



## **CURRICULUM VITAE**

**Jessica Allemand, LOTR**

**Date:** 2/20/25

**School:** School of Allied Health Professions

**Department/Program:** Department of Occupational Therapy

**Current Title:** Clinical Instructor of Occupational Therapy

**Business Address:** 1900 Gravier Street, Room 8A15  
New Orleans, LA 70112

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**Initial Appointment at LSUHSC Date:** 7/3/24

**Current Academic Rank:** Clinical Instructor

**Date of Appointment to Current Rank:** 7/3/24

### **Education:**

#### **Undergraduate**

University of Louisiana at Lafayette  
Lafayette, LA  
Bachelor of Science in Exercise Science, 2014

#### **Graduate**

Louisiana State University Health Sciences Center – New Orleans  
New Orleans, LA  
Master of Occupational Therapy, 2019

University of Montana  
Post-Professional Occupational Therapy Doctorate – In Progress

### **Certifications:**

- 2019            National Board Certification in Occupational Therapy, Cert # 421553
- 2022            Certified Neuro Specialist (CNS)
- 2022            AOTA Fieldwork Educator Certificate
- 2022            Mental Health First Aid USA Certification
- 2023            Pregnancy and Postpartum Corrective Exercise Specialist Certification

**Licensure:**

Louisiana State Occupational Therapy License #: 312460  
Expiration: 5/31/25

**Academic, Professional, and Research Appointments:**

Our Lady of Lourdes Hospital, Occupational Therapist - Lafayette, LA  
Inpatient Acute and Outpatient Clinic Occupational Therapist  
June 2019 – January 2023

Touro Infirmary, Occupational Therapist - New Orleans, LA  
Outpatient Pelvic Health Occupational Therapist  
February 2023 – June 2024

Louisiana State University Health Sciences Center – New Orleans, LA  
Clinical Instructor  
July 2024-Present

**Awards and Honors:**

Scholastic Achievement Award, 2019  
LSUHSC Occupational Therapy Department

**TEACHING EXPERIENCE AND RESPONSIBILITIES****Course Directorships**

I have been employed full time as a course instructor since fall of 2024. My responsibilities for these courses include administering content, ensuring interactive learning components, creating and/or updating content in lectures, arranging guest lectures, and assessing effective learning of content from students.

OCCT 6526 – OT for Mental Health Conditions – Primary Instructor, 100%	2024
OCCT 6532 – OT for Neurological Conditions II – Primary Instructor, 50%	2024
OCCT 6520 – OT for the Older Adult – Primary Instructor, 100%	2025

**Formal Course Responsibilities:**

The following courses are ones which I have taught, co-taught, guest lectures for, or assisted with lab components for.

OCCT 6526 – OT for Mental Health Conditions – 3 credit hour course; Primary Instructor and course director, (2024)

OCCT 6532 – OT for Neurological Conditions II – 3 credit hour course; Primary Instructor, (2024)

OCCT 6520 – OT for the Older Adult – 4 credit hour course; Primary Instructor and course director (2025)

OCCT 6530 Applications I: Generalized Practice Concepts - 4 credit hour course; Assisted in administration of several labs and graded several competencies, estimated 32 hours of class time (2024)

OCCT 6730 Applications II: Specialized Practice Concepts – 3 credit hour course; Created and taught one 3-hour lecture (2023, 2024) and one 3 hour lab (2024)

## Graduate Student Research Projects:

I served as capstone advisor for this group during the second half of their capstone process after the previous capstone advisor was no longer faculty. My role included advising on how to analyze collected data, giving recommendations for presentation of data, supervising participation in support group used for data collection every week from July 2024-December 2024.

Vienne, L., Pippin, P., Murphy, M., Susslin, H., Kelleher, K., Bode, M. *LSVT BIG for LIFE: Fall Prevention and Recovery Intervention*. Department of Occupational Therapy, LSUHSC-N.O., Capstone, Faculty Research Advisor, 2024.

## Formal Mentoring and Advisor:

Academic Advisor for students of MOT class of 2027

12/2024 - Present

As a faculty advisor I met with students prior to program start to answer questions and ensure readiness. I have also met with students on an as needed basis to discuss study habits and test preparedness regarding current classes. I have made students aware that I am available for resources at any time they need in the program. I have also followed the policies for the Department of Occupational Therapy regarding the timing, frequency, and content of formal advisee meetings.

Peer Advocate Liaison Mentor

1/2025-Present

As a PAL mentor, I have educated myself on the available resources for mental, physical, financial, ect health through LSUHSC and within the local community. Anyone seeking to help themselves or a fellow student can turn to me for recommendations on those resources and assistance obtaining them if needed.

## RESEARCH AND SCHOLARSHIP

### Major Areas of Research Interest:

Research interests include OTs role in mental health, especially in individuals with chronic pain and pelvic floor disorders. Interests also include OTs role in addressing pelvic floor disorders from an occupation-based perspective. In those individuals, especially with degenerative neurological disorders, significant gaps in literature exist on how to improve function of the pelvic floor and this would be beneficial to explore further from an OT lens.

### Journal Publications:

#### Refereed

Vance, D., Blanchard, M., Pendleton, S., Richardson, S., **Moran, J.**, Baker, J., & Benton, H. (2023). Creating a consumer-friendly resource to assist persons with Amyotrophic Lateral Sclerosis (ALS) in navigating the power wheelchair selection process. *Assistive Technology*, 35(1), 35–40. <https://10.1080/10400435.2021.1915899>

**Published:** 5/52/21

**Accepted:** 4/5/21

### Invited Presentations:

Occupational Therapy's Role in treating Pregnant and Postpartum Clients  
LSUHSC MOT Program – 10/2023, 10/2024

Pelvic Floor Therapy's Role in Addressing Pelvic Pain Conditions  
Med Student OBGYN Interest Group – 3/2024

Managing Bowel and Bladder Conditions in the Parkinson's Population  
Parkinson's Foundation Tai Chi Study – 12/2024

Pelvic Floor 101 for Neuro Populations  
Split Second – 1/2025

## **SERVICE AND ADMINISTRATION**

### **University/Institutional Service:**

#### **School committees**

Honors Committee 7/2024-Present

#### **Membership in Professional Organizations:**

American Occupational Therapy Association 2017-Present

Louisiana Occupational Therapy Association 2017-Present

Pi Theta Epsilon Honors Society 2018-Present

#### **Community Service Activities:**

LSVT Big for Life support group at Touro Infirmary 7/2024-Present

I attend weekly sessions of an LSVT BIG for Life support group, assisting with set-up/clean-up, activity administration, physical support in completing exercises by participants as needed, and facilitating a social environment that supports psychosocial health of participants.

Regular volunteer at Ozanam Inn Student Run Clinic 8/2024-Present

I attend the student run clinic at Ozanam Inn roughly two Saturdays/month since January and periodically throughout 2024. At this clinic I provide free OT services and recommendations to participants in need.

#### **Continuing Education Courses Attended:**

- AOTA Fieldwork Educator Workshop  
2022 15 CEUs
- Life Management Series: Introduction to Lifestyle Redesign  
2022 6 CEUs
- Life Management Series: Lifestyle Redesign for Chronic Pain and Headache Management  
2022 6 CEUs
- Herman and Wallace: Pelvic floor 1  
2023 24.75 CEUs
- Pregnancy and Postpartum Corrective Exercise Specialist  
2023 34 CEUs
- Herman and Wallace: Pelvic floor 2A  
2023 21 CEUs

- Herman and Wallace: Pelvic floor 2B  
2023 22.5 CEUs
- Integrated Clinical Dry Needling Upper Extremity  
2024 24 CEUs