



**ALAPTA
2015 SPRING CONFERENCE**

April 10 – 12, 2015

Perdido Beach Resort – Orange Beach, AL

EARLY BIRD DEADLINE – MARCH 1, 2015

PROGRAMMING

TRACK I

INTEGRATING COMMUNITY HEALTH PROGRAMS INTO YOUR CLINICAL PRACTICE

Speakers: Don Lein, PT, PhD, David Morris, PT, PhD, Lori Schrodt, PT, PhD

Course Description

Health promotion, wellness and prevention has evolved into a critical part of contemporary health care. The American Physical Therapy Association's most recent Strategic Plan has "Increase the prevalence of physical therapists providing prevention (primary, secondary, tertiary) and wellness services" as a high priority. While often unfamiliar, and therefore intimidating to many physical therapy professionals, many tools and resources exist PTs and PTAs who wish to meet this challenge. The primary goals of this 10-hour course will be to assist the PT and PTA to better understand their role in health promotion, wellness and prevention and to use existing resources to effectively and efficiently integrate these services into their clinical care. Emphasis will be placed on using selected evidence-based community health programs as referral sources and/or incorporating them into one's physical therapy practice. Participants will be introduced to many examples but selected programs addressing chronic disease self-management, falls prevention, healthy living with arthritis, and physical activity for individuals with disabilities will be described in-depth. Using such programs will lead to improved patient/client outcomes and satisfaction, serve as effective marketing/business strategies, and contribute to better community health.

Objectives

Upon completion of the course, participants will be able to:

1. Describe the role of the PT and PTA in health promotion, wellness and prevention.
2. Discuss APTA initiatives to "increase the prevalence of PT professions providing prevention and wellness services.
3. Apply health behavior theory principles and motivational interviewing to engage patients/clients to adopt healthier lifestyles.
4. Integrate evidence-based community health programs into their existing PT services.

TARGET AUDIENCE - PTs, PTAs, Students of Physical Therapy

About the Speakers

Dr. Lori Schrodt specializes in clinical and community-based healthy aging and fall prevention programs for older adults. Her work focuses on clinical-community partnerships and includes collaboration with aging services agencies to develop,

implement, and evaluate evidence-based programs. She works with other state and regional providers to promote education and healthy aging programs as a leader within interagency state and regional coalitions. Dr. Schrodt is Associate Professor in the Department of Physical Therapy at Western Carolina University (WCU) and lead physical therapist of the WCU Balance and Fall Prevention Clinic. She is currently Chair of the Health Promotion and Wellness Special Interest Group within the Academy of Geriatric Physical Therapy of the APTA. Dr. Schrodt received a BS in Physical Therapy from Ithaca College and a MS and PhD in Human Movement Science from the University of North Carolina at Chapel Hill.

Dr. Donald H. Lein, Jr. serves as an assistant professor and academic coordinator of clinical Education at University of Alabama at Birmingham. He has worked in several areas of the UAB Health System since graduating UAB physical therapy program in the mid 1980's. The majority of his time has been spent treating patients with orthopedic dysfunction in an outpatient setting. As part of his responsibilities, he treated and helped educate patients in the UAB Osteoporosis Prevention and Treatment Center. He helped develop many of the education material still used in clinic today as well as the award –winning www.toneyourbones.org website. He recently completed his doctoral dissertation which explored computer-tailored messaging to help increase calcium and vitamin D intake in young women. Recent research interests include continued research with computer messaging, physical therapist's belief and practice of health literacy and health promotion in clinical practice, and increasing physical activity, better eating practice and improved ergonomics in the workplace. In addition to his clinical education responsibilities, he helps teach basic clinical skills, musculoskeletal interventions, and in the certificate program in Health-Focused Care for PTs and OTs. He was the 2014 recipient of the Marilyn Gossman Award for Professionalism in PT from the Alabama Chapter of the APTA

Dr. David M. Morris is Professor and Interim Chair in the Department of Physical Therapy and Training Coordinator for the Constraint Induced Therapy (CI Therapy) Research Program at the University of Alabama at Birmingham. He received a BS in Physical Therapy from the University of North Carolina at Chapel Hill in 1983. He also received a MS in Physical therapy Education in 1990 and PhD in Health Education/Promotion in 2004; both from UAB. He teaches coursework related to professional practice issues, neurorehabilitation strategies, and the physical therapists role in health promotion and wellness in the entry-level Doctor of Physical Therapy, PhD in Rehabilitation Sciences and Certificate in Health Focused Care for PTs and OTs Programs. He has been a physical therapist with experience in examination and providing therapeutic interventions for adults with neuromuscular dysfunction since 1983. He has been a member of the UAB CI Therapy Research Group since 1994 and has participated in numerous studies and training programs concerning the approach. Morris is a Past-President of the Aquatic Physical Therapy Section and Alabama Chapter of the American Physical Therapy Association. He was a 2009 recipient of the Lucy Blair Service Award from the American Physical therapy Association, 2012 APTA Legislative Commitment Award, and the 2012 Marilyn Gossman Award for Professionalism in PT from the Alabama Chapter of the APTA.

TRACK II

ASSESSMENT AND TREATMENT OF THE LOWER QUADRANT: A FUNCTIONAL MOBILIZATION™ APPROACH

Speakers: Michelle Nesin, PT, FAAOMPT, OCS and Janine Nesin, PT, DPT, OCS

Course Description

Functional Manual Therapy™ is an integrated and artistic intervention which couples **mechanical** treatment of the joints, soft tissues, visceral and neurovascular systems with manual **neuromuscular** facilitation to enhance optimum **motor control** and human function.

Develop your hands-on expertise utilizing Functional Mobilization™ principals and techniques. Emphasis will be on designing treatment programs for patients with lower quadrant dysfunction which are orthopedic or neurological in nature. Participants will be provided with manual skills to enhance their treatment and maximize the patient's functional mobility. This is an interactive course requiring hands-on participation, allowing all participants to experience and assess functional movement patterns.

Objectives

Upon completion of the course, participants will be able to:

1. Define and state an understanding of the principles of Functional Mobilization™.
2. Identify appropriate Functional Mobilization™ principles to facilitate improved motor response.

3. Assess basic movement dysfunction for neurologic and orthopedic patient populations and design appropriate treatment programs.
4. Demonstrate understanding of home program development utilizing Functional Mobilization™ principles.

TARGET AUDIENCE - PTs, PTAs

About the Speakers

Michelle Nesen, PT, OCS, FCFMT, FAAOMPT earned her bachelor's degree in Physical Therapy for the University of South Alabama in 1989. Since graduation she has been working for Nesen Therapy Services, PC in Huntsville, AL where she is co-owner and Chief Operating Officer. She participated in a 6 month post professional residency in PNF at Kaiser Vallejo, CA in 1992. She became certified in Functional Manual Therapy™ in 1997 and completed her one year IPA Manual Therapy Fellowship studies with Gregg Johnson, PT, FFCFMT in 2001. She became a Board Certified Orthopedic Specialist in 2006, and completed her second AAOMPT Orthopedic manual therapy Fellowship in 2009. She has been teaching for the Institute of Physical Art since 1993 and is a primary instructor in PNF, FM1, Functional Gait and Visceral Functional Manipulation. Her experience has been in rehabilitation for neurologic and orthopedic patient populations of all ages.

Janine Nesen, PT, DPT, OCS graduated from Auburn University with a Bachelor of Science in Psychology in 1992 and from Creighton University Omaha, Nebraska with a Doctorate in Physical Therapy in 1996. Janine became a Board-Certified Orthopaedic Specialist in 2005. She is a co-owner and CEO of Nesen Therapy Services.

TRACK III

MODERN ACUTE CARE PHYSICAL THERAPY

Speaker: Glenn Irion, PT, PhD, CWS

Course Description

Acute Care Physical Therapy has come a long way from the generalist training of new graduates of PT and PTA programs in hospitals to a specialized area of practice with physical therapists on equal footing with other healthcare providers in a dynamic setting. This course will examine the roles and responsibilities of physical therapists and assistants in this evolving practice setting.

Objectives

Upon completion of the course, participants will be able to:

1. Define acute care physical therapy.
2. Triage patients into care models that optimize resources within the healthcare team.
3. Identify equipment used for monitoring patients in ICUs.
4. Identify risks and benefits of early mobilization in ICU and discuss evidence for it.
5. Determine the readiness of patients in the ICU for gravitational and exercise stress.
6. Determine the limitations placed on mobilization by monitoring equipment.
7. Choose appropriate outcomes for different care models and specific patient problems.
8. Determine the resources necessary to optimize patient outcomes, including referral to other members of the healthcare team.
9. Develop a plan of care based upon achieving appropriate patient outcomes.

TARGET AUDIENCE - PTs, PTAs, Students of Physical Therapy

About the Speaker

Dr. Irion, Professor of Physical Therapy at the University of South Alabama, began his academic career with a PhD in physiology and two post-doctoral fellowships before landing a position teaching physiology to physical therapy students. He then embarked on his physical therapist education while still teaching full time. He received his PhD in physiology at Temple University and BS in physical therapy at the University of Central Arkansas.

Dr. Irion was one of the earliest wound management specialists recognized by the American Board of Wound Management in its inaugural year of 1997 and was recertified in 2008.

He is the author of Comprehensive Wound Management, now in its second edition, a textbook geared specifically for the education of entry-level students. Both the first and second editions of this book have been translated into Brazilian Portuguese. Other books include a physiology textbook written specifically for physical therapy students and a women's health textbook. He also authored the chapter on lab values in the last two editions of Goodman's Pathophysiology textbook.

He has been active in research with more than 30 peer-reviewed manuscripts and has received several research grants.

His areas of teaching currently include basic PT skills, integumentary (wound care), and cardiopulmonary physical therapy. He has also taught basic and clinical sciences such as physiology, neuroscience, pharmacology, and pathophysiology.

Areas of service include Editor-in-Chief of the Journal of Acute Care Physical Therapy. He has been a State Chapter Treasurer, the Director of Research for the Section on Women's Health, and is a member of the task force currently working on developing a Wound Management Specialization within the American Board of Physical Therapist Specialties.

TRACK IV – Preparing for ICD-10 in 2015

Speaker: Ellen Strunk, PT, MS, GCS, CEEAA

Course Description

Are you ready for ICD-10 in October, 2015? This is going to be a huge change for therapists, support staff and billers. The system is going to be more complicated with 7 digit codes instead of our current 5 digit codes. In this course you will learn the basics of the new coding and then will break into small groups and get hands-on practice using patient cases. Upon completion of this course, you should have the tools to return to your practice and apply the new ICD-10 coding system.

Objectives

Upon completion of the course, participants will be able to:

1. Demonstrate an understanding of the new ICD-10 coding system.
2. Apply ICD-10 codes to selected patient examples.
3. Identify and utilize appropriate resources in application of the new ICD-10 coding system.

TARGET AUDIENCE - PTs, PTAs, Office Staff, Billing Personnel

About the Speaker

Ellen R. Strunk, PT, MS, GCS, CEEAA has worked in various roles & settings as both clinician & manager/director. Presently, Ellen is owner of Rehab Resources & Consulting, Inc., a company providing continuing education and consulting services for post-acute care settings. She specializes in helping customers understand the CMS payment systems in skilled nursing facilities, home health settings, and outpatient rehabilitation settings. Ellen is passionate about delivering medically necessary therapy services in these settings, and lectures nationally on the topics of pharmacology for rehabilitation professionals, exercise & wellness for older adults, and coding/billing/documentation for therapy. Ellen is a member of the American Physical Therapy Association, where she has served on a Payment Policy Strategy Committee advising the APTA Board of Directors on payment policy in all settings. She is a member of the APTA Section on Geriatrics, the APTA Home Health Section and the APTA Health Policy & Administration Sections. She serves on a state level as the President of the Alabama Physical Therapy Association and as its Practice & Reimbursement Chair.

PROFESSIONAL ISSUES FORUM

Course Description

This year we are taking a different approach to the Professional Issues Forum. We will only be addressing two issues in this session:

- 1) Correct use of direct access legislation for private pay, Blue Cross, and Medicare patients.
- 2) The Wellness Program for the Impaired Practitioner.

With a year and a half of Direct Access for Physical Therapy services under our belts, it is a good time to evaluate how PTs in Alabama are utilizing the expanded access afforded by the legislation that we fought so hard for.

Are we limiting ourselves more than necessary?

Which patients are "health and wellness" versus "PT"?

What is the best way to verify the visit to the physician in the last 90 days?

When and what can we charge Blue Cross of Alabama and Medicare for direct access PT?

Many PTs are seeing patients without physician referral and now have questions about it. Join us in this lively discussion and your practice will benefit!

The Alabama Physical Therapy Wellness Committee began on January 1, 2014. This type of program may be more familiar to many of you as a substance abuse or impaired practitioner program, but the program is much more inclusive than that. It is a program that identifies, treats, and monitors professionals who have some addictive behavior or mental disorder that potentially interferes with their ability to practice with reasonable skill and safety. Addictive behaviors and disorders addressed include drug or sex addiction, alcoholism, recoverable mental disorders (e.g. acute or chronic depression and anxiety). The program also addresses intervention for those who suffer from unrecoverable mental diseases (e.g. schizophrenia, Alzheimer's, other organic brain diseases, and traumatic brain dysfunctions). Dr. Garver, the physician in charge of this program, will have a short meeting with us to explain the program and answer questions.

Objectives

Upon completion of the course, participants will be able to:

1. Describe current challenges for implementation of direct access physical therapy practice in Alabama.
2. Identify two strategies for application of physical therapy client care without physician referral.
3. Verbalize the Alabama Physical Therapist Practice Act parameters for patient/client management without referral from a physician.
4. Describe the Alabama Board of Physical Therapy Wellness Program for the Impaired Practitioner.

JURISPRUDENCE ESSENTIALS FOR ALABAMA PHYSICAL THERAPISTS, PHYSICAL THERAPIST ASSISTANTS, AND STUDENTS OF PHYSICAL THERAPY

Speaker: David M Morris, PT, PhD (See Speaker Bio Above)

Course Description

Jurisprudence is the science and application of law to practical situations. To assure that they are practicing in an ethical and legal manner, physical therapy clinicians must first thoroughly understand the laws, rules and regulations that govern physical therapy (PT) in their state. In Alabama, new graduates are required to pass a jurisprudence exam for licensure and current licensees are required to take a course on Alabama PT laws and regulations once every two years to renew their license. The purpose of this 2-hour course is to provide participants with a thorough understanding of the laws, rules and regulations that govern physical therapy practice in Alabama through case studies, discussions, and lecture. This course is appropriate for PTs, and PTAs will fulfill the newly established requirements for licensure renewal in Alabama. The course will also be helpful for PT and PTA students preparing to take the jurisprudence exam.

Objectives

Upon completion of the course, participants will be able to:

5. Discuss the goals, make-up and responsibilities of the Alabama Board of Physical Therapy.
6. Discuss the purpose and format of the Alabama Physical Therapy Practice Act and Administrative Code.
7. Effectively and efficiently answer legal and ethical questions concerning the practice of physical therapy using the Alabama Physical Therapy Practice Act and Administrative Code.

TENTATIVE SCHEDULE

FRIDAY

- 11:00 am – 6:30 pm **Registration**
- 1:00 pm – 4:00 pm **Educational Sessions (Tracks I-III)**
- 2:15 pm – 2:45 pm **Break With the Exhibitors**
- 4:15 pm – 6:00 pm **Professional Issues in Physical Therapy**
- Implementing Direct Access in Your Practice*
Learn about the Licensure Board's Wellness Program for Impaired Practitioners
- 6:00 pm – 8:30 pm **Friday Reception, Silent Auction, and Celebration of the 40th Anniversary of the PTA in Alabama**

SATURDAY

- 7:00 am – 1:30 pm **Registration**
- 7:00 am – 8:30 am **Breakfast With the Exhibitors**
- 8:30 am – 1:30 pm **Educational Sessions (Tracks I-III)**
- 8:30 – 11:30 am **Education Session – Track IV (no break)**
- 10:30 am – 11:30 am **Break With the Exhibitors (Staggered 30 Minutes each Class)**
- 1:30 pm – 3:00 pm **Lunch and Chapter Business Meeting (APTAs Members Only)**
- 3:00 pm – 5:00 pm **Beach Bash**

SUNDAY

- 7:00 am – 8:00 am **Breakfast**
- 8:00 am – 12:00 pm **Educational Sessions (Tracks I-III)**
- 10:00 am – 10:15 am **Break**
- 12:30 pm – 2:30 pm **Jurisprudence Essentials for Alabama Physical Therapists, Physical Therapist Assistants, and Students of Physical Therapy**

REGISTRANTS WILL RECEIVE:

TRACKS I-III - 10.25 CONTACT HOURS/CCUs
TRACK IV – 3 CONTACT HOURS/CCUs
PROFESSIONAL ISSUES - 2 CONTACT HOURS/CCUs
JURISPRUDENCE ESSENTIALS - 2 CONTACT HOURS/CCUs

All courses offered by ALAPTA are accepted by the Alabama Physical Therapy Licensure Board and can be used toward your licensure renewal.