leadership, volunteerism, and participation in a large array of extracurricular activities
- *Phi Theta Kappa Scholarship* for an “excellent record in college”
- *Academic Scholarship* for an “excellent record in college”
- *Students in Service to Pennsylvania Scholarship* for the completion of 450 hours of Community Service within one year
- *Student Government Scholarship Award* given to “an upcoming senior who exhibits the four charisms of Misericordia University—mercy, service, justice, and hospitality—and demonstrates outstanding leadership qualities”
- *Two Service Awards*
- *Kitty Rooney Memorial Award* for Outstanding Leadership

### **Activities**

- Mountain Biking
- Hiking
- Yoga
- Pottery
- Lifelong learning