

Life History of Art (Arthur) Heinze, OTR/L

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Purpose

- This life history is one of 29 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 OT practice in North Dakota and Wyoming through life histories of individuals who have been influential in developing OT in these two states. 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 OT practice has evolved from its inception to current practice in North Dakota and Wyoming.

Description of Participation

- Art Heinze, 79-years old, has been a double-arm amputee for 59 years. In 1957, at the age of 18, Art was involved in a circular saw farm accident, which led him to become a double-arm amputee.
- He attended the University of North Dakota and graduated with his bachelor's in OT in 1961. After one year of practice, he started the OT program in Thief River Falls, Minnesota in 1964, and was the only therapist in northwestern Minnesota.
- Throughout his career he completed many amputee consultations, creation of adaptive equipment, and participated in public speaking for disability awareness, the amputee coalition, and some American Occupational Therapy Association (AOTA) and prosthetic conferences. He also made a video based off of his accident, which included what a therapist should know when working with an amputee.
- He retired in July of 2003 as the director of occupational therapy at Northwest Medical Center in Thief River Falls after 40 years in the profession and many recognizable accomplishments.

Literature Review

- Art Heinze started his journey in occupational therapy after becoming a double arm amputee in 1957.
- He received his bachelor's degree in occupational therapy at the University of North Dakota. After graduation in 1961, Art developed the OT program in Thief River Falls, MN.
- Art has been a guest speaker at amputee coalition conferences, as well as being a speaker at a handful of American Occupational Therapy Association (AOTA) conferences.
- As a therapist he advanced practice by his involvement in legislation related to licensure in ND and advocacy through the amputee association in the profession.
- In 1976 North Dakota developed their own association (North Dakota Occupational Therapy Association [NDOTA]) apart from South Dakota, due to an increase of memberships.
- While Art was practicing, in 1983 there were advancements in licensure as the North Dakota State Board of Occupational Therapy was established.
- After 40 years as an occupational therapist, Art retired but continues to advocate for the profession, train other therapists to work with clients who are arm amputees, and is available for amputee consultations and as a peer counselor for amputees.

Methodology

- Throughout the study, a qualitative research life history approach was used to focus on the participant's involvement in the evolution of occupational therapy practice.
- The Kawa model guided this life history project focusing on the turning points in the individual's life.
- The participant interviewed was selected from a participant list compiled through purposive sampling by the course instructors. No gatekeeper issues were identified.
- Written informed consent was obtained to use personal information and artifacts.
- The semi-structured 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 and/or add interview questions as needed for each specific interview.
- The interview took place at Art's home; the length of the interview was about 1.5 hours with another 1.5 hours designated for reviewing of his scrapbooks. The scrapbooks highlighted his career as an occupational therapist.
- Additional information was gathered through various internet articles about his life and historical occupational therapy literature.

Data Analysis/Findings

CODES

- Fourteen codes were developed and further grouped into three categories.

CATEGORIES/THEMES

- Evolution of Occupational Therapy
 - Occupational therapy has not been as prevalent in rural areas, there is a need for expansion of practitioners.
 - There were many misconceptions of what the role of occupational therapy was.
 - Early on there was a heavy emphasis on interventions that related to arts and crafts.
- Life Journey
 - He primarily practiced in northwest Minnesota and North Dakota.
 - Being a bilateral amputee from the farm accident allowed him to explore and become a part of the profession.
 - Being a patient helped him understand and motivate his clients and what they were going through.
 - As a therapist he advanced practiced by his involvement and advocacy through the amputee association and conferences in the profession.
- Personal & Professional Beliefs
 - The outcome is better when the therapist is enthusiastic and motivated, in terms of the client-therapist relationship.
 - COTAs and OTs are both well-educated and vital in providing care.
 - Legislation is important to advocate for payment, reimbursement, and licensure in the state.



Discussions/Conclusions

Assertion: Both Art's life journey, and personal and professional beliefs, has allowed him to have a prominent role in laying the foundation for occupational therapy to flourish in North Dakota and Northwestern Minnesota.

- Throughout Art's career, North Dakota was able to expand the OT profession and become its own association with the help of Art's contributions of the development of the Red River OT association.
- There were recognizable changes in legislature that were important to further Art's career and allowed him opportunities to advance the profession.
- He believed in the importance of educating the general public and advocating for the profession as evidenced by his career as an occupational therapist, his involvement in the amputee association, speaking at both state and national conferences, and post-retirement availability for amputee consultations.
- By capturing an overall understanding of Art's career as an occupational therapist, there is a better appreciation behind the history of occupational therapy in North Dakota and northwestern Minnesota.
- Art played an important role in the development of what OT is today. His contributions to the OT profession, especially as a bilateral arm amputee, offer a unique perspective regarding all that OT can provide for an individual.

References

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