



Cornerstone Occupational Therapy Consultants

*Ruth Duggan, M.Sc.O.T., O.T. Reg. N.S.
Occupational Therapist
Curriculum Vitae*

UNIVERSITY EDUCATION

- ◆ Bachelor of Science in Occupational Therapy, 1988
- ◆ Post-Graduate Master of Science in Occupational Therapy, 2002
Thesis: Empowering occupational therapists through reflective education & client centred practices
Dalhousie University, Halifax, Nova Scotia, Canada

HIGHLIGHTS OF REHABILITATION EXPERIENCE

- ◆ Over 21 years experience providing assessment of the physical, cognitive, and functional implications following injury or illness in adults
- ◆ Identification of functional abilities and limitations which affect a sustainable return to pre-injury activities, including self care, leisure, home/community productivity, and gainful employment
- ◆ Intervention to promote return to optimal physical and/or cognitive function after injury
- ◆ Assessment of the home and community environments and how these environments affect function, and provision of recommendations or intervention for environmental modifications to promote functional independence
- ◆ Assessment of the workplace and job tasks including physical, psychosocial and cognitive demands, and provision of recommendations for job accommodations for clients with physical and cognitive dysfunction, including return to work programs and follow-up
- ◆ Review and interpretation of Independent Medical and Functional Capacity Evaluations
- ◆ Performing and interpreting functional capacity evaluations, ergonomic assessments, and task analysis, in home, community and employment settings
- ◆ Working closely with clients, physicians, employers and other stakeholders at all stages of rehabilitation
- ◆ Evidence based decision making and goal setting are used throughout the rehabilitation process
- ◆ Comprehensive case management with clients who have multiple and complex issues including mental health, chronic pain, multiple trauma, and traumatic brain injury
- ◆ Comprehensive and detailed report writing skills including initial assessments, progress reports, return to work reports, closure notes
- ◆ Recognized as an Expert Witness in the Human Rights Tribunal of Canada

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PROFESSIONAL EMPLOYMENT HISTORY

Occupational Therapy Consultant, Halifax, Nova Scotia (2000 – present)

Providing consultation services to clients in Nova Scotia including:

- ◆ Occupational performance assessments
- ◆ Occupational therapy intervention leading to improved quality of life and/or return to work
- ◆ Vocational rehabilitation: Office and industrial ergonomic assessments, Job Demands Analysis, Job Accommodation Assessments, Disability Management, Return to Work coaching, and assisting clients with vocational directions after illness or injury
- ◆ Veteran's Affairs Canada, Clinical Care Manager (2009 – present)
- ◆ Educational workshops: Office Ergonomics, Back Care, Lifts and Transfers
- ◆ Life Care Planning and Legal Consulting
- ◆ Rehabilitation Consulting
- ◆ Cognitive rehabilitation
- ◆ Certified ARCON Evaluator (2000 – 2007)
- ◆ Cornerstone Occupational Therapy Consultants founding partner, September 2002 – present
- ◆ Ongoing business and associate management and development

School of Occupational Therapy, Dalhousie University, Halifax, Nova Scotia (Fall/Winter 2000/01)

- ◆ Sessional Lecturer OT2211: Application of Biomechanical Principles to Occupational Performance

Kuwait-Dalhousie Physiotherapy and Rehabilitation Centre, Kuwait (1997 – 2000) Occupational Therapist, Neurology

- ◆ Participating in the development of a 'Centre of Excellence' for provision of rehabilitation services in Kuwait
- ◆ Responsible for provision of occupational therapy management of patients with neurological impairments within the rehabilitation team
- ◆ Teaching and supervision of occupational therapists and other health professionals regarding Canadian methods of rehabilitation service delivery, and specific treatment approaches as required
- ◆ Occupational therapy consultation to Ministry of Health hospitals
- ◆ Special projects include developing a seating and mobility service, co-teaching a two week workshop in seating and mobility, providing ongoing training for therapists wishing to specialize in seating and mobility and spinal cord injuries, and assisting a local occupational therapist in setting up an occupational therapy service in an acute neurology hospital

Nova Scotia Rehabilitation Centre, Halifax, Nova Scotia (1990 – 1997) Senior Occupational Therapist

- ◆ Long-term occupational therapy management of patients with neuromuscular impairment and/or musculoskeletal trauma, throughout the life span
- ◆ Driving Assessment for people with disabilities
- ◆ Vocational Rehabilitation
- ◆ Wheelchair Selection and Positioning Resource Person
- ◆ Occupational Therapy Supervisor (1995 six-month locum)
- ◆ Committee work included Research/Ethics Committee
- ◆ Occupational Therapy Research Coordinator (February – May 1997) 0.5 FTE, this position involved development of the role of the Research Coordinator and facilitation of research in the Occupational Therapy Department
- ◆ Student Fieldwork Coordinator including member of the Fieldwork Advisory Committee

to Dalhousie University School of Occupational Therapy

- ◆ Back Care Education for Patients and Staff
- ◆ Involved in strategic planning, program development and evaluation at the departmental and service program levels
- ◆ Research Assistant for the Wheelchair Stability Study, Dr. R.L. Kirby (1995 – 96) see resultant publications below
- ◆ Participated in research projects such as Validity of Normative Data for the Jebsen Hand Function Test (unpublished); The Relationship Between the Stages of a Three Part Driving Assessment in People with Traumatic Brain Injury (ongoing); Relationship Between Performance on Perception Tests and the Doron Driving Simulator, research tutor for Jodie Taylor, 1996 – 97

Grandview Children's Treatment Centre, Oshawa, Ontario (1988 – 1990)

Pediatric Occupational Therapist

- ◆ Assessment, program planning and treatment for children with a variety of physical and perceptual disabilities

CONTINUING EDUCATION

- ◆ Essential Job Demands Analysis,
Roy Matheson, Roy Matheson & Associates, October-November 2010
- ◆ Forensic Rehabilitation,
Len Matheson, Roy Matheson & Associates, February 2009
- ◆ Steady as You Go, Nova Scotia Seniors Falls Prevention Conference
March 21 & 22 2007, 15 hours
- ◆ Ergonomic Tools for Quantifying the Risk of Workplace MSDs of the Upper Extremities
Dr. Jim Potvin, Association of Canadian Ergonomists, 16 March 2007
- ◆ Community Development for Occupational Therapists
Dalhousie University School of Occupational Therapy, September – December 2006
- ◆ Life Care Planning
Jodi Fischer, Roy Matheson and Associates, November 2004
- ◆ Progressive Goal Attainment Program (PGAP): A new program for minimizing pain-related disability
Dr. Mick Sullivan, March 2004
- ◆ Low Back Injury: Improving Prevention Strategies & Rehabilitation Approaches
Dr. Stuart McGill, Halifax, Nova Scotia, June 2003
- ◆ Symmetri-Sleep System for Postural Care
Liz & John Goldsmith, Halifax, Nova Scotia, May 2003
- ◆ Practical Ways of Responding to Challenging Behaviours [Dementia]
4th Annual Spring Clinical Conference, Northwood Foundation
Halifax, Nova Scotia, May 2003
- ◆ Chronic Pain in Your Practice: Practical Tips for Management
A Pain Management Symposium hosted by QEIIHSC Pain Management Services,
Halifax, Nova Scotia, April 2003
- ◆ Sunrise Medical Seating Solutions Seminar
Guylaine Desharnais, Halifax, Nova Scotia, November 2002
- ◆ Duty to Accommodate: Effectively Managing Your Legal Requirements
Halifax, Nova Scotia, October 2002
Post-conference workshops
Understanding and Managing Subjective Medical Claims in the Workplace
Understanding and Implementing Alternative Work Arrangements
- ◆ Universal Design: Beyond Barrier-Free Design
Laurie Ringaert, Universal Design International Consulting

- NBAOT Pre-conference Workshop, Saint John, New Brunswick, May 2002
- ◆ Chronic Pain in Your Practice: Focus on Back Care
A Pain Management Symposium hosted by QEIIHSC Pain Management Services, Halifax, Nova Scotia, April 2002
- ◆ Integrated Disability Management and Early Return to Work Strategies
Halifax, Nova Scotia, September 2001
Pre-conference workshops:
 - Understanding Disability Management Theory and Principles
 - Back Injury Prevention Strategies
- ◆ Principles of Neuropsychological Rehabilitation
George Prigatano, Ph.D. Neuropsychology, Halifax, Nova Scotia, July 2001
- ◆ Canadian Standards Association (CSA) International Guideline on Office Ergonomics,
Moncton, New Brunswick, May, 2001
- ◆ Chronic Pain in Your Practice: Restoration of Function
A pain management symposium Hosted by QEIIHSC Pain Management Services, Halifax, Nova Scotia, March 2001
- ◆ Ergonomic Evaluation Certification Course
RMA Inc, LasVegas, Nevada, 2001
- ◆ ARCON Evaluation Certification
Halifax, Nova Scotia, September 2000
- ◆ Wheelchair and Seating: The Balancing Act of Seating Versus Mobility
Gyulaine Desharnais, B.Sc. OT, Reg(BC) Sunrise Medical/Jay Medical, Halifax, Nova Scotia, 1996
- ◆ Program Evaluation
Hillary Jarvis, Queen Elizabeth II Health Science Centre, Halifax, Nova Scotia, 1996
- ◆ *Education greater than 15 years old is omitted, and can be provided on request*

PROFESSIONAL ASSOCIATIONS

- ◆ College of Occupational Therapists Nova Scotia
 - ◆ Participating as Treasurer on the Board of Directors 2002 - 2005
- ◆ Nova Scotia Society of Occupational Therapists
- ◆ New Brunswick Association of Occupational Therapists
- ◆ Prince Edward Island Occupational Therapists Registration Board
- ◆ Association of Canadian Ergonomists
- ◆ Canadian Association of Occupational Therapists
- ◆ Occupational and Speech Therapy Board of Trinidad and Tobago – registered to practice in Trinidad and Tobago 2008

PUBLICATIONS

Peer reviewed papers

Duggan, R. (2005). Reflection as a means of fostering client-centred practice. Canadian Journal of Occupational Therapy, 2 (72), 103-112.

Kirby, R.L., Ethans, K.D., **Duggan, R.E.**, Saunders-Green, L.A., Lugar, J.A., Harrison, E.R. (1999). Wheelchair propulsion: a descriptive comparison of the hemiplegic and two-handed patterns during selected activities. Archives of Physical Medicine and Rehabilitation, 78, 131-5.

Other papers

Duggan, R., Aube, J., Clark, L., McDonnell, L., O'Connell, C. (2009). Occupational Therapy in the Developing World. Occupational Therapy Now. Volume 11.4, 26-28.

Duggan, R., Saunders-Green, L., MacLeod, D., & Johnston, D. (2007). Establishing an occupational therapy private practice partnership. Occupational Therapy Now. Volume 9.3, 6-9.

Duggan, R., Saunders-Green, L., MacLeod, D., & Johnston, D. (2006). Developing a business model for a private practice partnership. Occupational Therapy Now. Volume 8.6, 16-19.

Abstracts, proceedings

Kirby, R.L., **Duggan, R.E.**, Saunders-Green, L.A., Lugar, J.A. (1996). An Ordinal Scale for the Quantification of the Dynamic Stability of Wheelchairs. Archives of Physical Medicine and Rehabilitation, 77, 931.

Kirby, R.L., Ethans, K.D., **Duggan, R.E.**, Saunders-Green, L.A., Lugar, J.A., Harrison, E.R. (1997). Wheelchair propulsion: hemiplegic vs two-handed pattern. Proceedings of the RESNA '97 Annual Conference, June 20-24, RESNA Press, Pittsburgh, PA.

Kirby, R.L., MacLeod, D.A., **Duggan, R.E.**, Saunders-Green, L.A., Lugar, J.A., Dupuis, D. (1997). Dynamic wheelchair stability: reliability of an ordinal scale. Proceedings of the RESNA '97 Annual Conference, June 20-24, RESNA Press, Pittsburgh, PA.

Kirby, R.L., Dupuis, D., **Duggan, R.E.**, Saunders-Green, L.A., Lugar, J.A. (1998). Final Report on Grant # 6603-1467-55. NHRDP, April 16, 1998.

PRESENTATIONS

Since 1990, teaching and presentations have been an integral part of my employment as noted above. The following presentations have been outside of regular employment duties:

- Occupational Therapy in the Workplace. Guest lecturer, Dalhousie School of Occupational Therapy, 2009, 2010
- Job Demands Analysis and Return to Work. With Mary Morris, Office of the Employer Adviser
 - Invited speaker, Lorman Education Services, Halifax, April 2009
 - Invited speaker, Nova Scotia Safety Counsel, Halifax, March 2010
 - Invited speaker, Lorman Education Services, Halifax, April 2011
- Extreme OT! Occupational Therapy in the Developing World. Occupational Therapy Atlantic Annual Conference, Halifax, October 2007
- Preparing Effective Return to Work Strategies. Invited Speaker for the "Duty to Accommodate: Effectively Managing Your Legal Requirements", October 2002
- Thesis presentation: Reflection as a Means of Fostering Client-Centred Practice, Canadian Association of Occupational Therapists National Conference, Saint John, New Brunswick, May 2002
- Functional Capacity Evaluation. Invited speaker for the "OEMAC 2001: The Art and Science of Assessment in the New Millennium", October 2001
- Making Private Challenges Public. Round table discussion co-facilitator, Occupational Therapy Atlantic Conference, September 2001
- Work Accommodation and Job Redesign to Keep Workers Engaged. Invited speaker for the "Integrated Disability Management and Early Return-to-work Strategies" workshop, September 2001
- Spinal Cord Injury Symposium, Nova Scotia Rehabilitation Centre, Co-presenter "Outcome Measures" and "Functional Transfers", 1995
- Volunteer Back Care Education Sessions at the Halifax Public Regional Library, and YMCA 1994 – 95

- Presenter on Driving and Disability at the Driving Instructor's Course 1994 & 1995, Nova Scotia Teachers' College, Amherst
- Adolescent Team Presentation, National Spina Bifida Conference, Halifax 1994
- Presented research results: Validity of Normative Data for the Jebsen Hand Function Test, O.T. Atlantic 1993
- Participant and presenter in the Annual Preceptors Workshop, Dalhousie School of Occupational Therapy; guest speaker at Dalhousie School of Occupational Therapy 1990–96

AWARDS

- 2001/02 Dalhousie Faculty of Graduate Studies Research Development Fund grant to assist with thesis study
- Nominated for the Governor General's Gold Medal for Most Outstanding Master's Graduate, May 2002

PROFESSIONAL VOLUNTEER ACTIVITIES

- **Rehabilitation Assessment Team, Haiti – Handicap International**
Part of an initial rehabilitation response team after the 12 January earthquake. Assessment of rehabilitation needs, and providing support to field hospitals, 19 January – 2 February 2010
- **Advisory Committee Member** - Nova Scotia Community College Occupational Therapy Assistant – Physiotherapy Assistant Diploma Program, 2009-present
- **Wanderer's Amateur Athletic Trust** – Board of Directors, 2007 – present
- **Brain Injury Association of Nova Scotia** – Board of Directors, 2010 - present
- **Volunteer Advisor** - Canadian Executive Services Overseas (CESO) - Providing consultation to the Russian Red Cross, Vladimir City, to build capacity and expand services for the elderly and disabled people in Vladimir Russia, 2009
- **Occupational Therapist, Healing Hands for Haiti, Team Canada** Providing volunteer occupational therapy services to Healing Hands for Haiti International in Haiti, including: teaching/coaching therapy technicians and caregivers, hands on occupational therapy services in physical rehabilitation, assessment of rehabilitation and training needs for community agencies such as orphanages and day programs for children with disabilities and preparation of final reports detailing activities and recommendations for future needs in Haiti, February 2006 – present
- **Team Canada Healing Hands** - Board of Directors, 2010 - present

TESTIMONY

19 June 2007 – Douglas Wayne v. SLH Transport Inc. – Canadian Human Rights Tribunal File No. 20070701, Honorable Justice Edward Peter Lustig Presiding – Testimony regarding potential for job accommodations, requested by Michael O'Hara, representing the defense