

Lester Kaye C. Rubio, Ph.D., MHS, OTRL, CLT-LANA

Work Contact

Department of Occupational Therapy
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Professional Employment History

2024	Assistant Professor, NOVA Southeastern University Department of Occupational Therapy, Doctor of Occupational Therapy Program
2023	Occupational therapist, HCA West Florida St. Peterburg General Hospital Outpatient lymphedema clinic
2018- present	Adjunct Faculty, NOVA Southeastern University Department of Occupational Therapy, Doctor of Occupational Therapy Program
2021-present	Adjunct Faculty, Rehab Essentials, Inc Transitional Doctor of Occupational Therapy Program
2013- 2023	Staff Occupational therapist, HCA West Florida Palms of Pasadena Hospital Acute care, In-patient Rehabilitation Outpatient lymphedema clinic
2017	Graduate Assistant, Texas Woman's University Department of Occupational Therapy, Master of Occupational Therapy Program
2015-2017	Laboratory Assistant, NOVA Southeastern University Department of Occupational Therapy
2011 - 13	Lead therapist and Occupational therapist, Alhambra Health and Rehabilitation Center (Greystone Health Management)
2006 - 11	Staff Occupational therapist, Genesis Health Care at Menorah Manor Nursing Center
2005 - 06	Staff Occupational Therapist, Access Therapy Inc (home health)
2004 -05	Part-time Instructor, Department of Occupational Therapy, University of the Philippines, Manila
2004 -05	Clinical Supervisor, Children's Therapy Services Pediatric Clinic, University of the Philippines, Manila

2003 -05 Occupational Therapist Consultant, Rehab Partners Therapy Center, Manila, Philippines

University Education

Texas Women's University

Doctor of Philosophy in Occupational Therapy

May 10, 2020

Dissertation: The Use of the Remotivation Process in an Occupational Therapy Program for Clients with Breast Cancer-Related Lymphedema

<https://hdl.handle.net/11274/12303>

University of Florida

Master of Health Science, Major: Occupational Therapy

May 03, 2011

Thesis: Use of an Occupational Skills Checklist in Discharge Planning

University of the Philippines - Manila

Bachelor of Science in Occupational Therapy

April 23, 2003

Undergraduate thesis: Psychosocial issues of Filipinos working in Western countries

Professional Qualifications

2004- present Certified OTR, National Board for Certification in Occupational Therapy, cert # 1071831

2006 - present Licensed Occupational Therapist, Florida Lic # 12499

2021 - present Certified Lymphedema Therapist, Lymphology Association of North America, cert # 002916

2011-present Certified Lymphedema Therapist, cert # 201205211

2017 Completed the Cancer Rehabilitation Level II training by the American Occupational Therapy Association

2007-2012 Certified Senior Strength Trainer, cert # 324625437

Grants and Scholarships, Received

Texas Woman's University

Spring 2018

Virginia Candler Dykes Scholarship

Fall 2017

Virginia Candler Dykes Scholarship

Spring 2017

TWU Graduate Student Scholarship
VCD Scholarship Health Sciences

Fall 2016

TWU Graduate Student Scholarship (3rd)

Spring 2016

TWU Graduate Student Scholarship (2nd)
VCD Scholarship Health Sciences

Fall 2015

TWU Graduate Student Scholarship (2nd)
VCD Scholarship Health Sciences

Spring 2015

TWU Graduate Student Scholarship
VCD Scholarship Health Sciences

Fall 2014

TWU Graduate Student Scholarship
VCD Scholarship Health Sciences

Peer-Reviewed Publications

ORCID 0000-0002-0766-5537

Rubio, K., Bowyer, P., Hite, S., Pingale, V., Freysteinson, W., Hersch, G., & Raber, C. (2022). Promoting Self-Management of Breast Cancer-Related Lymphedema Through the Remotivation Process. *The Open Journal of Occupational Therapy*, 10(4), 1-13. <https://doi.org/10.15453/2168-6408.1911>

Rubio, K., Bowyer, P., Hite, S., Pingale, V., Freysteinson, W., Hersch, G., Raber, C. (2021) The Remotivation Process as a Telehealth OT Program to Promote Self-Management in Women with Breast-Cancer-Related Lymphedema. *American Journal of Occupational Therapy*, Vol. 75(Supplement_2), 7512515332p1. doi: <https://doi.org/10.5014/ajot.2021.75S2-RP332>

Bowyer, P., Tiongco, C., Rubio, L., Liu, J., & Whisner, S. M. (2018). Admission Requirements and Practices in Entry-Level Occupational Therapy Programs. *Journal of Occupational Therapy Education*, 2 (3). <https://doi.org/10.26681/jote.2018.020301>

Other Publications

Rubio, K., Hypes, B., & Domville, K. (2024) Occupational Therapy interventions to address Axillary Web Syndrome The effects of lymphedema on activities of daily living. *Florida Occupational Therapy Quarterly Newsletter*, Winter 2024.

Rubio, K. (2018). Lymphedema Self-Management. *OT Practice*. (23) 1. 8-12.

Rubio, L.K. (2012). How “Baby Boomers” will impact health care and OT. *ADVANCE for Occupational Therapy Practitioners*. (28)4. 17 & 46.

Rubio, K. (2015). The effects of lymphedema on activities of daily living. *Florida Occupational Therapy Quarterly Newsletter*, Winter 2015.

Peer-Reviewed Presentations

Rubio, K, Bowyer, P., Goffredo, C., & Bliss, J. Exploring the impact of the workplace on burnout among racially minoritized clinicians. *2024 AOTA Inspire Conference, March 21, 2024; Orlando, FL.*

Rubio, K. “You’re just fat”: Fighting the stigma of lipedema. *2024 AOTA Inspire Conference, March 21, 2024; Orlando, FL.*

Rubio, K. & Hypes, B. Occupational Therapy interventions to address Axillary Web Syndrome. *2024 AOTA Inspire Conference, March 21, 2024; Orlando, FL.*

Rubio, K. & Hypes, B. Occupational Therapy interventions to address Axillary Web Syndrome. *2023 Florida Occupational Therapy Association Annual Conference, November 2023*

Bowyer, P., Goffredo, C., & Rubio, K. Stressed & Burnt Out? OT Solution to occupational stress. *2023 Florida Occupational Therapy Association Annual Conference, November 2023*

Bowyer, P., Goffredo, C., & Rubio, K. Stressed & Burnt Out? OT Solution to occupational stress. *AOTA Inspire Conference 2023, April 20, 2023; Kansas City, MO.*

Rubio, K., Bowyer, P., Freysteinson, W., Hersch, G., Hite, S., Pingale, V., & Raber, C. Effectiveness of a motivational approach to promote engagement in change among breast cancer survivors with lymphedema. *18th World Federation of Occupational Therapists (WFOT) Congress, 27 – 31 August 2022*

Tkach, M., Bowyer, P., Moore, C., Rubio, K., & Tiongco, C. Occupation- Focused Practice: Using MOHO to Guide Therapeutic Reasoning. *AOTA Inspire Conference 2022, March-April 2022; San Antonio, TX.*

Rubio, K., Bowyer, P., Freysteinson, W., Hersch, G., Hite, S., Pingale, V., & Raber, C. Promoting Self-Management of Present Cancer-Related Lymphedema Through the Remotivation Process (Scientific Research Panel). *AOTA Inspire Conference 2022, March-April 2022; San Antonio, TX.*

Rubio, K., Bowyer, P., Freysteinson, W., Hersch, G., Hite, S., Pingale, V., & Raber, C. Promoting Self-Management of Present Cancer-Related Lymphedema Through the Remotivation Process (Poster). *AOTA Inspire Conference 2022, March-April 2022; San Antonio, TX.*

Rubio, K., Bowyer, P., Freysteinson, W., Hersch, G., Hite, S., Pingale, V., & Raber, C. The Use of the Remotivation Process as a Telehealth OT Program to Promote Self-Management in Women with Breast Cancer-Related Lymphedema. *AOTA Inspire Conference 2022, March-April 2022; San Antonio, TX.*

Rubio, L.K. & Bowyer, P. Use of the Remotivation Process in an Occupational Therapy Program for Clients with Breast Cancer-Related Lymphedema: A Preliminary Study. *2021 Asia Pacific Occupational Therapy Conference, November 2021*

Rubio, L.K. The Role of Occupational Therapy in Lymphedema Management. *2021 Asia Pacific Occupational Therapy Conference, November 2021*

Rubio, L.K. & Bowyer, P. Use of the Remotivation Process in an Occupational Therapy Program for Clients with Breast Cancer-Related Lymphedema: A Preliminary Study. *2020 Florida Occupational Therapy Association Annual Virtual Conference, November 2020*

Rubio, L.K. & Bowyer, P. Use of the Remotivation Process in an Occupational Therapy Program for Clients With Breast Cancer-Related Lymphedema: A Preliminary Study. *American Occupational Therapy Association Annual Conference, April 2019; New Orleans, LA.*

Bowyer, P., Tiongco, C., & Rubio, L.K. A Preliminary Study of Commonly Used Assessment Instruments in Occupational Therapy Practice: Implications and Future Directions. *World Federation of Occupational Therapy Congress, May 2018; Cape Town, South Africa.*

Bowyer, P., Tiongco, C., & Rubio, L.K. A Preliminary Study of Commonly Used Assessment Instruments in Occupational Therapy Practice: Implications and Future Directions. *American Occupational Therapy Association Annual Conference, April 2018; Salt Lake City, UT.*

Rubio, L.K. & Bowyer, P. Use of the Remotivation Process in an Occupational Therapy Program for Clients With Breast Cancer-Related Lymphedema: A Preliminary Study. *American Occupational Therapy Association Annual Conference, April 2018; Salt Lake City, UT.*

Rubio, L.K. & Bowyer, P. A client's perspectives on the role of occupational therapy in breast cancer-related lymphedema. *5th International Institute on Kielhofner's Model of Human Occupation, October 2017; Houston, TX.*

Rubio, L.K. & Bowyer, P. A client's perspectives on the role of occupational therapy in breast cancer-related lymphedema. *American Occupational Therapy Association; March 2017; Philadelphia, PA.*

Rubio, L.K. & Bowyer, P. A client's perspectives on the role of occupational therapy in breast cancer-related lymphedema. *Florida Occupational Therapy Association Annual Conference, November 2016; Orlando, FL.*

Rubio, L.K. & Baxter, F. How does adaptation occur in the brain?
Texas Occupational Therapy Association Annual Conference, November 2015; Dallas, TX.

Invited Presentations

The Role of Occupational Therapy in Lymphedema Management
Continuing Education Workshop (10 credit hours)
University of the Philippines Manila, College of Allied Medical Professions
July 9 and 28, August 27, 2023

Occupational Therapy in Breast Cancer-Related Lymphedema
Glass Half Full Occupational Therapy Talk Podcast, June 2017.
<http://glasshalffullot.com/podcast/breast-cancer-related-lymphedema/>

Current Professional Memberships

Florida Occupational Therapy Association
Member # 699811

American Occupational Therapy Association
Member # 4273662

World Federation of Occupational Therapy
Member # 4273662

Teaching Experience

- 2024 Adjunct Faculty, Nova Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Course: OTD 8273 Occupational Therapy Interventions III (Spring)
- Faculty, Rehab Essentials/Marymount University
transitional Doctor of Occupational Therapy Program (tOTD)
Course: OT 703 & OT 653 Methods of Evaluation in Occupational Therapy Practice
(Spring)
- 2023 Adjunct Faculty, Nova Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
 OTD 8103 Kinesiology of Occupations (Fall)
Capstone Mentor: OTD 8494 Doctoral Capstone, Reflections, & Exit Colloquium
- Faculty, Rehab Essentials/Marymount University
transitional Doctor of Occupational Therapy Program (tOTD)
Course: OT 703 & OT 653 Methods of Evaluation in Occupational Therapy Practice
(Spring and Summer)
- 2022 Adjunct Faculty, Nova Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
 OTD 8103 Kinesiology of Occupations (Fall)
- Faculty, Rehab Essentials/Marymount University
transitional Doctor of Occupational Therapy Program (tOTD)
Course: OT703 Methods of Evaluation in Occupational Therapy Practice (Spring and
 Summer)
tOTD Capstone I and II Mentor
- 2021 Adjunct Faculty, NOVA Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
 OTD 8103 Kinesiology of Occupations (Fall)

- 2021 Faculty, Rehab Essentials/Marymount University
transitional Doctor of Occupational Therapy Program (tOTD)
Course: OT 703 Methods of Evaluation in Occupational Therapy Practice (Summer)
- 2020 Adjunct Faculty, NOVA Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
OTD 8103 Kinesiology of Occupations (Fall)
- 2019 Adjunct Faculty, NOVA Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
OTD 8152: Human Conditions and Occupations II (Spring)
OTD 8103 Kinesiology of Occupations (Fall)
- 2018 Adjunct Faculty, NOVA Southeastern University
Department of Occupational Therapy, Doctor of Occupational Therapy Program
Courses: OTD 8273 Occupational Therapy Interventions III (Spring)
OTD 8103 Kinesiology of Occupations (Fall)
- 2017 Graduate Assistant, Texas Woman's University
Department of Occupational Therapy, Master of Occupational Therapy Program
Course: OT 5142 Scholarly Inquiry (Fall)
- 2015-2017 Laboratory Assistant, NOVA Southeastern University
Department of Occupational Therapy
Course: OTD 8103 Kinesiology of Human Occupations (Fall)
- 2004 -05 Part-time Instructor & Clinical Supervisor, Department of Occupational Therapy,
University of the Philippines, Manila

Activities within the American Occupational Therapy Association

- 2023 - Volunteer reviewer for the AOTA Approved Provider Program
present,
2018-2019
- 2018 - Active member of the Leadership Community of Practice SIS
present

Activities within the Florida Occupational Therapy Association

- 2021-present Florida Occupational Therapy Association
Physical Disabilities Special Interest Section Co-chair
- 2017 & 2012 Guest judge, Undergraduate poster presentation during the Florida Occupational
Therapy Association Annual Conference

Volunteer Activities

2023 - Coalition of Occupational Therapy Advocates for Diversity
present COTAD Practitioner Committee member

2021 – Manuscript reviewer (Publons CV available upon request)
present

2012-present Advisory Board Occupational Therapist Assistant Program, South University