

## **2023 Barbara Knothe Burn Therapist Achievement Award**

### **TRUDY BOULTER, OTR, CHT, BT-C**



Trudy Boulter has been a burn therapist for over 33 years and an American Burn Association member for the last 31 of those years. She has spent her entire career working in burns at the Children’s Hospital of Colorado. During this thirty-year span, Trudy has been a constant- providing exceptional burn care at every level of need for the children who require her comprehensive experience and expertise.

Trudy graduated in 1986 with a Bachelor of Science in Occupational Therapy and a Minor in Human Development and Anatomy from Colorado State University in Ft. Collins, CO. Trudy was offered a staff OT position at Children’s Hospital and took a role on the home care Pediatric team in 1987. During the next subsequent years, Trudy ascended through numerous roles at Children’s Hospital including Rehabilitation Team Leader; Burn Camp Rehabilitation Team Leader; Clinical Advanced Practice Leader and to her current role since 2009 as Burn Camp Director. Trudy further expanded her experiences and knowledge foundations by obtaining her Neurodevelopmental Treatment (NDT) Certification and becoming a Certified Hand Therapist (CHT). However, it has always been her desire and passion for burn rehabilitation that further exemplified her diverse skill and unique approach to pediatric burn management. As a testimony to that desire, she has become a Certified Burn Therapist (BT-C).

Trudy is an exceptional team leader and facilitator, and she has been an active member of several associations for over 20 years including: the American Occupational Therapy Association (AOTA); American Society of Hand Therapists (ASHT); Sensory Integration International; Denver Hand Special Interest Group and the Denver Society of Hand Surgery. As a member of the American Burn Association, Trudy has served as Co- Chair and ascending to Chair of the Occupational and Physical Therapy Special Interest Group as well as the Burn Camp Special Interest Group. In addition, Trudy has become a Phoenix SOAR (Survivors Offering Assistance in Recovery) Coordinator further supporting the rehabilitation needs of the burn survivor. Trudy brings a wealth of knowledge and has presented and co-authored numerous clinical papers and presentations both domestically and internationally on topics such as complex hand injuries and sequela; burn camp development; sensory processing disorders; complex fracture and nerve injuries and specialty orthosis and casting management for burns.

Trudy’s real influence is her unique skill set as a “tough but through” burn hand practitioner and constant mentor. Trudy’s vast experiences has allowed her to build a comprehensive skill set upon which she can apply a diverse set of creativity to devise a plan to support optimal functional recovery. Moreover, her ability to share and give of herself, enables her patients and survivors to truly attain both optimal physical and psychological return. Trudy is always engaged to tackle the most difficult and challenging cases and will never waver in her unique ability to bring out the best in her students, colleagues, and survivors.