

# Abby Kubiak

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## EDUCATION

### **Boston University**, Sargent College

*Post Professional Doctorate, Occupational Therapy*, August 25, 2023

### **University at Buffalo**, The State University of New York

*Master of Science, Occupational Therapy*, May 2022

*Bachelor of Science, Occupational Science*, May 2022

- Class Valedictorian, 2022
- GPA 4.0/4.0, Dean's List 2018-2020
- Academic Achievement Award, 2022
- Alpha Eta Allied Health Professionals Honor Society
- Pi Theta Epsilon Honor Society
- Stonegraber Scholarship Recipient, 2021

### **Genesee Community College**

*Associate in Applied Science*, August 2022

- Phi Theta Kappa Honor Society, 2017

## WORK EXPERIENCE

### **University at Buffalo, School of Public Health and Health Professions, Buffalo NY**

*Adjunct Professor*, August 2023 – Present

- Design and implement course curriculum to promote evidence-based practice for undergraduate occupational therapy students.
- Prepare feedback for students developing scientific writing skills.
- Communicate with students regarding assignment structure and theory.
- Develop student knowledge regarding analyzing and writing scientific literature through lectures, course design, and constructive feedback.

### **University at Buffalo, Long COVID Center**

*Occupational Therapist and Consultant*, July 2023 – Present

- Develop occupational therapy protocols for Long COVID diagnosis.
- Collaborate with an interdisciplinary team to advocate for occupational therapy's role in caring for individuals with Long COVID.
- Utilize an occupational therapy plan of care to achieve functional and quality of life improvements for adults with Long COVID.
- Liaison with occupational therapy program to provide field experience for graduate occupational therapy students at the Long COVID Center.
- Advocate for increased attention to COVID prevention efforts.

### **University at Buffalo, School of Public Health and Health Professions, Buffalo NY**

*Occupational Therapist*, May 2023 – Present

- Utilize Transcutaneous Spinal Stimulation (TSS) in conjunction with occupational therapy plan of care to achieve improved functional recovery in adults with cervical spinal cord injury.

### **University at Buffalo, School of Public Health and Health Professions, Buffalo, NY**

*Remedial Neuroscience, Neuroanatomy, and Neurorehabilitation Instructor*, September 2022 – Present

- Conduct small group instruction for undergraduate occupational therapy students in OT 342 – Neuroscience, OT 344 – Neuroanatomy, and OT 417 – Neurorehabilitation Through the Lifespan.
- Design novel and effective educational strategies to improve student retention of neuroscience and neuroanatomy concepts on the university level.
- Improve test scores and enhance learning methods for students as demonstrated through student report and statistical analysis of exam grades.

### **The Heard, Buffalo NY**

*Therapist*, August 2022 - Present

- Design and implement evidence-based intervention plans in a community-based setting.
- Conduct interventions incorporating nature-based, equine-assisted, and relationship-driven occupational therapy practice for children and adults.
- Engage in advocacy to expand equine-assisted occupational therapy practice.

### **NYSOTA, Albany NY**

*Level II Fieldwork Intern, January 2022 – March 2022*

- Developed and implemented fundraiser to support political action and advocacy.
- Utilized innovative technology to collaborate with others and develop novel materials.
- Developed legislative memos of support detailing the role of occupational therapy to impact population health and improve functioning.
- Wrote articles for the NYSOTA Newsletter.
- Conducted research to establish the impact of occupational therapy practitioners in mental health, community-based, and emerging practice settings.

### **University at Buffalo, School of Health and Health Professions, Buffalo, NY**

*Graduate Student Teaching Assistant, August 2021 – December 2021*

- Analyzed documents containing critical reviews of scientific literature and prepared feedback for students.
- Clarified assignments and communicated with students regarding assignment structure and theory.
- Supported instructor of record to grade papers, evaluated APA formatting, and developed student knowledge regarding analyzing and writing scientific literature.

### **Buffalo Occupational Therapy, West Seneca, NY**

*Level II Fieldwork Student, March 2021 - June 2021*

- Designed and implemented detailed evidence-based intervention plans in a neurological rehabilitation setting.
- Documented evaluations, intervention plans, and discharges for individuals with progressive neurological conditions to ensure maximum functional independence.
- Conducted interventions incorporating knowledge of anatomy and physiology including manual therapy, muscular re-education, kinesiology taping, cognitive rehabilitation, and physical agent modalities.
- Advocated for occupational therapy profession through social media posts, delivering presentations related to evidence-based practice and rehabilitation for cognitive decline.

### **GiGi's Playhouse, Buffalo NY**

*Level I Fieldwork Student, September 2021 – December 2021*

- Developed and implemented innovative occupational therapy literacy interventions for young adults with Down syndrome for a 7-week session to improve functional literacy skills in a hybrid format.

## **VOLUNTEER EXPERIENCES**

### **WORK Journal**

*External Reviewer, August 2023 – Present*

- Evaluate article submissions, provide feedback, and suggest improvements.

### **UB Occupational Therapy Program, Buffalo NY**

*Guest Speaker, September 2021*

- Developed a detailed slide deck regarding Level II fieldwork experience and presented 20-minute lecture for OT 201: Introduction to Occupational Therapy.

### **New York State Occupational Therapy Association, Albany, NY**

*Advocacy Day Ambassador, March 2021*

- Coordinated group of 50 students to meet with 3 New York State legislators to advocate for legislation impacting occupational therapy practice in New York State.
- Explained impact and importance of bills within a small group setting.

### **The Summit Center, Getzville, NY**

*Student Volunteer, March 2018 - June 2018*

- Observed with occupational therapy department, population included 3-5 y/o with autism spectrum disorders.

## **Lothlorien Therapeutic Riding Center, East Aurora, NY**

*Leader and Sidewalker, April 2015 - August 2019*

- Facilitated horseback riding lessons for children and adults with disabilities in a group setting.
- Responsible for participant and animal safety throughout sessions, maintenance of premises and management of equipment and animal care.

## **LEADERSHIP ACTIVITIES**

### **Boston University Sargent College, Boston MA**

*Occupational Therapy Student Ambassador, June 2022 – August 2023*

- Speak with prospective Boston University Sargent College pp-OTD students to answer questions.
- Deliver presentations to promote the Boston University Sargent College occupational therapy program.
- Share lived experience with prospective students.

### **Mental Health Task Force, Albany NY**

*Member, March 2022 – Present*

- Attend meetings and perform duties related to advocacy for the expansion of mental health occupational therapy practice in New York State.
- Provide technical support to increase effectiveness of advocacy activities.

### **UB Occupational Therapy Search Committee, Buffalo, NY**

*Student Member, March 2021 – May 2022*

- Engaged in interviews related to hiring of additional occupational therapy faculty for UB occupational therapy department, facilitated student interviews with potential candidates, and communicated feedback related to experience and potential of candidate to committee.

### **Pi Theta Epsilon Honor Society, Buffalo, NY**

*President, October 2020 – May 2022*

- Represented officers to coordinate symposium promoting evidence-based occupational therapy practice.
- Interviewed potential speaker-candidates.
- Led induction ceremony honoring new members of Pi Theta Epsilon.

### **Student Occupational Therapy Association (SOTA), Buffalo, NY**

*New York State Occupational Therapy Association Representative, October 2019 – May 2022*

- Liaised with professional organizations and student body with information pertinent to students.
- Represented and advocated for SOTA in Graduate Student Associate meetings.

### **UB Occupational Therapy Department, Buffalo, NY**

*Peer Mentor, May 2020 – May 2022*

- Mentored third-year occupational therapy students through their first year of undergraduate education.
- Tutored students in course content and answered questions regarding occupational therapy program.

## **ACADEMIC PROJECTS**

### **Introduction to Role Models in Emerging and Innovative Practice Through Podcasts: A Novel Approach in Occupational Therapy Education**

*Lead Investigator, Spring 2022 – Present*

- Design and implement research project focusing on supporting occupational therapy students to consider emerging and innovative practice areas through role modeling principles delivered via podcasting.
- Develop theoretical rationale for project.
- Primary responsibility for project development in conjunction with academic mentor.

### **Assessing Long Term Usage and Quality of Life Impact of Computer Based Assistive Technology for Adults with Disabilities, University at Buffalo Occupational Therapy Department**

*Investigator, Fall 2020 – May 2022*

- Designed research project focusing on assessment of users of computer-based assistive technology.
- Interviewed participants regarding their assistive technology use and collected data.

- Interfaced with lead and co-investigators and Center for Assistive Technology to develop project proposal.
- Analyzed data and interpreted results.

## **PUBLICATIONS**

Kubiak, A. (2023, April). Podcasting and emerging roles. *InsideOT*, 4.