

Emily Zeman Eddy, OT, OTD, MS, OTR
Department of Occupational Therapy
School of Health & Rehabilitation Sciences
MGH Institute of Health Professions
36 1st Avenue
Boston, MA 02129-4557
(617) 643-4352
eeddy@mghihp.edu
emilyzeman@gmail.com
@OTemily3

Education

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| <i>Post-Professional</i> Doctor of Occupational Therapy, Tufts University, Medford, MA | 2015 |
| Master of Science, Occupational Therapy, Tufts University, Medford, MA | 2006 |
| Bachelor of Arts, Biology, University of Rochester, Rochester, NY | 2001 |

Certificates and Licensure

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| National Board for Certification of Occupational Therapy | 2006 - present |
| Massachusetts License #9310 | 2006 - present |
| AOTA Fieldwork Educator Certificate | 2011 |

Academic Appointments

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| Associate Director of Clinical Education & Assistant Professor | 2019-present |
| Associate Director of Clinical Education & Instructor | 2016 - 2019 |
| Department of Occupational Therapy MGH Institute of Health Professions Charlestown, MA | |
| Term Lecturer | 2015 - 2016 |
| Department of Occupational Therapy MGH Institute of Health Professions Charlestown, MA | |
| Instructor, Practicum Course | 2015 - 2016 |
| Teaching Assistant, Practice in Pediatrics Department of Occupational Therapy Tufts University Medford, MA | |

Clinical Appointments

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| Per Diem Occupational Therapist Spaulding – Salem Outpatient Center for Children, Salem, MA | 2015 - 2017 |
| Advanced Clinician, Pediatric Outpatient Department Spaulding Rehabilitation Hospital, Charlestown, MA | 2014 - 2016 |
| Per Diem Home-based Occupational Therapist Children’s OT Connection, Boston, MA | 2010 - 2015 |
| Student Clinical Program Coordinator & Staff Occupational Therapist OTA-Wakefield, Inc., Wakefield, MA | 2009 - 2015 |
| Occupational Therapist Arlington Public Schools, Arlington, MA | 2006 - 2009 |
| Per Diem Occupational Therapist Spaulding Hospital- Cambridge, Cambridge, MA | 2006 - 2008 |

Administrative Appointments

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| <i>Acting</i> Director of Clinical Education (Fieldwork) Department of Occupational Therapy MGH Institute of Health Professions Charlestown, MA <i>Responsible for leading OTD Program Academic Fieldwork Team processes during colleague’s sabbatical leave.</i> | 2018 (6 months) |
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Honors and Awards

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| <i>Faculty Teaching Award</i> Department of Occupational Therapy | 2020 |
| <i>Faculty Award for Excellence</i> Department of Occupational Therapy MGH Institute of Health Professions | 2019 |
| <i>Partners in Excellence Award (Team Award)</i> Spaulding Rehabilitation Network Outpatient Performance Improvement Committee Partners Healthcare | 2016 |
| <i>Virginia Auty Nedved-Cook BSOT ‘52 Endowed Student Research Award</i> Tufts University | 2015 |
| <i>Certificate of Appreciation</i> New England Occupational Therapy Education Council | 2013 |

Grants

Current

MGH Institute of Health Professions 2020-2021

Faculty Grant (COVID-19)

Exploring Practice Patterns of Pediatric Telerehabilitation during COVID - A survey of Physical Therapists and Occupational Therapists

Boston Public Schools: 2017-2019

The Harvard-Kent and MGH Institute Community Partnership for Summer Learning

\$69,000 awarded in 2017; \$66,000 in 2018

Role: Grant faculty at 8% effort

Publications

Peer-Reviewed

Tinkham, L., Guyton, K., **Eddy, E.Z.** & Erler, K. (In press). Examining moral distress among occupational therapy practitioners caring for clients with traumatic brain injury. *Annals of International Occupational Therapy*, 4(X).

Nicholas, P., Breakey, S., McKinnon, S., **Eddy, E.Z.**, Fanuele, J., Starodub, R. (In press). A CLIMATE: A framework for assessment of climate-change related health consequences in the emergency department. *Journal of Emergency Nursing*.

Forde, A., **Zeman, E.A.**, Clarke, L. (2020). Effectiveness of an intensive drowning prevention program and skills retention by children with and without disabilities. *International Journal of Aquatic Research and Education*, 12(2), Article 5. DOI: 10.25035/ijare.12.02.xx

Online and other materials

1. Chabot, M., Slavik, K. & **Zeman, E. A.** (2019). Life after graduation: A roadmap to your first job. *OT Practice*.
2. **Zeman, E.A.** & N. Harvison. (2017). Burnout, stress and compassion fatigue in occupational therapy practice and education: A call for mindful, self-care protocols. Commentary, National Academy of Medicine, Washington, DC. Retrieved from <https://nam.edu/burnout-stress-and-compassion-fatigue-in-occupational-therapy-practice-and-education-a-call-for-mindful-self-care-protocols/>

Media appearances

1. McKay, J., Westrick, R., Inzana, R., Merson, J., Plummer, L., Clock, C., **Zeman, E.A.**, & Laird, E. (2018). *PT Pintcast* - MGH Institute of Health Professions Podcast - Part I. [Podcast]. Retrieved from <http://www.ptpintcast.com/2018/07/17/316-mgh-institute-health-professions-part-1/>

Peer-Reviewed Presentations and Abstracts

Eddy, E.Z. et al. *Social Media for Social Participation & Connection during COVID-19: A SOTA Club's Expedition* 2021
To be presented at AOTA Inspire, 2021.

Mack, A. & **Eddy, E.Z.** *Pioneering Telehealth in Simulated & Patient Encounters in a Mixed-Methods Psychosocial Fieldwork Experience.* To be presented at AOTA Inspire, 2021. 2021

Millsap, T. & **Zeman, E.A.** *Specialized Mindfulness Programming in Schools for Reducing Effects of Trauma in At-Risk Youth.* Workshop presented at the ATTACH Conference, Scottsdale, AZ. 2019

Zeman, E.A., Leslie, C., Fairman, A. Sindelar, A., & Worek, A. *Perceived Self-Efficacy Among Occupational Therapy Students: The Impact of a LEGO Club Serving Learning Activity.* Poster at AOTA Education Summit, Las Vegas, NV. 2019

Mack, A. & **Zeman, E.A.** (2019). Panel presentation at AOTA Education Summit, Las Vegas, NV. 2019

Millsap, T. & **Zeman, E.A.** *Impact of a Mindfulness-Based Intervention for At-Risk Youth: A Means to Improve Self-Regulation.* Poster at annual meeting of the American Occupational Therapy Association, New Orleans, LA. 2019

Forde, A. & **Zeman, E.A.** *The Effectiveness of an Intensive Drown-Prevention Program and Retention of Skills for Children with and without Disabilities, Ages 3 to 14.* Poster at annual meeting of the American Occupational Therapy Association, April, New Orleans, LA. 2019

Peacock, A. & **Zeman, E.A.** *The Impact of Outdoor Play on Off-Task Behaviors in Elementary-School Students.* Poster at annual meeting of the American Occupational Therapy Association, April, New Orleans, LA. 2019

Zeman, E.A. & Mack, A. *Lines, Drains, and Tubes: Utilizing Simulation to Prepare Students.* One-hour session delivered at 2018 MAOT Annual Conference, October, Norwood, MA. 2018

Evenson, M.E., **Zeman, E.A.,** Mack, A. *Promoting fieldwork in home care: Meeting workforce and society's needs.* Poster presentation at 2018 MAOT Annual Conference, October, Norwood, MA. 2018

Zeman, E.A. & Mack, A. *Lines, Drains, & Tubes: Using Lab Simulation to Prepare Students for Acute-Care Level II Fieldwork.* Poster presentation at 2018 AOTA Education Summit, October, Louisville, KY. 2018

Zeman, E.A., Doherty, R.F., & Hurley, L. *Learning by Doing in the Doctoral Experiential Component: Developing a Mindfulness Program for an Urban Population in a Student-Run, Pro-Bono Clinic.* Platform presentation at 2018 AOTA Education Summit, October, Louisville, KY. 2018

Zeman, E.A. & Evenson, M.E. *Embedding Koru mindfulness into occupational therapy fieldwork preparatory coursework: Supporting the quadruple aim.* Short Oral presentation at WFOT Congress, May, Cape Town, South Africa. https://wfotcongress.org/downloads/presentations/SE09/emily_zeman.pdf 2018

Evenson, M.E. & **Zeman, E.A.** *Mapping interprofessional core competencies to an occupational therapy curriculum: Focus on entry to practice clinical education.* Short Oral presentation at WFOT Congress, May, Cape Town, South Africa. https://wfotcongress.org/downloads/presentations/SE75/mary_evenson.pdf 2018

Millsap, T. & **Zeman, E.A.** *Exploring mindfulness interventions for children who have experienced trauma: A scoping review.* Poster at annual meeting of the American Occupational Therapy Association, April, Salt Lake City, Utah. 2018

Evenson, M.E., **Zeman, E.A.** & Mack, A. *Promoting fieldwork in home care: Meeting workforce and society's needs.* Poster at annual meeting of the American Occupational Therapy Association, April, Salt Lake City, Utah. 2018

Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas.* Poster presentation at MAOT Annual Conference, November, Norwood, MA. 2018

Zeman, E.A. & Evenson, M.E. *Incorporating Koru, a standardized mindfulness program in occupational therapy fieldwork preparatory coursework.* Session presentation at MAOT Annual Conference, November, Norwood, MA. 2017

- Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas.* Poster presentation at AOTA Education Summit, October, Fort Worth, TX. 2017
- Zeman, E.A.** & Evenson, M.E. *Incorporating a standardized mindfulness program in occupational therapy fieldwork preparatory coursework: Enhancing professionalism and socialization.* Panel presentation at AOTA Education Summit, October, Fort Worth, TX. 2017
- Evenson, M.E. & **Zeman, E.A.** *Innovative collaborations to support level I fieldwork in emerging areas.* Presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.** *Constructing a meaningful narrative as OT practitioner, educator & student: Self-care tools for sustaining a career in compassionate caring,* Poster presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.,** Hurley, L., & Nathanson, R. *Parental self-efficacy & confidence: A critical component of client-centered care.* Presentation at the annual meeting of the American Occupational Therapy Association, April, Philadelphia, PA. 2017
- Zeman, E.A.** & Tickle-Degnen, L. *Professional quality of life in occupational therapists: Navigating the dual role of fieldwork educator and practitioner.* Research poster session presented at annual meeting of the American Occupational Therapy Association, April, Chicago, IL. Retrieved from <https://ajot.aota.org/article.aspx?articleid=2582663&resultClick=3> 2016

Invited Presentations

Institutional and Practice Partners

Expanding Educational Opportunities via Service Learning: Outcomes of a LEGO Club Pilot 2019
Faculty Development Day Onramps Poster presentation
MGH Institute of Health Professions

Unsung Heroes, Mindful Schools in the Classroom
All Faculty Senate Meeting, MGH Institute of Health Professions 2018

*Implementing an Interprofessional Preceptor Development Program in Primary Care:
A Scoping Review* 2018
Faculty Development Day Onramps Poster presentation
MGH Institute of Health Professions

Combatting Burnout: Self-care for Caregivers
Wellness Week for Nurses 2018
White 10, Massachusetts General Hospital

*Constructing a Meaningful Narrative as OT Practitioner, Educator & Student:
Self-care Tools for Sustaining a Career in Compassionate Caring* 2017
Fall Faculty Convocation Poster presentation
MGH Institute of Health Professions

Mindfulness as a Self-Reflective Practice
Emerging Adulthood 2017
Faculty Development Day presentations, MGH Institute of Health professions

The Role of Occupational Therapy in Primary Care 2017
Crimson Care Collaborative, Massachusetts General Hospital

Regional

*Integrating Trauma-Informed Treatment Strategies into your School-Based Practice:
Evidence-based Approaches during the COVID-19 Era* 2020
Therapies in the School 21st Annual Conference
Education Resources, Inc., Virtual

Trauma Informed Care and its Application to the School Based Therapist 2019
Keynote, Therapies in the School 20th Annual Conference, 200 attendees
Education Resources, Inc.
Framingham, MA

Wellness as a Health Professions Educator 2019
College of Pharmacy and Health Sciences Professional Development Day
Western New England University, Springfield, MA, 30 attendees

Mindful Moments in the midst of Caregiving 2016
Saturday Seminar Series Workshop (4 hours), 39 attendees
Therapro, Inc., Framingham, MA

Self-care for Special Education Professionals 2015
Professional Development Workshop Invited Speaker (7 hours), 50 attendees
Springfield Public Schools, Springfield, MA

Keynote Speaker: 2015 MAOT Spring Conference 2015
Worcester State University, Worcester, MA, 65 attendees

Refresh & Renew: Managing the Complex Roles of Fieldwork Educator & Practitioner 2014
2014 NEOTEC Annual Conference Invited Speaker (5.5 hours), 132 attendees
Worcester State University, Worcester, MA

Educational Activities

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| CSD – OT – Collaboration in Handwriting Pilot Educated 2 nd year CSD students on role of occupational therapy in handwriting Supervised OTD student in administering <i>Test of Handwriting Skills-Revised</i> in CSD clients Ongoing consult as needed during CSD summer Handwriting Clinic | 2018 |
| IHP Clinical Teachers Workshop Part 1: Wellness and Mindfulness as a Clinical Preceptor Office of Continuing & Professional Development MGH Institute of Health Professions – MGH | 2017 & 2018 |
| S-IHP-CAP Wellness Program Mindfulness and self-care sessions for clients with Aphasia Spaulding Rehabilitation Hospital- MGH Institute of Health Professions | 2017-2019 |
| Professional Development Workshop 1, Team session, Harvard Medical School Interprofessional Faculty Debrief Team member, 60 students | 2017 |

Courses Taught

Primary Course Instructor

OT 622- Professional Reasoning II
OT 630 – Human Development & Occupation
Across the Lifespan
OT 663 – Level I Fieldwork 4
OT 664 – Level I Fieldwork 5
OT 766 – School-based Practice in Occupational Therapy (elective)

Co-Instructor

OT 760 – Fieldwork Seminar
OT 761 – Level II Fieldwork 1
OT 762 – Level II Fieldwork 2
OT 792 – International Innovations Project (elective)
OT 810 – Professional Reasoning IV (2019 Course Coordinator)
OT 880 – Professional Competencies
OT 885 – Advanced Doctoral Experience
OT 894 – Research IV: Dissemination & Capstone
OT 899 – Independent Study: Global Immersion in China (elective)
HP 818 – IMPACT I
HP 819 – IMPACT II
HP 999 – Ann W. Caldwell Interprofessional Rounds

Mentoring

Students

OTD Program ADE Advisees – Capstone Thesis Research & Project Advisor

Sarah Attanasio 2020 – 2022
Meghan Costello
Kylie Nee
Haley Willis

Emily Handley, *Compassion Scholar, Schwartz Center for Compassionate Healthcare* 2019 - 2021
Samantha Abate
Courtney Brennan
Alexandra Haney
Jackie Paquin

Ashley Glicksberg 2018 - 2020
Polyxenia Pantos
Sophia Yu

Anna Forde 2017 - 2019
Amirra Johnson
Taelor Millsap
Kristen Peacock

Rae Nathanson 2016 – 2018
Leah Hurley

Other Advisees

Anna Enright, MS, NP, DNP candidate 2019
School of Nursing

Mentoring (con)

**Clinical Faculty & Term Lecturers
Occupational Therapy Program**

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| Anna Forde, OTD, OTR/L, CTRS <i>School-Based Practice</i> | 2021 |
| Cora Finley, OTD, OTR/L <i>Professional Reasoning IV & School-Based Practice</i> | 2019-2021 |
| Eriana Buteau, OTD, OTR/L <i>School-based Practice</i> | 2019-2020 |
| Jenny Cleary, MS, OTR/L | 2019 |
| Stefanie Larsen, MS, OTR/L | 2019 |
| Marisa Capogreco, OTD, OTR/L | 2019 |
| Tee Stock, OTD, MS, OTR/L <i>Lab Instructor, School-based Practice & Professional Reasoning IV</i> | 2019 |
| Cathy Leslie, PhD, MS, OTR/L, CEIS <i>Level I FW 4, Course Support & Instructor</i> | 2016-2019 |
| Kellie Nashawaty, OTR/L <i>Term Lecturer, Level I Fieldwork 4, Professional Reasoning IV</i> | 2017 - 2019 |
| Irene Kershaw, OTR/L <i>Term Lecturer, Level I Fieldwork 4</i> | 2016 - 2017 |
| Michael Monteiro, OTR/L <i>Term Lecturer, Level I Fieldwork 4</i> | 2017 |
| Julia Stein, MS, OTR/L <i>Term Lecturer, Level I Fieldwork 4 & School-based Practice</i> | 2016, 2018-19 |
| Katrin Meret Bastos, OTR/L <i>Graduate Assistant, Level I Fieldwork 4</i> | 2016 |

Clinical Innovations and Quality Improvement Projects

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| Spaulding Rehabilitation Network Outpatient Performance Improvement Committee <i>Streamlining EMR processes and PROMs with EPIC roll-out</i> | 2015 - 2016 |
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Professional Memberships and Activities

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| <i>Academic Education SIS New Professionals Coordinator, 3 Year Term, AOTA</i> | 2019 - present |
| New England Occupational Therapy Education Council Committee (NEOTEC) member, regional | 2016 – present |
| AOTA member, national organization | 2012 – present |
| Massachusetts Occupational Therapy Association (MAOT), member, state chapter | 2011 - present |

Institutional Service

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| Interprofessional Activities Committee, Co-Chair MGH Institute of Health Professions | 2020 - present |
| Interprofessional Activities Committee, member MGH Institute of Health Professions | 2017 - present |
| Harvard-Kent Elementary School - IHP Partnership, Faculty MGH Institute of Health Professions | 2017 – present |
| Student Occupational Therapy Association (SOTA), Faculty Advisor Department of Occupational Therapy MGH Institute of Health Professions | 2017 – present |
| Faculty Development Day Planning Committee Member & workshop presenter, May | 2017 |
| OT CLiPR Committee, IMPACT Practice Center, member Department of Occupational Therapy MGH Institute of Health Professions | 2017 - present |
| Committee on Academic Policies & Procedures (CAPP), member Department of Occupational Therapy MGH Institute of Health Professions | 2017 – present |

Community Service

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| IHP IMPACT Community Day, Team Lead MGH Institute of Health Professions Charlestown, MA | 2016, 2018 - 2020 |
| Friday Night Supper Program Volunteer Boston, MA | 2017 |
| Hurricane Harvey Student OT Association (SOTA) Fundraiser Raised \$1000 for PIMA Institute's OTA students displaced by storm in Houston, TX MGH Institute of Health Professions | 2017 |
| SOTA Blanket-a-thon Occupational Therapy Global Day of Service, Activity Leader Department of Occupational Therapy, MGH Institute of Health Professions Blankets for homeless persons | 2016, 2019 |
| Harvest on Vine 1 st Annual SRH-Charlestown Food Pantry Collection Created connection with food pantry & organized drive as competition between unit staff Spaulding Rehabilitation Hospital | 2015 |

Professional Development

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| Therapies in the School Annual Conference, Education Resources, Inc., Framingham, MA | 2020 |
| Car-Fit Virtual Workshop, Self-Assessment | 2020 |
| Virtual Compassion in Action Healthcare Conference <i>The Schwartz Center, Boston, MA</i> | 2020 |
| Therapies in the School Annual Conference, Education Resources, Inc., Framingham, MA | 2019 |
| AOTA Education Summit, Las Vegas, NV | 2019 |
| NEOTEC Annual Conference, Springfield, MA | 2019 |
| AOTA Annual Conference, New Orleans, LA | 2019 |
| Cognitive Orientation to daily Occupational Performance (CO-OP), Boston, MA | 2019 |
| Therapies in the School Annual Conference, Education Resources, Inc., Framingham, MA | 2018 |
| MAOT Annual Conference, Norwood, MA | 2018 |
| Adverse Childhood Experiences (ACEs) Conference, San Francisco, CA | 2018 |
| AOTA Education Summit, Louisville, KY | 2018 |
| World Federation of Occupational Therapists (WFOT) Congress, Cape Town, South Africa | 2018 |
| NEOTEC Annual Conference, Worcester, MA | 2018 |
| AOTA Annual Conference, Salt Lake City, UT | 2018 |
| The Campaign to Heal Childhood Trauma, Calo Programs, Needham, MA | 2017 |
| MAOT Annual Conference, Norwood, MA | 2017 |
| AOTA Education Summit, Fort Worth, TX | 2017 |
| NEOTEC Annual Conference, Worcester, MA | 2017 |
| AOTA Annual Conference, April, Philadelphia, PA | 2017 |
| Koru Mindfulness Training, Durham, NC | 2017 |
| MAOT Annual Conference, Norwood, MA | 2016 |
| AOTA ALC & AFWC Meeting, San Diego, CA | 2016 |
| Mindful Schools <i>Fundamentals</i> Certificate, 16 hours | 2016 |
| AOTA Annual Conference, Chicago, IL | 2016 |
| <i>Interprofessional Collaborative Education course, (6-hour pre-conference institute)</i> | 2016 |
| Mindful Schools <i>Educator Essentials</i> Training Certificate, 18 hours | 2016 |
| MAOT Annual Conference, Norwood, MA | 2015 |
| AOTA Annual Conference, Nashville, TN | 2015 |
| <i>Transitioning from Practitioner to Educator, (6-hour pre-conference institute)</i> | 2015 |
| AOTA Annual Conference, Baltimore, MD | 2014 |
| <i>Developing a Community Wellness Program (6-hour pre-conference institute)</i> | 2014 |
| Presentation Skills Workshop: Connect, Project & Deliver, Graduate School of Arts and Sciences, Drama Department, Tufts University | 2014 |
| University Wide-Teaching Conference on Teaching & Learning, Center for Enhancement of Learning & Teaching (CELT), Tufts University | 2013 |
| MAOT Annual Conference, Norwood, MA | 2013 |
| Mindfulness-based Stress Reduction (MBSR) 8 –week course participant | 2013 |
| Grantsmanship Strategies: Developing a Competitive Proposal Amy Gantt, Office of Proposal Development, Tufts University | 2013 |
| Smart but Scattered: Executive Dysfunction, <i>Richard Guare, PhD</i> | 2013 |
| 11 th Annual International Scientific Conference Center for Mindfulness in Medicine, Health Care, & Society University of Massachusetts Medical School | 2013 |
| MAOT Annual Conference, Norwood, MA | 2012 |
| AOTA Fieldwork Educator Certificate Workshop, Springfield, MA | 2011 |
| MAOT Annual Conference, Norwood, MA | 2011 |
| Complementary Interventions for ADHD, Sensory Processing, and Autism Boston, MA | 2010 |
| Therapeutic Listening: Listening with the Whole Body, <i>Vitalinks</i> New York, NY | 2010 |

