



CANDIDATE BIOGRAPHY AND CONSENT FORM

NAME: Heather Mount, PT, DSc, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

CITY/TOWN OF RESIDENCE: Auburn, AL

APTA MEMBERSHIP (years): 18

ALABAMA CHAPTER MEMBERSHIP (years): 18

SECTION MEMBERSHIP: Education, Orthopedics

EDUCATION: MSPT University of Mobile, DScPT UAB

PREVIOUS BOARD EXPERIENCE: 4 years AL Treasurer, 4 years Chapter Board, 2 years AI Chapter Delegate

PERTINENT EXPERIENCE:

21 years as a physical therapist in Alabama

14 years full time clinician

8 years in PT education

4 years AL Chapter Treasurer

2 years AL Chapter Delegate 2018-2020

Member of the AL Ethics committee 4 years, Education Committee 2 years,

PLEASE PROVIDE AN ANSWER TO THE FOLLOWING QUESTIONS FOR YOUR POSITION (500 WORDS OR LESS):

Delegate

1. What do you perceive as the most important interpersonal skills that are needed by the Chapter Chief Delegate or Delegate to the APTA House of Delegates?

I have had the pleasure of serving as delegate over the past two years and have thoroughly enjoyed the opportunity to represent my state. The House of Delegates is a vital part of our profession and helps to guide the future of physical therapy. During this challenging time, we as a profession, have an opportunity to be trailblazers. Physical therapy can lead the way in changing healthcare for the better. We need people ready and willing to transform society. The most important quality a delegate should have is a passion for the profession of physical therapy. I love my profession. I have worked hard over the past 20 years to make a difference in physical therapy through practice, service and education. I want to be a part of shaping the future of physical therapy and facilitating continued growth and expansion.

To continue to move physical therapy forward, delegates should have a willingness to consider new ideas, opinions and perspectives. Growth comes when we embrace change and learn from others. Only when we consider an issue from all sides, can we make the most informed decisions. Delegates should endeavor to make the best decisions for the physical therapy profession, its members, and the individuals served by our profession. Sometimes that means putting aside your personal opinion. The delegation is stronger when its members communicate effectively and work together as a team to advance the profession.

The work of a delegate is time consuming, exciting, challenging and rewarding. Keeping abreast of House activities requires carving out time each week to review documents, attend meetings or research relevant issues. Research is key to understanding the issues and finding solutions. This year has taught me more than ever how valuable flexibility can be. The first House of Delegates on a virtual platform will provide an opportunity to explore new ways of governance for our association.

I am excited about the future of our profession and will continue to work hard to advocate for physical therapy and the individuals it serves.

2. What methods of communication would you utilize to “feel the pulse” of Chapter Members on relevant motions that are put before the House of Delegates, so that you can decide whether to support them?

In order for delegates to make the most informed decisions, it is vital to hear from members and non-members. The decisions made by the House of Delegates can have a significant impact on the profession. Delegates need to know the issues that impact practice in Alabama as well as get feedback on motions moving to the House.

Traditional methods of gathering this information are no longer effective, given the changes in chapter meetings. New approaches should be considered. As we have seen over the past several months, harnessing technology may be one way to overcome some of these challenges.

Online surveys are an effective way to gather anonymous input. Social media provides other avenues for members to share views and issues. An information page on the website could provide timely information about the HOD. Blogs and chat rooms would allow conversations to develop around relevant topics.

Delegates should be approachable; either through email, video conferencing or at other events such as pub nights. A virtual town hall could be held once or twice a year to allow members to engage with the delegation. The delegation needs to hear the important issues facing the profession, in order to make the best decisions possible.

The delegation can continue to inform the chapter on the activities of the HOD at the Alabama Annual Conference, but the delegates should be more visible, so that when issues or questions arise, members and non-members, know who to contact. Together we can move the profession forward and provide the best care possible to our patients.

CONSENT TO SERVE STATEMENT

I acknowledge the duties of the above position have been provided to me and I agree to serve in the position should I be slated and then elected. I am willing and able to attend all APTA Alabama Meetings as requested. I agree to be responsive to electronic communications as part of conducting the business of APTA Alabama.

Signed: (electronic signatures accepted) Heather E. Mount