CURRICULUM VITAE

Jessica Allemand, LOTR

Date: 5/12/26
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
Business Telephone: 504-568-4303
Business email Address: jmora5@lsuhcs.edu

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, 2026

Certifications:

- 2019 National Board Certification in Occupational Therapy, Cert # 421553
- 2019 Lee Silverman Voice Training (LSVT) – BIG Certification
- 2022 Certified Neuro Specialist (CNS)
- 2022 AOTA Fieldwork Educator Certificate
- 2023 Pregnancy and Postpartum Corrective Exercise Specialist Certification
- 2025 Certified Stroke Rehabilitation Specialist

Licensure:

Louisiana State Occupational Therapy License #: 312460
Expiration: 5/31/26

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 lecture materials, arranging guest lectures, and assessing effective learning of content from students.

OCCT 6526 – OT for Mental Health Conditions – Primary Instructor, 100%	2024, 2025
OCCT 6532 – OT for Neurological Conditions II – Primary Instructor, 50%	2024, 2025
OCCT 6520 – OT for the Older Adult – Primary Instructor, 100%	2025, 2026
OCCT 6528 – OT for Neurological Conditions I – Primary Instructor, 50%	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, 2025)
OCCT 6532 – OT for Neurological Conditions II – 3 credit hour course; Primary Instructor, (2024, 2025)
OCCT 6520 – OT for the Older Adult – 4 credit hour course; Primary Instructor and course director (2025, 2026)
OCCT 6528 – OT for Neurological Conditions I – 2 credit hour course; Primary Instructor (2025, 2026)

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 (2023-2025) and one 3-hour lab related to OT's role in Pregnancy and postpartum (2024, 2025) as well as a 3-hour course on OT's role in Pelvic Floor (2025)
OCCT 6528 Applied Kinesiology – 3 credit hour course; proctored 4 practical exams (2025)
OCCT 6624 Pathophysiology and Medical Conditions – 5 credit hour course; taught 2-hour lecture on OT's Role in Mental Health (2025, 2026), 3-hour lecture on CVA (2026), 3 hour lecture on neurodegenerative conditions (2026), and 2 hour lecture on TBI (2026)
ANAT 6522 Allied Health Gross Anatomy – 5 credit hour course; Assisted in majority of cadaver labs for OT students and proctored 4 lab exams and 1 written exam (2025)

Graduate Student Research Projects:

I have served as capstone advisor for the following student capstone projects. My role as capstone advisor included brainstorming capstone topics, advising students on research for literature reviews, assisting in the creation of materials used for capstone implementation, contacting community members to assist with capstone implementation and providing guidance on how to make use of data gathered during capstone implementation.

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.

Chauvin, A., Chaix, M., Long, D., Frens, K., Eschete, R., Curtis, L. *Exploring the prevalence and confidence of OTs addressing bowel and bladder dysfunction.* Department of Occupational Therapy, LSUHSC – N.O., Capstone, Faculty Research Advisor, 2025

Bouy, B., Lively, E., Messina, L., Stall, A., Henderson, R. *The effects of mindfulness programming in a LSVT BIG for Life group on self-esteem*. Department of Occupational Therapy, LSUHSC – N.O., Capstone, Faculty Research Advisor, 2025

Formal Mentoring and Advisor:

Academic Advisor for students of MOT class of 2027 & Dec 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. I currently advise 13 students formally.

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, pelvic floor disorders, or neurological conditions. 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

Pelvic Floor Therapy's Role in Addressing Pelvic Pain Conditions
LSUHSC 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 Foundation– 1/2025

Occupational Therapy's Role in Addressing Sexual Dysfunction
LSUHSC Med Student OBGYN Interest Group – 4/2025

Bowel and Bladder management in Parkinson's Disease
Parkinson's in Motion Support Group – 7/2025

SERVICE AND ADMINISTRATION

University/Institutional Service:

Special assignments

Lab Director for NeuroPLEX Fall 2024-Present
My responsibilities include organizing schedules, screening clients for appropriateness to participate, communicating between departments, assigning student groups, advising student groups, assigning and grading student participation in the program, and ensuring safety and

well-being of participants. I have also played a role in initiating contact with medical students for observation of interdisciplinary allied health sessions to improve IPE.

Emergency Response Floor Leader 8/2024-Present

Departmental committees
Phi Theta Epsilon Faculty Advisor 1/2025-Present
Honors Committee 7/2025-Present

School committees
Honors Committee 7/2024-Present
Team-Up Grader 8/2025-Present

Membership in Professional Organizations:
American Occupational Therapy Association 2017-Present
Louisiana Occupational Therapy Association 2017-Present
Pi Theta Epsilon Honors Society 2018-Present
Brain Injury Association of Louisiana 2025-Present
Functional Neurological Disorder Society 2026-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.

Walking, Talking, And Flourishing – Parkinson's Support Group 9-2025-Present
I attend and assist with facilitation of weekly walking-based Parkinson's support group. My responsibilities include facilitating conversation and group activity during sessions, ensuring safety of participants, organizing student volunteer assistance, planning session topics and recruitment for group members.

Split Second Foundation 10/2024-Present
I have assisted with a number of opportunities including attending wheelchair washes, organizing and facilitating student-run support group sessions, and providing lunch-and-learn style education to members related to bowel and bladder management.

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
- Herman and Wallace: Capstone
  2025 24 CEUs
- Lee Silverman Voice Training – BIG Certification Course
  2025 15 CEUs
- Certified Stroke Rehabilitation Specialist
  2025 32 CEUs
- LOTA Annual Conference
  2025 7.5 CEUs
- Brain Injury Association of Louisiana Conference
  2026 6.0 CEUs
- FND: Rehabilitation 101
  2026 6.0 Hours