

Keep IN Touch

MARCH 2008

A publication of the Arkansas Physical Therapy Association



MISSION

To represent and promote the profession of physical therapy in its endeavors to meet the physical therapy needs of society; to develop and improve the art and science of physical therapy including practice, education, and research; and to meet the needs and interests of its members.

ARPTA

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MESSAGE FROM THE PRESIDENT

Let me first start by saying "thank you" to all of you who have made the commitment to participate in your profession's future by being members of the ArPTA. If you are a new member, then let me say, "welcome," on behalf of the Arkansas Physical Therapy Association. Finally, I would like to thank each of the individuals who have accepted leadership positions in the Association. Without the dedication and unselfishness of these individuals, we would not have an Association to call our own. Each day, it seems, we are faced with new challenges. But with these challenges come new opportunities to better define our profession and solidify our position as the experts in neuro-musculo-skeletal diagnosis and treatment (yes, that's right, I used the word "diagnosis"). It is important that we continue to advocate for our patients at every opportunity and my thanks go out to each and every one of you who has responded to the call.

Medicare:

As most of you know by now, President Bush signed the Medicare, Medicaid, and SCHIP Extension Act of 2007 on December 29th. While this is certainly a victory, the issue is certainly not dead. Unfortunately, the extension has only been authorized until June 30, 2008. Among other things, the extension authorized a slight increase in the physician fee schedule under Medicare, allocated Federal funding for the SCHIP program which provides health care to the families of children who do not qualify for the Medicaid program and extended the exceptions process for the cap on rehab services. The 2008 therapy cap has been set at \$1,810. APTA continues to advocate for the best long term solution - a complete repeal of the therapy caps through the *Medicare Access to Rehabilitation Services Act (S 450/HR 748)*. The Arkansas Chapter will be sending Dr. Nancy Reese and Steve Joseph to APTA's Federal Advocacy Forum in Washington, D.C. at the end of March. Dr. Reese and Mr. Joseph will be personally meeting with the Arkansas delegation to discuss matters important to our profession. Please feel free to contact them if you would like to participate in making your voice heard. Continued advocacy by APTA members will be needed to ensure that patients maintain access to physical therapists and that Federal programs continue to recognize our role in advancing the health care of Americans. If you have questions regarding APTA's efforts in Congress, please contact Justin Moore, PT, DPT at justinmoore@apta.org or 703-706-3162.

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PRESIDENTS MESSAGE CONT'D

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All four of our US Congressmen and both of our Senators are signed as co-sponsors of The Medicare Access to Rehabilitation Services Act which was introduced in the 110th Congress as HR 748 in the House of Representatives, and S. 450 in the Senate. This legislation would permanently repeal the cap on outpatient rehabilitation services. One other change that the Medicare, Medicaid, and SCHIP Extension Act of 2007 did was to increase the initial Certification for Medicare Patients from 30 days to 90 days. Any relief from paperwork will be a welcome change.

Direct Access:

The Medicare Patient Access to Physical Therapists Act (HR 1552/S. 932) would improve access to physical therapist services for beneficiaries by eliminating burdensome requirements, such as a physician's referral or certification of the plan of care, as permitted by state law. Currently, 48 states allow physical therapists to evaluate patients without a prior physician's referral and 44 states and the District of Columbia improve accessibility further by allowing physical therapists to evaluate and treat, under certain conditions, patients without a referral from a physician. Our Senator, Blanche Lincoln, is one of the key sponsors of The Medicare Patient Access to Physical Therapists Act. Senator Mark Pryor has chosen not to support this legislation to this point. Congressman Mike Ross is supporting us in the House of Representatives.

Student Loans:

Currently, student loan debt is a significant burden to physical therapists and limits their practice

opportunities, particularly in rural and underserved areas. On April 6, 2006 Congresswoman Jo Ann Emerson (R-MO) and Congressman Marion Berry (D-AR) introduced legislation (HR 5134) to add physical therapists to the National Health Service Corp (NHSC) for purpose of qualifying for loan repayment programs.

Medicaid:

At home, here in Arkansas, ArPTA continues to work to insure access to therapy services and adequate reimbursement. Beth Stamp and I have met on numerous occasions with Arkansas Medicaid in an attempt to secure higher reimbursement to therapists providing services to children under the Medicaid system.

ArPTA and its leadership will continue to fight for PTs in all practice settings. If you and your professional staff are already members of ArPTA, I would like to congratulate you and thank you for your dedication to your profession. If you, or any members of your professional staff, are not members, I would like to invite you to join us. We can no longer afford to sit idly by on the sidelines assuming someone else will fight our battles for us.

Respectfully submitted,



Rob Jordan

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Ward Offers Condolences, APTA Supports Tornado Relief Efforts

"The images that we see of the utter devastation caused by tornadoes that twisted across the South are difficult to watch," said APTA President **R Scott Ward, PT, PhD**, in a [message](#) delivered in Tennessee. "As our profession meets this week in Nashville, we offer sincere condolences to those in our host state and to our other Southern neighbors."

APTA will donate \$10,000 to the American Red Cross Disaster Relief Fund and has invited all sections attending the Combined Sections Meeting in Nashville to donate as well. More information on how APTA members and the public can assist in relief efforts will be available on [APTA's Web site](#) on Monday, February 11.

"The physical therapy profession is all about helping people rebuild their lives," Ward added. "We hope that through donating to the American Red Cross Disaster Relief Fund and working to assist those who have lost loved ones, homes, businesses, or educational opportunities, we can help strengthen our friends in Alabama, Arkansas, Kentucky, Mississippi, and Tennessee for the rebuilding that lies ahead."

NPI Enforcement

Beginning May 24, physical therapists and other providers will be subject to penalties for using identifiers other than the [National Provider Identifier](#) (NPI). According to a recent [announcement](#) by the Centers for Medicare and Medicaid Services (CMS), current contingency plans will cease on that date, and Medicare claims containing legacy identifiers in any field will be rejected. This latest news follows a November 2007 message that providers will be required to include NPIs in their claims' primary fields beginning March 1. Claims that only contain legacy numbers in the billing, pay-to, or rendering fields will be rejected or returned.

New DMEPOS Standards Proposed

Suppliers of durable medical equipment, prosthetics, orthotics, and supplies (DMEPOS) will face stricter Medicare accreditation and enrollment standards under a [proposed rule](#) released January 25 by the Centers for Medicare & Medicaid Services. The proposed rule includes new accreditation deadlines for new suppliers and suppliers in competitive-bidding areas. New standards would also require certain suppliers to be open to the public 30 hours per week, prohibit suppliers from sharing practice locations, and mandate physician orders and referrals be documented for 7 years. Full text of the rule is in the January 25 [Federal Register](#). APTA is currently working on a summary for the Web site.

Advertise

in this newsletter

\$100 for classified ad
\$175 for business-card ad
\$375 for quarter-page ad
\$550 for half-page ad
\$750 for full-page ad

Call 501-687-1395

SCHOOL REPORT

SOUTH ARKANSAS COMMUNITY COLLEGE

Entire PTA Class attends CSM



South Arkansas Community College's entire PTA Class of 2008 attended the American Physical Therapy Association's "Combined Sections Meeting" in Nashville, TN February 6 - 9, 2008. Students participated in numerous educational opportunities, talked with recruiters, appreciated the equipment demonstrations and giveaways in the exhibit hall and networked with attendees, both at the convention and in downtown Nashville. Students included in the picture are: Jamie Bobo, Jennifer Brown, Heath Byrd, Missy Byrd,

Reggie deRueda, Kimberly Dumas, Brandon Evans, Kimberly Farrar, Brandun Flannigan, April Foster, Brandi Griswold, Jolie Harrison, Katie Hopkins, Nick Howard, Arturo Pescalia, Hannah Poindexter, Mandi Sullivent, Bobby Tinsley, Candi White, and Jennifer Whitlock. Two of SouthArk's PTA Program faculty accompanied the class to Nashville including Ms. Cindy West and Dr. Jennifer Parks.

Jennifer Parks, P.T., D.P.T. PTA Program Director 870.862.8131

ARKANSAS STATE UNIVERSITY, JONESBORO



The graduate program's proposal to offer the DPT was approved by the Arkansas Department of higher Education in early February. The Higher Learning Commission (formerly called North Central Accreditation) will evaluate the University's ability to offer the DPT Program and upon approval ASU will be able to offer the Doctor of Physical Degree. We are anticipating Fall of 2009 as the earliest starting date for the DPT Program.

Lynch receives 2007 Central ACCE Consortium Award

Maude (Marty) Lynch was awarded the 2007 Central ACCE Consortium Award for Excellence in Clinical Teaching. The Central ACCE Consortium is comprised of the physical therapy and physical therapist assistant programs in Arkansas, Kansas, Missouri, and Oklahoma with one additional member school from Texas. Over 30 PT and PTA programs make up the consortium. Each program nominates an outstanding clinical educator associated with their program. The nominees represent clinical educators from over 1600 clinics and hospitals. A committee reviews all nominations and selects the person who consistently demonstrates the highest level of clinical teaching to a wide range of students. Marty is currently employed at Hot Springs Rehabilitation Center where she has worked since July of 1984. She serves as a clinical instructor for over ten physical therapy and physical therapist assistant programs.

Events & Happenings

The Program again took nearly 30 students to the Annual Combined Sections meeting. Students from both the PTA and MPT programs attended. The Physical Therapy Student Association holds various fund raising events throughout the year to help support students to attend. Other sponsors from within the university and surrounding community also continue to provide much appreciated support the professional development of our students. One of the biggest fund raisers is the annual PT Fit For Life 5K that is now part of the NEA Run/Walk Race Series. This year the 5K event will be held near the end of October and the theme will be "Howl at the Moon". We think this will be a great theme with the race being near Halloween and the recent change of the University's mascot to the Wolves. Stay tuned for more info on this event.

Faculty Achievements

Lisa Kenyon presented a three hour session at CSM, Nashville titled "An Innovative Instructional Method in Pediatrics: Use of a case-based clinical framework to teach clinical decision making skills".

SCHOOL REPORTS

Dr. Shawn Drake gave three presentations at the American College of Sports Medicine's personal training certification workshop in Barcelona, Spain. Her presentation included the topics of exercise science and kinesiology/human movement, cardiorespiratory assessment and programming, and flexibility and range of motion assessment and programming.

Dr. Susan Roehrig recently had an article accepted for publication titled, "Factors affecting shoulder pain in adolescents and young adults with spina bifida." It will appear in *Pediatric Physical Therapy*. The project was completed in partial fulfillment of the requirements for the MPT degree for Gayla Like, who is a co-author of the article. The study was supported by the Arkansas Spinal Cord Commission and Arkansas Spinal Bifida Association.

Donald W. Reynolds Center

Groundbreaking for the \$14.5 million Donald W. Reynolds Center for Health Sciences took place early in the year and actual construction is scheduled to begin this March. Students and faculty in the Program (and the College) are excited about this new facility and the opportunities it will provide.



UNIVERSITY OF CENTRAL ARKANSAS, CONWAY

The University of Central Arkansas was well represented at CSM this year. We had 72 students attend and had poster presentations from Dr. Wang, Dr. Maresh, Dr. Quiben, Dr. Zabel, Dr. Liu, Dr. Fletcher, Dr. Yates, and Dr. Reese. Dr. Yates also did a platform presentation on Modulation of Hyperreflexia in Spinal Cord Injury Using Passive Exercise. A great time was enjoyed by all.

An Advanced Credentialing Course for Clinical Instructors will be offered at UCA on April 18 (just prior to the ArPTA Spring Conference). Please call for details.

Fall Alumni Weekend

The date for the Fall Alumni Weekend is now set and will be on October 11, 2008. A CEU course will be offered entitled "Clinical Anatomy: A Hands-on Review" and everyone will be invited to tailgate and go to the UCA Bears football game later that day.



NWACC
Learning For Living

NORTHWEST ARKANSAS COMMUNITY COLLEGE, BENTONVILLE

It is almost Spring and the PTA Program at NWACC has been very busy this winter. Currently we have 10 students in their first full time clinical rotation. They are so excited and happy to be using the information they have gained in a clinical setting and actually work with real patients. Sammi Eddie, the Director of Clinical Education is busy going to see the clinical instructors and students in the clinical setting.

We just completed our spring continuing education seminar on March 1, 2008 titled "Strategies for Clinical Educators to Direct Successful Student Outcomes in the Clinical Setting". Presenters for the program were Rhonda Crider, PT, DPT, PTA Program Director and Sammi Eddie, PTA, Director of Clinical Education. We were able to offer the seminar free to all employees of our clinical education sites as a way of saying thank you for their dedication and work with our students. Twenty-four clinicians spent the day learning about different teaching methods and strategies to create a positive learning environment that would support a variety of personality and learning preferences. Participants also learned about Bloom's Taxonomy and how to write clear goals for students during clinical education rotations. Participants earned 0.7 CEU's from the Arkansas State Board. The event was sponsored by our students in the Physical Therapist Assistant Club. The students were instrumental in making this continuing education seminar a success!

The deadline for application for the technical component of the PTA Program were due Monday, March 3, 2008. We will be going through those applications and making decisions in May 2008 for our next class.

HOW STUDENTS CAN GET INVOLVED WITH THE ARKANSAS PHYSICAL THERAPY ASSOCIATION

1. Be a Committee Member
 - a. Call the component's office to ask about possible volunteer openings. If the component doesn't have an office, you can e-mail the President and ask who you should speak to. Components are generally eager to involve students on committees.
 - b. Mentorship or membership for new professionals might be most relevant, but you can talk about your interests with the appropriate component leader to see where you belong.
2. Start or join a Student Committee. Some ideas for activities:
 - a. Take on general projects in the component. For example, you could help sign PTs up for the *Find a PT* database, or help design a membership recruitment brochure intended for students.
 - b. Host booths on campus at events (Ex: host a booth focusing on PT's role in cancer treatment at a Breast Cancer walk, or hold a fitness screening for all students)
 - c. Raise PT and PTA Student awareness about a certain specialty by hosting a speaker, handing out Section brochures, or organizing a facility visit.
 - d. Contact the other students in the component regularly, and give them opportunities to replicate what you're doing or otherwise get involved. Write a story about your activity for the component newsletter. The component office should be able to assist you with these activities. (TIP: if you take pictures at an event for the web site or newsletter, make sure you get everyone pictures to sign a release form. The component office should be able to provide the form.)
 - e. Work to promote utilization of APTA's online mentorship connection program. Your group could contact both potential mentors and students in the component and encourage them to use this service.
3. Attend component meetings (especially the Board Meetings if they are open)
 - a. Student leaders could contact student members to organize a group to go around together (ex: we'll attend the Board meeting, and then have a student Happy Hour)

General tips for getting involved

Ask for a job to do. Not all components are great about keeping committee members active, but if you ask for a job they should be able to get you something. If they don't have work for you, see if they are open to brainstorming a new task for you: one that fits their current goals.

Create a good culture, starting with your own behavior. The best components are ones where people can communicate openly, where disagreements (even over very important issues) do not become personal, where most business is conducted in the open, and where people are good team workers who support each other.

Be patient with the democratic process. Being inclusive has its price, and getting your ideas discussed and approved may take time and some patience. It is worth it. APTA's and components' structures are special exactly because there is so much communication and teamwork involved.

Promote Your Profession

The Public Relations Committee of the ArPTA would like to invite you to get involved with promoting your profession by attending the following event:

Arthritis Walk

When: Saturday, May 17th
9 am start time

Where: Big Dam Bridge

ArPTA will have a booth promoting our profession

We will also be responsible for coordinating the race.

If interested please contact:
Bo Renshaw MSPT, ATC
bo@casportsmed.com
501-758-1300

Donate Your Time

The Arthritis Foundation is looking for physical therapist looking to donate their time at the upcoming Arthritis Walk on May 17th. The Foundation would like for us to provide massages to the contestants and share what we can do to treat arthritis. If you know of anyone that would be willing to provide massages or know someone that has a massage table or chair please contact me. I would also like for us to also have as many volunteers as we can help work the event in different capacities. If you can not be there please ask me for a brochure or banner to put up at your facility promoting the event. If you would like to form a team to walk in the race let me know and I will send you the information.

Support Student Loan Repayment for Physical Therapists (HR 1134/S. 2485)

Urge Your U.S. Senator and Representative to Co-Sponsor the Physical Therapist Student Loan Repayment Eligibility Act (HR 1134/S. 2485)

On December 14, 2007, U.S. Senators Jon Tester (D-MT), Sherrod Brown (D-OH), Benjamin Cardin (D-MD), and Tim Johnson (D-SD) introduced legislation to enable physical therapists to participate in the National Health Service Corps (NHSC) Loan Repayment Program, ***the Physical Therapist Student Loan Repayment Eligibility Act (S. 2485)*** Earlier last year U.S. Representatives Marion Berry (D-AR) and Jo Ann Emerson (R-MO) introduced the companion bill, HR 1134.

APTA needs you to assist in building support for making physical therapists who choose to practice in underserved areas eligible to participate in the

National Health Service Corps Student Loan Repayment Program. Call both your Senators and your House member to urge them to support this legislation today! Please call Congressman Berry and thank him for his sponsorship of the bill.



OPPOSE HR 1846

Oppose HR 1846 Today!

On Thursday, March 29, Congressman Edolphus "Ed" Towns (D-NY) introduced *Medicare Access to Physical Medicine and Rehabilitation Services Improvement Act (HR 1846)*. This legislation would overturn the current Medicare "incident-to" rule and recognize athletic trainers and lymphedema therapists as covered providers under Medicare. We have found that Congressional staff are being misinformed about what this legislation actually accomplishes. Please contact your Members of Congress today.

APTA strongly opposes this legislation (HR 1846) and supports Medicare's ability to require qualification standards for therapy services provided "incident to" a physician's professional services. It is the position of the American Physical Therapy Association (APTA) that physical therapists are the qualified professionals who provide physical therapy examinations, evaluations, diagnoses, prognoses, and interventions. Interventions should be represented and reimbursed as physical therapy only when performed by a physical therapist or by a physical therapist assistant under the direction and supervision of a physical therapist.

Background

In November 2004, the Centers for Medicare and Medicaid Services (CMS) included provisions in the final rule for the 2005 Medicare physician fee schedule that established qualifications and clinical preparation standards for individuals who provide physical therapy services "incident to" a physician's professional services. These provisions implement requirements adopted by Congress in 1997 to protect patient safety, ensure the appropriate use of Medicare resources, and guarantee the delivery of physical therapy services by qualified physical therapists. Opponents of these regulations were unsuccessful in their attempts to have CMS rescind the rule implemented in May 2005. These organizations also filed a federal lawsuit attempting to force their withdrawal, and a US Court of Appeals upheld a district court decision dismissing the litigation.

Talking Points

Patient Safety - The "incident to" regulations standardize existing Medicare requirements that physical therapy services must be delivered by qualified personnel in all outpatient settings. There is no evidence that these standards have restricted the delivery of physical therapy in physician offices. Without enforcement of appropriate qualification standards, it would be impossible to ensure

that Medicare beneficiaries receive and the Medicare program pays for an appropriate level of safe and effective care delivered by an individual qualified to provide physical therapy. ***HR 1846 jeopardizes the health, safety and welfare of Medicare beneficiaries by allowing non-qualified individuals to provide therapy services.***

Cost-effectiveness - In a report issued in May 2006, the Office of Inspector General (OIG) of the Department of Health and Human Services found that 91% of physical therapy services billed by physicians under the old "incident to" rules in the first 6 months of 2002 failed to meet program requirements, resulting in improper Medicare payments of \$136 million. The Inspector General found that the total payments for physical therapy claims from physicians skyrocketed from \$353 million in 2002 to \$509 million in 2004, and that the number of physicians billing the program for more than \$1 million in physical therapy more than doubled in that two-year period.

This follows a report done in 1994 by the OIG that estimated that more than \$47 million in unnecessary therapy services were delivered in physician offices under the old "incident to" rules. As a result of the 1994 report, Congress passed the Outpatient Physical Therapy Standards Act of 1997 as part of the Balanced Budget Act. This legislation established a standard for physical therapy delivered in a physician's office consistent with that in all other outpatient settings, and the regulations promulgated by CMS in 2004 implement these standards in keeping with the intent of Congress. ***HR 1846 is fiscally irresponsible and will cost taxpayers due to inappropriate billing of therapy services by non-qualified individuals.***

Quality Care - Medicare beneficiaries deserve a consistent standard of care that ensures that providers who deliver these services have attained the level of education and qualification necessary to provide them safely and effectively. Without appropriate personnel standards for individuals delivering highly skilled and recognized Medicare services such as physical therapy, the standard of quality is jeopardized. ***HR 1846 dilutes the quality of care for Medicare beneficiaries by allowing non-qualified individuals to deliver therapy services.***

Gender, Ethnicity, and Income Level Influence Exercise Choice; Walking Most Common

A study from the University of Alberta (UA), analyzing a sample of more than 275,000 individuals, has found that gender, ethnicity, education, and income levels have diverse influences on the preferences and choices of physical activity.

At a 57% participation rate, walking was found to be the most common form of physical activity undertaken for exercise, according to a Newsweek [article](#) on the study. Results suggest that participation in walking increases with age, indicating that programs aimed at promoting walking for exercise could appeal to older populations, says principal investigator Brad Humphreys, an associate professor of economics at UA.

The study looked at a wide range of factors, including income, education, and ethnicity, that influence whether a person decides to be physically active, as well as how much time they spend being active. It also examined the effect of government spending on parks and recreation on an individual's decision to participate in physical activity and sports.

"Choosing walking as the main form of physical activity may reflect the relatively low cost of this activity," says Humphreys. "Walking can be done in almost any setting under almost any condition without needing specialized equipment or facilities."

The study found that participation in all types of physical activities increased when a person had a higher level of income and that people with a postsecondary education participated in outdoor recreation activities more than high school graduates. In addition, women were less likely to participate in outdoor recreation activities, group sports, and individual sports than men.

"Our results have important implications for the design of government interventions aimed at increasing physical activity," says Humphreys. "When developing these programs, we must take into account North America's diverse population. A program that increases participation in one population, say older adults and retirees in a particular state, may not have the same effect on young married minority couples in another state."

ARPTA Spring Education & Business Meeting

DATE:

April 19 - 20, 2008

LOCATION:

WAMS Institute on Aging
628 South Elm Street
Little Rock, AR 72205

COURSE OPTIONS

*Dynamic Stability of the Knee:
Functional Rehabilitation*

Presented by: Jonathan Rose, M.S., PT, ATC

*Successful Practice Management for
Any Physical Therapy Setting*

*Presented by: Steve Forbush, PT, MS
and Robert Jordan, PT, MPT, GCS, OCS*

Platform Presentations

*Learn about the latest research study results and
case report findings in a small group setting.*

BUSINESS MEETING

*Saturday
April 19, 2008
11:30am - 1:30pm*

**Take me out
to the ballgame?**



\$15

Per person

Please join us for a night of fun and fellowship with your peers in the Physical Therapy profession. Family & guests are welcome to join in.

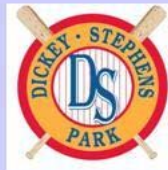
April 19, 2008

Dinner at 6:10pm—7:40pm

All-American | All-You-Can-Eat Buffet

Game Starts at 7:10pm

**Price includes dinner and
park admission with
Reserved Seating**



APTA's

Early Registration Open

Online registration for PT 2008: APTA's Annual Conference and Exposition is open, with early-bird registration closing on April 16. PT 2008 in San Antonio will feature cutting-edge programming, lively discussions, networking opportunities, and more. Don't miss keynote speaker Lee Woodruff, the first ever Oxford Debate, dialogue and discussion sessions, and the new Center for the Intrepid. Details on programming, housing, and registration are available [online](#).



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