

WYO COMMUNICATIONS
WYOMING PHYSICAL THERAPY ASSOCIATIONS NEWSLETTER 2011

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President's Message

Ken Clouston, PT – DPT

This last May I had a junior high school student come to my clinic to interview me for his English class project. He had several general questions for me, the one question that took the longest to address was “What do physical therapists do?” I first gave him all the different options for PT (outpatient, inpatient, pediatrics, teaching, etc). When that didn't satisfy him I broke down my daily duties of evaluation, treatment options, documentation and billing, and management duties. He still gave me the “blank stare” look. We discussed what we do and why, *he* clarified our job by saying “You make peoples' lives better.” That really is our goal with every patient, to make his or her life better, maybe not perfect, but better.

People see value in what we do by improving their lives. We should be proud that people value our opinions, our skills, and our knowledge. When someone stops us at the grocery store and asks us about their medical concern or condition, we should feel a spark of pride that this person realizes that our advice may make their life better.

One of my goals for our chapter, and our profession in the upcoming years, is to help payers realize the value of what we do. When payers realize that we can help return their members back to their productive lives more effectively and efficiently, hopefully they will encourage PT services versus seeing reducing PT benefits.

The insurance challenges of the next few years will be great. Obamacare is to take full effect in 2014. BCBSWY, Aetna, WISE, Medicare and many others continue to discuss and implement changes that limit PT benefits to their members. Insurance companies are looking for ways to immediately maintain profits by cutting costs. One way they have effectively found to accomplish this is to offer Preferred Provider Discounts. When a clinic or a group agrees to low paying Preferred Provider contracts, not only does this financially limit the patients' ability to freely choose their PT provider, it undervalues our profession and our skills. Each professional must look at the long- term consequences for our professional and their clinic, of signing-up for discounted (undervalued) services.

A strength that we now have as a chapter, and as a national association, is our membership numbers. It is more effective to influence political decisions and insurance companies when we have more members.

Our chapter membership numbers are now well above two hundred, only 6 years ago we were around 125. I am curious to compare if other professional associations in WY have the professional support that we do. Nationally the APTA is now above 75,000 members. This puts the APTA membership and yearly budget as one of the largest 25 organizations in the country.

Although we now have over 200 members in WYPTA, we are still one of the smallest, if not the smallest PT chapters in the country. Such numbers are positive in the sense that we have a close-knit group and can quickly reach decisions and mobilize our membership. Many of our PT's/PTA's know other professionals in another Wyoming community that they can refer to or can contact for advice. In the large states, this would be an impossible scenario.

By being a small chapter, we do have a unique financial burden though not shared by the larger chapters. We must send the same number of representatives to participate in each of the national activities. While these are important and worthwhile events, they are quite expensive. Our small chapter revenues dictate that we must be frugal with our money and must rely more on volunteer hours. We are very fortunate to have so many dedicated PT's and PTA's that donate their time, knowledge, passion, and financial resources to support the WYPTA.

I am honored to have served these last four years as a member of the WYPTA board. It has been an eye-opening experience to realize how much WYPTA does for our state and our profession. There are countless hours spent behind the scenes by our colleagues on setting-up chapter meetings, the fall conference organization, taking time from work to attend national PT events, meeting with local and state politicians, conference calls, etc. The way things get accomplished is not by just being a member in our chapter, but being an *active* participant in the process (meetings, fundraisers, round tables, etc.).

Our fall conference 2011 will have outstanding educational presentations. We have had both speakers present to WYPTA in the past, and they are brought back by popular demand. **Shirley Sahrman, PhD, PT, FAPTA** is a national and international presenter with an amazing knowledge base. I have attended Shirley's presentation in the past and would recommend her class to anyone. **Julie Knoll, PT NCS** is a gifted clinician, presenter, and a dear friend. If you or any of your professional staff are looking to further your knowledge on vestibular rehabilitation, Julie is a great resource for you. I fully expect that both classes will quickly fill-up. I look forward to seeing all of you at the fall educational conference and business meeting in October.

State Board Brief

Chief Delegate - Lynda Brown, PT

The State Board had a scheduled meeting that was postponed when the governor appointed two new members to the Board on April 1st. Marnie Herring, PT from Torrington replaced Ron Christensen of Worland. The new public member Sarah J Lungren is from Worland. Other PT Board members are Lynda Brown, PT and Sandy Champlin, PT. Vincent Ross, MD is the physician board member.

Continued Competence: The Rules state that licensees and certificate holders are responsible for completing 20 contact hours every two years to meet the requirements for continued competence. Beginning with the October 1st renewal, licensees and certificate holders will be required to present a signed and notarized statement indicating compliance. There is no requirement to present course certificates or other proof at the time of renewal. The Rules state that the Board

may request additional verification at their discretion and shall periodically select a sample of licensees and certificate holders to verify their contact hours.

The Board has had frequent contact from members requesting approval of coursework to meet the contact hour requirements. Licensees and certificate holders are referred to the Rules, as they outline some specific guidelines for acceptable contact hours. The notarized statement serves as a good faith acknowledgement by licensees and certificate holders that they have completed the hours required.

The juris prudence exam is mostly complete, although the logistics of offering and giving credit for the exam are still in process.

Licensees and certificate holders are reminded that licenses renew on October 1st. Licensees and certificate holders are responsible for updating their contact information when it changes.

PTA Corner

State PTA Caucus Rep - Kraig Barthlama, PTA

I am a PTA working at Wind City Physical Therapy in Casper and was fortunate enough to be elected as the State PTA caucus rep this past year. I recently attended the PTA caucus meetings prior to the APTAs House of Delegates (HOD). This year, as in many in the past, there were several issues that pertained directly to the PTA. These issues included reimbursement for therapy services provided by a PTA, supervision of student PTAs, and expanding the current model of service delivery.

During the HOD, extensive discussion was heard relative to RC 3-11 that proposed expanding the current model of service delivery (i.e., PT, PTA, PT aide/tech) to include other support personnel with the requisite training to provide physical therapy interventions under the direction and supervision of the physical therapist. This motion passed with a proviso delaying the effective date of the position to July 1, 2012. Prior to discussion of RC 4-11 the House adopted a motion referring RC 4-11 through 12-11 to the APTA Board of Directors with instruction to conduct a thorough investigation into possible service delivery models and their impact on the profession and patient/client care. In addition, they called for the review of PTA education with any models of service delivery and the necessary changes in position(s) associated with them to be presented to the 2012 House. RC 13-11 addressed payment and was withdrawn by the PTA Caucus. RC 14-11 that addressed PTA student supervision was passed allowing PTAs to provide clinical supervision to PTA students with general supervision by the physical therapist. A summary of House actions written by the APTA's Secretary may be found on the House Community.

Many of these issues had several PTA's fearful for their future. For me they are yet another challenge we as PTAs have to face. We must take the opportunity to grow and make our profession even stronger and secure our position within Physical Therapy. We must put ourselves in a position that makes us irreplaceable by other professionals such as athletic trainers and physical therapy aides.

The main thing I took from this experience is it is crucial for PTAs to be active in the APTA. This can be at the local, state or national level. The key is to be involved as PTAs and make sure our voice is heard. There are many opportunities to be had and we have to take them.

Please feel free to contact me with any questions, concerns or to hear more about the recent issues the profession is facing. (307)-235-3910 or by email at kraig91@gmail.com

Rally on Capitol Hill Recap

Wyoming Federal Affairs Liaison - Kelsy Kean, PT

On June 9th, I joined nearly 1000 other physical therapists, physical therapy assistants, and students in Washington, DC to advocate for the patients we treat and the physical therapy profession. I met with the staff of Representative Lummis, and Senator Enzi, as well as with Sen. Barrasso. I discussed Therapy Cap Repeal (H.R. 1546/S. 829), and Inclusion of Physical Therapists in the National Health Service Corps (NHSC) Loan Repayment Program (H.R. 1426/S. 975). Wyoming has 42 Health Professional Shortage Areas that could benefit from physical therapists being made eligible by this piece of legislation. It is my hope that you will join me by using the APTA Legislative Action Center on the APTA web site and send emails or letters letting the Wyoming congressional delegation know that we need their support on these issues by becoming a cosponsor of Therapy Cap repeal for Medicare beneficiaries as well as adding physical therapist to the NHSC student loan repayment program.

APTA Legislative Action Center Website: <http://www.apta.org/advocacy/>

DORIS CHAFFIN AWARD

Attention Wyoming PTs, it is time to nominate a Wyoming PT for the Doris Chaffin Award! Do you recognize exceptional service that is provided by a co-worker? Do you know of a PT that provides exceptional service? Why not nominate them for the Doris Chaffin Award? The purpose of this award is to acknowledge an individual who has made a significant contribution to physical therapy profession in the State of Wyoming either through professional activities, clinical expertise, patient and professional advocacy, education or community involvement.

Congratulations to Pam Mills of Casper WY, who won the award for 2010.

Here is how to make a nomination:

Please attach a letter with the information below, if possible attach a resume. If this is not available then provide us with the nominee’s clinical background, work history, and a short essay on why this person should be nominated.

Return the form to: Nomination Committee
Attn:Jennifer Frontiero
1347 S Wisconsin
Casper, WY 82609
or Fax to 307-266-2891 (Attn: Jennife r)

Please return by September 16, 2011

DORIS CHAFFIN AWARD 2011

Name _____

Faculty: _____

Years as a PT: _____

Years in Wyoming: _____

Resume included: YES / NO

Attach the following information

Summary of Clinical Background

Work History:

Essay: Please describe the nominee’s significant contributions to the practice of physical therapy in the State of Wyoming (not to exceed 2 pages)

*****Auction Items Needed*****

The WYPTA is holding an auction at the fall conference October 8th and 9th to help with fundraising for the Wyoming Chapter.

Please let Jennifer Frontiero know if there are any items you are willing to donate 307- 235-3910 or Jen@windcitypt.com

All Items need to be collected by October 1, 2011

Nominating Committee Report

Chief Delegate - Lynda Brown, PT

Nominations are being accepted for the following positions, elections to be held at the Fall conference:

President shall preside at meetings of the Chapter, and Executive Board; shall be an ex-officio member of all committees, except the Nominating Committee and Ethics Committee; prepares agenda for the annual meeting.

Vice President shall assume the duties of the President in the President's absence; assures arrangement of facilities and speakers or program for business meetings; notifies newsletter editor of such arrangements at least six weeks in advance of the meeting.

Secretary shall record notes of all meetings and assist with the yearly newsletter.

Representative to the PTA Caucus – (not defined in the WYPTA Bylaws) attends the PTA Caucus prior to the House of Delegates. Actively receives and interprets communications from the National PTA Caucus for members.

Nominees must have been members in good standing for at least two years preceding the election.

If you or someone you know would be a good candidate for a WYPTA position or may even be interested in becoming more active through participation in a committee, contact Lynda Brown at 307-587-9866 or Ken Clouston at 307-682-4900.

Membership Committee Report

Executive Secretary Kathy Day

Membership in the last two years has increased from 160 to 217. We attribute this increase to more advertising. In the future we would love to have another membership drive, focusing on trying to increase the number of employers who pay for the APTA and WY state membership. State dues contribute to covering the WYPTA costs, including: the fall conference expenses, required attendance at national meetings, and state lobbyist efforts.

2011 Bike Raffle

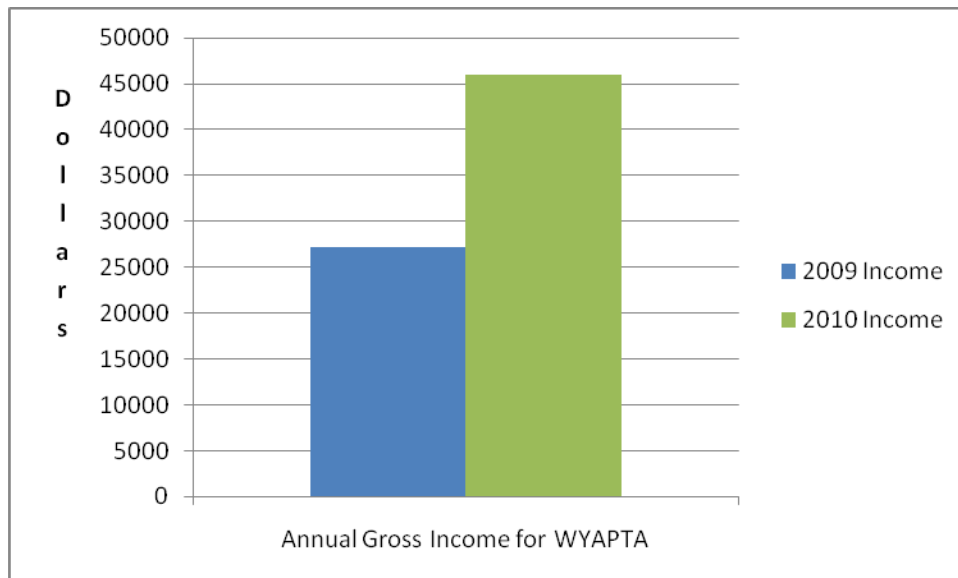
This past spring the Wyoming APTA had a bike raffle fund raiser. There were 80 tickets sold and the Chapter made \$1,070 to help fund expenses for board members to attend national board meetings required by the APTA. The bike raffle winner was Dustin Martinson, PT from Gillette, WY.

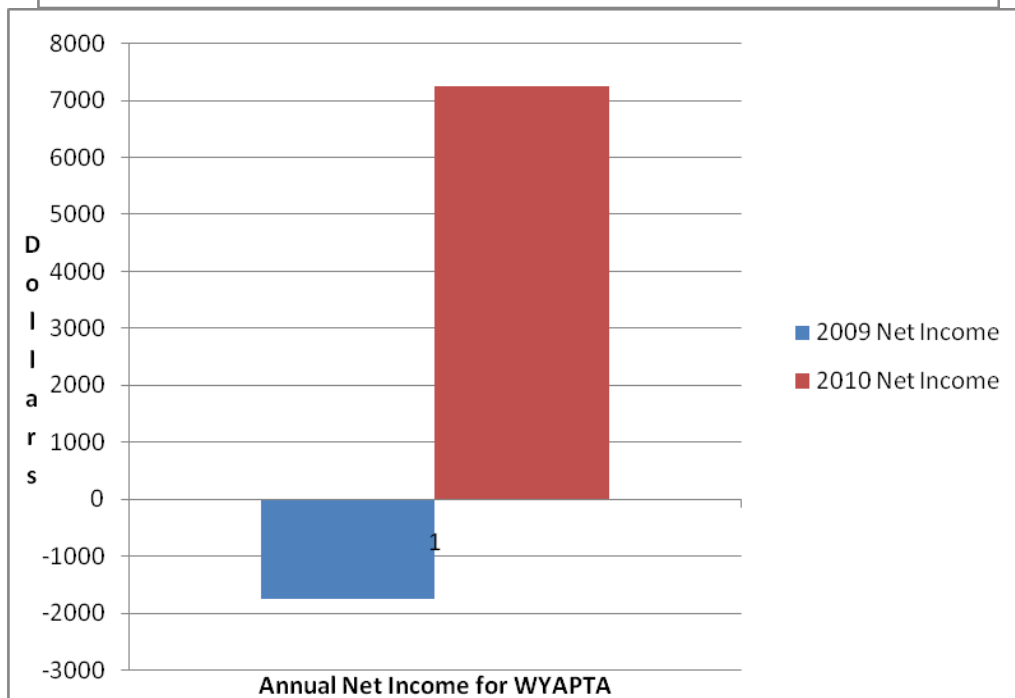
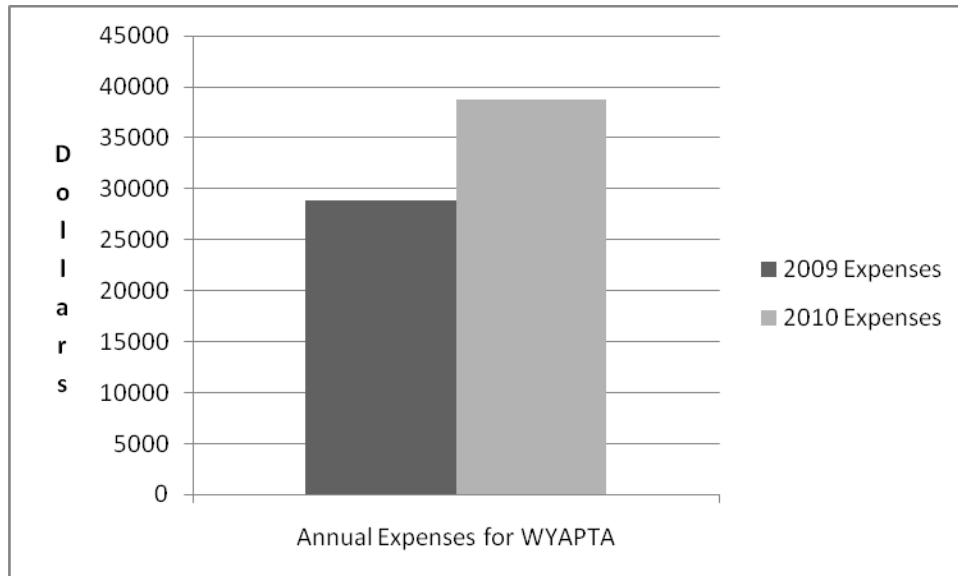
Thank you again to all who bought tickets and helped with the raffle.

Treasure's Report 2011: WY APTA Chapter Income and Expense Statement

Treasurer - Jason Hamm, PT

As the graphs below show we had an income growth in 2010 compared to 2009. This is primarily due to larger revenue generated from the 2010 fall conference, which offered several different courses and had a larger draw than in 2009. As our income grew so did our expenses. With the additional courses being offered at the 2010 fall conference we had more expenditures related to lecturers and etc. In addition, an increase in pay was given to our executive secretary for her continued hard work. As the last graph shows, we had a negative net expenditure in 2009. This negative expenditure is directly linked to the increase in lobbying costs to assist with the revision of the WY Practice Act. The APTA gave the WY chapter a \$3500 grant to help offset these costs, but the grant was given in December 2008 and was shown as revenue for the 2008 fiscal year.





Final Note

If you have any suggestions for how the executive board of the Wyoming APTA Chapter can better meet your needs please let us know. We are always open to ideas to improve our membership, conferences, and attendance. Our contact information is located on our website at www.wypta.org.

WYPTA FALL CONFERENCE 2011

15 hours of credit

Vestibular Rehabilitation

(Maximum 30 people)

Before Sept 4th

Members: \$300 _____

Non members: \$350 _____

Student 1/2 price _____

After Sept 4th

Members: \$350 _____

Non members: \$400 _____

Student 1/2 price _____

Movement System Syndromes of the

Lumbar Spine and Hip:

Interactions and Evidence

(Maximum 75 people)

Before Sept 4th

Members: \$350 _____

Non members: \$400 _____

Student 1/2 price _____

After Sept 4th

Members: \$400 _____

Non members: \$450 _____

Student 1/2 price _____

Name _____

APTA # _____

E-mail _____

(need current e-mail for confirmation)

Address _____

Method of Payment

Check _____

Visa _____

Master Card _____

Credit card # _____

Expiration Date _____

Signature _____

Course registration may be submitted
by one of the following:

Fax: 307-266-2891

Mail: WYPTA

1347 South Wisconsin

Casper WY 82609

****Please include your current e-mail
so we can send your course
confirmation e-mail****

Early bird Registration Deadline is
September 4, 2011

Regular Deadline is Sep. 25, 2011

For more information, please contact
Kathy Day at: 307-235-3910

Host Hotel:

Ramada Plaza Riverside

Block of rooms under WYPTA

Rate: \$75.00/ night (1-4 people)

Rate includes a complimentary breakfast

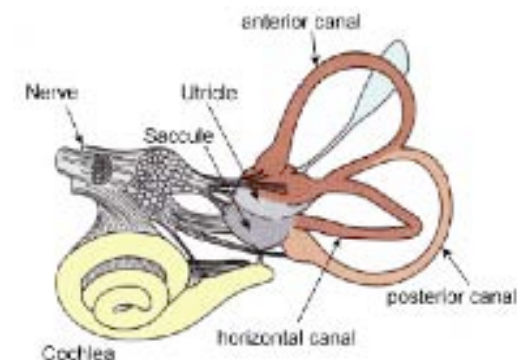
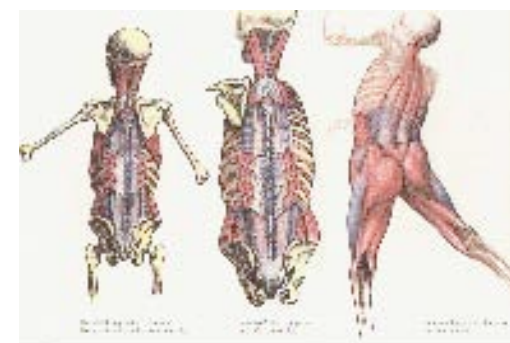
(307)235-2531

300 West F Street

Casper, WY 82601

WYPTA FALL CONFERENCE

October 8th and
9th, 2011
Casper, Wyoming



Vestibular Rehabilitation

15 hours of credit

October 8th & 9th, 2011

Julie Knoll, PT NCS

Course Description

The Classification System that will be presented has been developed over a period of 15 years working with dizzy patients in a multidisciplinary setting including professionals in PT, Otology, Neurology, and Optometry. While teaching the common principles of evaluation and treatment of the patient with dizziness and imbalance from vestibular disorders, this course goes a step further in assisting the clinician in adequately classifying patients to determine which type of symptom group will respond best to particular interventions. This improves the outcome and reduces the duration of treatment by making the most effective treatment decisions, once the specific evaluation is made. This is an intermediate course that will cover dizziness of all types, imbalance, gaze instability, and positional vertigo. Specific intervention and exercise progression will be covered in the areas of habituation, balance training, gaze stability, and particle repositioning.

Movement System Syndromes of the Lumbar Spine and Hip: Interactions and Evidence

October 8th & 9th, 2011

Shirley Sahrman, PhD, PT, FAPTA

Course Description

Two aspects of the interactions of the lumbar spine and hip are particularly important to physical therapy. The first relates to determining whether pain in the hip region is from the lumbar spine, the hip or both. The second aspect is that though kinesiology, a key basic science of physical therapy, stresses the interaction of the kinetic chain this information is not commonly used in practice for examination and for treatment. An intrinsic factor believed to contribute to mechanical pain is the development of a joint whose movement pattern is characterized by moving more readily in a specific direction than movement in the same direction by adjoining joints. Contributing to the development and maintenance of this movement pattern is the relative flexibility or stiffness of the adjoining segments. Thus the interaction of the hip and lumbar spine becomes particularly important. This lecture will describe the movement system syndromes (MSS) of the lumbar spine and the hip joint. The factors contributing to these syndromes particularly as they relate to the passive and active characteristics of muscle and the recent focus on structural variations of the hip joints will be described. The clinical and laboratory evidence of back and hip interactions will be discussed. The presentation will help clarify how the pain pattern and the examination that includes correcting the offending movement can assist the therapist in determining the regional source of the pain.

WYPTA Course Schedule:

Saturday: October 8, 2011

Registration:

7:30am – 7:45am

Courses

8:00 - 12:00

12:00 - 1:00pm (Lunch break)
(Auction items available to bid on over lunch)

1:00 - 5:00pm

WYPTA Chapter Business Meeting

5:30pm

(Appetizers served)

Auction will be completed at the end of the meeting.

Sunday October 9, 2011

Courses:

8:00 - 12:00

12:00 - 1:00pm (Lunch break)

1:00 - 5:00pm

Please check the WYPTA website
for conference updates

www.wypta.org

WYPTA
1347 S. Wisconsin Ave
Casper, WY 82609

We're on the web!
www.wypta.com

