

Life History of Janeene C. Sibla, OTD, OTR/L

Sara Anderson, MOTS & Colter Pettit, MOTS

Department of Occupational Therapy, University of North Dakota School of Medicine & Health Sciences
Grand Forks, ND 58202-9037 | Contact: sara.a.anderson@und.edu & jeffrey.pettit@und.edu

Introduction

This life history one of 31 life history interviews which are a part of a larger project, Life Histories of Individuals Who Have Been Influential in Developing Occupational Therapy (OT) in North Dakota and Wyoming. The purpose of the project is to gather information about the history and evolution of occupational therapy (OT) practice in North Dakota and Wyoming through life histories of individuals who have been influential in developing OT in these two states. The interviews were influenced by the Kawa model in that the researchers were looking at the river of Janeene Sibla and looking at parts of the river that shaped her and her journey. It is anticipated that the life history process will be a powerful way to gather this information. This study is intended to provide current and future generations of occupational therapists a view of the history and how occupational therapy practice has evolved from its inception to current practice in North Dakota and Wyoming.

Description of the Participant

Janeene has had an impressive career in the field of OT. She has contributed to OT practice by professionally presenting, authoring and peer reviewing articles that contributed to OT practice. Janeene has been an active member of local, state, and national organizations of occupational therapy. Her dedication to the University of Mary and the community of Bismarck, ND is evident by her extensive list of involvement in academic and community service opportunities. The importance she places on places on education, and her passion for the promotion of OT through teaching and continuing education is reflected over the last 30 years. Below is a brief timeline of Janeene's journey and development of her career.

- **1989:** Graduated from the University of North Dakota with a Bachelor of Science Degree in Occupational Therapy
- **1992-1996:** Was an occupational therapist at St. Alexius Medical Center in Bismarck, North Dakota.
- **1995-2002:** Member and an officer of the North Dakota Partial Hospitalization Association.
- **1996-2002:** Coordinator of Outpatient Behavioral Healthcare Services.
- **1998:** Started career at the University of Mary as an adjunct faculty member
- **2002-2007:** Transitioned to an assistant professor at the University of Mary
- **2002-Present:** Member of AOTA and NDOTA
- **2003:** Graduated from the University of Mary with a Master of Science Degree in Pre-Professional studies in Occupational Therapy
- **2006-2007:** Transitioned to interim program director at the University of Mary
- **2006-2011:** Served on the North Dakota State Board of Occupational Therapy Practice
- **2007:** Graduated from Rocky Mountain University of Health Professionals with an Occupational Therapy Doctorate
- **2007-2018:** Director at the University of Mary
- **2016:** Adjunct professor for the North Dakota State College of Science-Occupational Therapy Assistant Program
- **2017:** Pursuing a Doctorate in Education at the University of Mary

Timeline Literature Review

- At the beginning of Janeene's career, there was a separation between certifications and the association which affected memberships to AOTA (Reed & Peters, 2010).
- During the 1980s and 1990s, faculty members were in short supply along with lack of fieldwork training sites (Reed & Peters, 2010).
- In 1992, AOTA broke from the American Medical Association and formed their own accreditation agency called Accreditation Council for Occupational Therapy Education (ACOTE) (Reed & Peters, 2010)
- In 2008, the transition from having a Bachelors degree to Masters in Occupational Therapy was completed (AOTA, 2017)
- As of 2018, the required transition from Masters to a Doctorate in Occupational Therapy is unknown (AOTA, 2018)

Methodology

This was a qualitative study using a life history approach. Participants were assigned from a list developed by the course instructors through purposive sampling. There were no gatekeeper issues during the study as initial contact was made by course instructors and informed consent was given. The semi-structured interview was guided by an interview schedule that was developed by the course instructors. The questions on the interview schedule were developed to be used in all the interviews of the individuals and are part of a larger project. Questions were added based upon the Kawa model in order to get information about the subjects life experiences that helped shape them and the practice of occupational therapy (Turpin & Iwama, 2011).

- The interview data was gathered from a phone interview that lasted 43 minutes.
- The interview was audio recorded and transcribed later.
- After transcription subjective memos were added, codes were developed, and then broken down into categories and emerging themes were created.
- Type of data collected: Curriculum vitae, Internet search, Interview, Reflective journaling
- Trustworthy was established by the two researchers debriefing and keeping a reflexive journal.



"I think that models and frames of reference, have been instrumental in helping us to know who we are and what we do. They help us to lineate occupation, what it is, how does the person or the environment interact with occupation and all that together and so I think it's been... it helps us know who we are"

Data Analysis and Findings

For this study, the Kawa model was used to guide the process of data analysis. The researchers looked at what the turning points were in Janeene's journey as an OT. 13 codes were developed during the initial analysis of the data, from these codes 3 main categories emerged, principles of OT practice, Evolution in OT education, and environmental factors that influence OT. Each category reflected 3-4 themes.

- **Principles of OT practice**
 - She believes that models and frames of reference have been instrumental in helping OT practice expand which has made OT identify stronger.
 - Janeene believes that the client drives everything we do as occupational therapists.
 - She can see the future of practice for occupational therapy and how the scope of practice can expand to new areas.
 - Janeene has had many leadership positions over her professional career, has embraced the challenges, and found success as a leader.
- **Evolution in OT education**
 - The students provide challenges and bring creativity and passion which has influenced Janeene to become an educator.
 - She is excited about opportunities that have evolved in the profession related to the increased of rigor and standards.
 - Janeene is passionate about being an educator to students and takes initiative to be a life-long learner.
 - Being an educator has opened doors for Janeene to new opportunities for personal and professional growth, and promotion of the field of occupational therapy.
- **Environmental factors that influenced OT**
 - Janeene has been mindful throughout her career about financial resources and how it can affect education and care.
 - She values COTA in professional relationships but is concerned about the COTA opportunities in North Dakota.
 - North Dakota occupational therapy programs are designed for students to feel competent and have the skills that they need to practice in rural settings.

Conclusion

Assertion Statement: Janeene Sibla is a passionate educator both personally and professionally. She is an advocate for adhering to high standards of educators and preparing students to meet challenges unique to rural practice.

Janeene is a leader in occupational therapy education in North Dakota and Montana. She has been an anchor at the University of Mary from being an adjunct professor to now being the director of the occupational therapy program. Through this study, the researchers were able to use the Kawa model to guide through Janeene's journey and what shaped her as an OT.

References

- American Occupational Therapy Association [AOTA] (2017). History of AOTA accreditation. Retrieved from: <https://www.aota.org/Education-Careers/Accreditation/Overview/History.aspx>
- American Occupational Therapy Association [AOTA] (2018). ACOTE 2027 mandate update and timeline. Retrieved from <https://www.aota.org/Education-Careers/Accreditation/acote-doctoral-mandate-2027.aspx>
- Reed, K.L., Peters, C.O. (2010) Occupational therapy values and beliefs, part V: 1985-2000: Is this really occupational therapy? OT Practice, 15-18.
- Turpin, M. & Iwama, M. K. (2011). Using occupational therapy models in practice: A field guide. New York, NY: Elsevier, Inc.