

# Life History of Jan Stube, PhD, OTR/L, FAOTA

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### Introduction

- The life history of Jan Stube was one of 29 life history interviews conducted apart of a larger project of *Life Histories of Individuals Who Have Been Influential in Developing Occupational Therapy (OT) in North Dakota and Wyoming*.
- Purpose of this Life History is to gather information about the history and evolution of OT practice from individuals like Dr. Jan Stube who have been influential in developing OT in these two states.
- This study is intended to provide current and future generations of occupational therapists a view of the history and how OT practice has evolved from its inception to current practice in North Dakota and Wyoming.
- This life history of Dr. Jan Stube is a case study that examined her life as an OT practitioner, educator, and researcher.

### Methodology

- This was a qualitative study using a life history approach.
- Participant was assigned from a list developed by the course instructors through purposive sampling.
- No specific gatekeeper issues.
- Initial contact was made by course instructors.
- Informed consent was given.
- There was a one-time interview which was recorded and was approximately one-hour in length.
- Interview took place at a small group room reserved at the University of North Dakota School of Medicine and Health Sciences.
- The semi-structures interview was guided by an interview schedule prepared by the course instructors; the questions on the interview schedule were designed to be used with all the individuals interviewed as part of the larger project. The researchers were allowed to modify or add interview questions as needed for each specific interview.
- The data collected consisted of an interview that was transcribed.
- The transcription was coded and from this categories, themes, and assertions were formed.

### Literature Review

- In the 1970s, there was an increased push for the science and theory behind the profession (Christiansen & Haertl, 2014).
- Joint association for North Dakota and South Dakota split in 1976 and the North Dakota Occupational Therapy Association was formed (Lind, 1987).
- At this time, practice was heavily influenced by the medical rehabilitation model and OT was rooted in the mechanistic paradigm (Christiansen & Haertl, 2014).
- In 1983, North Dakota licensure was enacted so that occupational therapists could become licensed within the state (Archives – State Agencies – Board of Occupational Therapy Practice, n.d.).
- First members of the North Dakota licensure board were appointed (Archives – State Agencies – Board of Occupational Therapy Practice, n.d.).
- In the 1990s, there began the paradigm shift back to occupation-based practice (Bauerschmidt, & Nelson, 2011).
- Prevalent theories that were driving practice at this time included the Neurodevelopmental Treatment (NDT) and the Model of Human Occupation (MOHO) (Christiansen & Haertl, 2014).
- In the 2000s, there was an increased focus on occupation being central, as well as the importance of graduate education with research driving practice (Christiansen & Haertl, 2014).

### Description of Participant

- Dr. Jan Stube began her career in the physical dysfunction setting in 1976 when she graduated from the University of Minnesota.
- Her career extends to years of contributing to research, representing the profession in different leadership opportunities, and molding new therapists as a mentor and educator.
- Dr. Jan Stube has certifications that include NDT and Neurorehabilitation.
- She started instructing students in 1984 and became a tenured professor in 2012 at the University of North Dakota with being a tenured associate professor starting in 2006.
- Her career as an OT practitioner included her working within hospitals, transitional care, home health, outpatient, and acute care settings.
- She became the president of the North Dakota Occupational Therapy Association in 1992
- She has given numerous presentations at the local, state, and national level, as well as has been published over two dozen times.
- Received American Occupational Therapy Association Fellowship in 2007.

### Data Analysis

- For this study, the Kawa Model was used as the foundational theory to guide the process.
- The main premise of this model is the river; which represents the individual and their “personal life history” (Turpin & Iwama, 2011).
  - This had an impact by guiding the data analysis and interview in a chronological manner in which Dr. Jan Stube’s life history was revealed.
- The categories that emerged from the codes of the transcription are: goals for the profession, evolution of OT, personal attributes, and roles.
- These categories were then analyzed to find themes to understand the path that Dr. Jan Stube took in her career as an occupational therapist.
  - From these themes, an overall assertion was then formulated.
- Themes from the category of goals for the profession include:
  - Collaboration with both OTAs and other health professionals should be a priority for the profession.
  - Keeping the unique role of OT prevalent is imperative.

“We are too valuable to get lost off or left off of the healthcare team. I just think that would be just terrible for healthcare.”
- Themes from the category of evolution of OT include:
  - Occupation has stayed at the core of the profession.

“occupation has always been there, the heart of what we do, no matter what decade we’re in”

  - A key element of her practice was being able to adapt with the changes overtime.
  - It is important to meet the demands of the environment.
  - Maintaining the professional identify of OT is imperative.
- Themes from the category of personal attributes include:
  - She took responsibility for her continuing education within the profession.
  - She found her career as an OT personally rewarding.
  - Her passion to the profession intertwined with her being.

“I think I always pretty much gave my heart and soul to being an OT. And, you know always kind of tried to give at least 100%.”

  - The back-and-forth-dynamic with others drew her into loving OT.
- Themes from the category of roles include:
  - The value of research was prominent throughout her career.
  - The transition between practitioner to educator was both challenging and rewarding.
  - Being involved in the state and national OT associations was important to her throughout her career.

“Once I did get involved as the president of the OT association and going to AOTA meetings, I realized rural states need representation.”

### Conclusion

- Dr. Jan Stube’s passion for keeping occupation central within OT has driven her to further advance the profession through her roles as an educator, researcher, and practitioner.
- This is evident through the impact she has had on the local, state, and national level, which encompassed her passion for occupation and relationships in order to advance the therapeutic process and further help her clients succeed in their goals.
- When Dr. Jan Stube entered the field of occupational therapy, there was an emphasis on the mechanistic paradigm.
  - Regardless of that, occupation has always been central to her practice and professional identity.
- As the profession changed over time and the need for research increased, Dr. Jan Stube arose to the challenge to contribute to the necessary growth of the profession.
  - As the profession was evolving into an evidence-based profession, Dr. Jan Stube participated in research to further advance practice and the literature supporting it.

### References

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