



2020 VIRTUAL ANNUAL CONFERENCE

August 7-8, 2020

EARLY BIRD DEADLINE – JULY 15, 2020

PROGRAMMING

SESSION 1 – PROFESSIONAL ISSUES: PAYMENT CHANGES AND CHALLENGES

Speaker: Ellen Strunk, PT, MS, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Course Description

2020 has held a number of ups and downs for the physical therapy profession, and it's not yet over. From stay-at-home orders to telehealth waivers, the roller coaster of change and challenge is not over yet. This course will examine those changes and their impact on practice. What current and future challenges are on the horizon? Their potential impact on practice will be explored. Finally, opportunities to advocate for positive change that transforms practice will be shared.

Objectives

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

1. Define the differences between communication-based technology services, remote monitoring, and telehealth.
2. Describe three challenges facing the physical therapy profession in 2020-2021.
3. Articulate your role and responsibilities in advocating for the physical therapy profession.

About the Speaker

Ellen R. Strunk, PT, MS, Board-Certified Clinical Specialist in Geriatric Physical Therapy, Certified Exercise Expert for Aging Adults, Certified in Healthcare Compliance, has worked in various roles & settings as both clinician and manager/director. Presently, Ellen is owner of Rehab Resources & Consulting, Inc., RRC specializes in helping customers understand the CMS prospective payment systems in the skilled nursing facility and home health setting, as well as outpatient therapy billing for all provider types. Ms. Strunk's experience includes utilizing medical record reviews and data systems to help both inpatient and outpatient therapy providers meet regulatory guidelines. She has worked with clients on a variety of Medicare/Medicaid payment and certification matters, including substantial overpayment assessments and facilitation of Corporate Integrity Agreements. Services offered include: interdisciplinary medical record review, compliance risk analysis appeals and appeals management, obtaining Medicare certification for a rehabilitation agency, developing clinical programs, and developing operational and clinical processes to support therapy management. In addition to assisting clients meet their operational & clinical goals, Ms. Strunk lectures nationally on the topics of regulatory compliance in the post-acute care space and coding/billing/documentation to meet medical necessity guidelines and payer regulations, as well as pharmacology for rehabilitation professionals, clinically appropriate exercise for older adults, and the importance of functional outcomes to value-based payment.

Ellen is a member of the American Physical Therapy Association, the APTA Academy of Geriatric Physical Therapy, the APTA Home Health Section and the APTA Health Policy & Administration Sections. She serves on a state level as the Practice & Reimbursement Chair for the Alabama Physical Therapy Association. She is a member of the American Health Care Association (AHCA), the National Association of Rehab Agencies and Providers (NARA), and the National Association for the Support of Long-Term Care (NASL).

TARGET AUDIENCE: PTs, PTAs

SESSION 2 – “SAY FUNCTION ONE MORE TIME...” UNDERSTANDING THE CLINICAL FRAMEWORK TO GET FROM HOT MESS TO PROFESSIONAL SUCCESS WITH NEUROMOTOR DYSFUNCTION.

Speaker: Monika Kolwaite, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Certified in Neuro Developmental Treatment

Course Description

Central nervous system injuries never present the same because no two people are alike. So, what principles hold true in the recovery process? Why do some therapeutic techniques work while others don't? What are “latest & greatest” concepts driving plasticity? It's not just about “weight bearing”! This course will help the clinician clarify the client's movement goal (function they want!!) and then introduces current neuroplasticity principles to individualize treatment to meet that goal (movement they want!). Seminar is based heavily on active participation. Participants will be broken into groups for problem-based learning. The overarching premise of this format is that the learner will leave this seminar with a working knowledge of the information presented without the need to rely on notes or handouts to remember information.

Objectives

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

1. Establish baseline knowledge so he/she can compare/contrast baseline knowledge from acquired knowledge at end of course.
2. Describe “function” as it relates to clientele (defining the problem).
3. Formulate the need for universal descriptors of function (International Classification of Function).
4. Develop a task analysis appropriate for analyzing required movement for clientele.
5. Develop a movement analysis appropriate for analyzing required movement for clientele.
6. Focus on need for specificity of movement requirements. (Once we've identified specific needs of the client, how to ensure we are specific in treatment strategies?)
7. Design individualized treatment to further specify “function” for the client using neuroplasticity principles (Kleim).
8. Generate treatment plans with focus on combining ICF classifications with neuro principles.
9. Compare and contrast baseline from knowledge learned
10. Evaluate course and be given direction for further study.

About the Speaker

Monika Kolwaite, PT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Certified in Neuro Developmental Treatment, has been treating individuals with acquired brain injuries since 2001. She has worked in inpatient & outpatient rehabilitation, day treatment, and private practice. She has been the recipient of the TN Brain Injury Association Giraffe Award for exceptional contribution to the TN TBI Association as well as placing as a top 5 finalist for the Memphis Business Journal's Health Care Hero Award. She has spoken on the topic of central nervous system movement disorders to Memphis area support groups, Fox "Health Matters", and regional conferences for the MS Society, West TN TBI Services, and Baptist Hospital System. She was an Instructor Candidate for the Neuro Developmental Treatment Association 2016-2019. She is now in private practice in Auburn, AL and is instructing through NeuroPro education.

TARGET AUDIENCE: This seminar is designed for PTs, PTAs, OTs, & COTAs who treat neuromotor disorders on a regular basis.

SESSION 3 – RESILIENCE, GRIT, AND OPTIMISM: WHY PAYING ATTENTION TO YOUR MENTAL HEALTH MATTERS NOW, MORE THAN EVER!

Speaker: Jennifer Green-Wilson, PT, MBA, EdD

Course Description

COVID-19 has blurred boundaries between work and home, days of the week, and time of day. This international pandemic has imposed drastic change quickly while disrupting “normal” living. Intense, prolonged stress and uncertainty impacts mental health status directly and indirectly. Mental health fallout, resulting from this crisis, is now a widespread difficulty for many people. Yet, there is hope! You can build resilience and grit through optimism, staying connected, and numerous tactics.

In this program, emphasis will be on examining how to develop greater resilience and grit through an intentional approach to optimistic living. You will learn how to shift and shape your mindset proactively and why this matters. Participants will be encouraged to engage in reflective discussions throughout the program.

Objectives

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

1. Discuss why investing in mental health recovery is needed right now.
2. Examine the influence of resilience, grit and optimism on developing healthy mental health.
3. Discuss self-care strategies.
4. Develop an action plan for shifting mindsets.

About the Speaker

Dr. Jennifer Green-Wilson, PT, MBA, EdD, is an Assistant Professor in the Department of Healthcare Studies at The College at Brockport. She is also the principal of the Institute for Business Literacy and Leadership (also known as the Leadership Institute). She is the former Director of the Institute for Leadership in Physical Therapy (LAMP) for HPA the Catalyst of the American Physical Therapy Association (APTA), former member of the APTA Private Practice Section (PPS) Education Committee and recently served as a Director on the Board of Directors of the APTA. Jennifer speaks nationally and internationally on topics related to leadership, business literacy, and management in healthcare, has been invited to submit short articles for APTA's 'Business Sense' section of PT in Motion, and was awarded a national research grant from the HPA Section in 2009. Additionally, she was awarded HPA the Catalyst's LAMP Lighter Leadership Award in February 2014, the Rochester Hearing and Speech's James DeCaro Leadership Award in 2017, and the 2019 RM Barney Poole Leadership Academy Award for Excellence in Leadership and Education from the Georgia Chapter of the APTA (PTAG). Dr. Green-Wilson works with several physical therapist programs and diverse health care organizations across the country, helping to strengthen the development of practice management, business literacy, and leadership skills at entry-level and in contemporary practice. Dr. Green-Wilson holds an EdD degree in Executive Leadership from St. John Fisher College in Rochester, NY, an MBA degree from the Rochester Institute of Technology, and a BS degree in physical therapy from Queen's University in Kingston, Ontario, Canada.

TARGET AUDIENCE: PTs, PTAs, Students

SESSION 4 – IMPROVING FUNCTIONAL OUTCOMES IN CVA: USING THE ICF TO CLASSIFY IMPAIRMENTS LINKED TO NEUROANATOMY

Speakers: Kelly Atkins, PT, DPT, PhD and Emily McCombs, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy, Certified in Neuro Developmental Treatment

Course Description

Identifying patient-specific impairments and administering focused interventions is central to patient-centered care. The International Classification of Functioning, Disability and Health (ICF) serves as a model for linking pathologic impairments to human functioning, aids in guiding effective interventions, and serves as a common language between healthcare providers. This course will describe the ICF model in the context of PT management of persons following cerebrovascular accident (CVA). Discussion on ICF use in the selection of intervention strategies and outcome measures will be covered as well as application to management of other neurologic disorders.

Objectives

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

1. Discuss the structure and clinical utility of the ICF model
2. Identify impairments commonly observed following CVA and link them to neuroanatomical structures
3. Apply the ICF model to link these impairments with activity limitations and focused intervention strategies
4. Practice application of the ICF model to various neurologic disorders

About the Speakers

Kelly Atkins, PT, DPT, PhD, serves as an Assistant Professor at Samford University. She received her BS in Exercise Science from the University of Iowa and her PhD in Neurobiology and DPT both from UAB. Her clinical experience is in

inpatient rehabilitation and outpatient settings with a focus on management of persons with neurologic dysfunction. Her education content focus is on basic sciences, neurologic rehabilitation and evidence-based practice.

Emily McCombs, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy, Certified in Neuro Developmental Treatment, has worked her entire career as a physical therapist in inpatient rehabilitation. She received her BS in Exercise Science from the University of Mississippi and her DPT from the University of Alabama at Birmingham. After a year of practice, she decided to specialize in geriatrics and became a Board-Certified Specialist in Geriatric Physical Therapy. She then went on to continue her education by receiving her NDT (Neurodevelopmental Treatment) certification. Emily's passion lies with treating patients with neurological dysfunctions, and providing patient-centered, outcome-driven care that improves the quality of life for her patients.

TARGET AUDIENCE: PTs, PTAs, Students

SESSION 5&8 – PEDIATRIC PHYSICAL THERAPY: PANDEMIC 2020

YOU MUST REGISTER FOR SESSIONS 5 & 8

Speakers: Sheree York, PT, DPT: UAB, Mary Beth Moses, PT, MS: The Bell Center, Melissa White, PT, MS: Shelby ARC, Marliese Delgado, PT, MS: United Ability, Alice Fox, PT, MS: Shelby County Schools, Billy Ronillo, PT, MS: Children's Rehab Services

Course Description

With the onset of the Covid-19 Pandemic, pediatric Physical Therapists had to create new ways to provide pediatric services in various settings: early intervention, schools, outpatient centers and clinics. This session will present the various ways PTs and other professionals developed strategies for providing effective services virtually and with electronic communication.

Objectives

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

1. Understand the barriers to providing pediatric PT services during quarantine.
2. Recognize the requirements for safety, security, and effective modes of communication with parents and children.
3. Describe the benefits and challenges related to virtual or teletherapy.
4. Understand the preparation and follow-up required to provide services virtually.
5. Recognize issues with reimbursement and documentation.
6. Describe ways to prevent "zoom" burn-out and to set boundaries on your time.

TARGET AUDIENCE: PTs, PTAs, Students

SPEAKERS WILL PROVIDE PRE-READING MATERIAL

SESSION 6 – COVID-19 IMPLICATIONS FOR PHYSICAL THERAPY PRACTICE ACROSS THE CONTINUUM

Speakers: Ashley Parish, PT, DPT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, John Lowman, PT, PhD, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, Tim Coleman, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Meagan Bower, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, Val Libbe

Course Description

COVID-19 has impacted individuals throughout the lifespan in varying severity. Early outcomes are indicating prolonged deficits in both respiratory and physical functioning after surviving COVID-19. As physical therapy is navigating best practice for this condition, we wanted to provide an overview in treating patients/clients with COVID-19 from an acute care, rehabilitation, and outpatient perspective. We will additionally discuss operational challenges and changes as a result of the pandemic.

Objectives

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

1. Understand the pathophysiology and course of COVID-19
2. Discuss implications for operation management in physical therapy practice
3. Describe the role of physical therapy at the acute care, rehabilitation, and home health level
4. Recognize future implications of COVID-19 based on early research

About the Speakers

Ashley Parish, PT, DPT, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, is an Assistant Professor in the Department of Physical Therapy at UAB. Prior to becoming a physical therapist, Parish was a respiratory therapist. Her passion is intensive care unit-based services for the cardiovascular and pulmonary pediatric population. Parish has experience teaching cardiovascular and pulmonary concepts at the undergraduate, pre-professional, and doctoral level. She currently serves as the Visibility/Awareness Chair of the Cardiovascular and Pulmonary Section of the APTA, as well as Co-Chair of the APTA Alabama Publicity and Communications Committee. She is working towards her PhD in Health Education and Health Promotion at UAB.

John Lowman, PT, PhD, Board-Certified Clinical Specialist in Cardiovascular and Pulmonary Physical Therapy, is an Associate Professor and Director of Residency Education in the Department of Physical Therapy at The University of Alabama at Birmingham. He has been a Board-Certified Cardiovascular and Pulmonary Specialist for over 20 years. He has worked in a variety of clinical settings, including SNF, LTACH, HH, outpatient, but primarily in adult acute care/ICU. He serves as an associate editor for the Cardiopulmonary Physical Therapy Journal and is a reviewer for the CPTJ's upcoming special issue focused on COVID-19. He is co-host of UAB School of Health Professions' PT's COVID-Corner YouTube channel, and has been actively involved in creating the PACER Project (post-acute COVID-19 exercise and rehabilitation) through the Cardiovascular and Pulmonary Section.

Tim Coleman, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, has worked the field of physical therapy since completing and obtaining his PTA degree and license in 2011. He worked in a neurologic inpatient rehab for approximately 2.5 years before returning to school to become a DPT through Alabama State University. After graduating in the fall of 2016, Tim decided to pursue further education and completed his neurologic residency with the James A Haley VA hospital in Tampa, FL. Since, Tim has passed his NCS exam and has been a member of the UAB Acute Care staff since Fall 2017. He primarily covers the Neurologic ICU and Step-down units.

Meagan Bower, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy, is a graduate of Washington University in St. Louis School of Medicine, earning a doctorate in physical therapy degree in 2011. She has been a part of the University of Alabama in Birmingham (UAB) team throughout her career, having served as staff clinician, Clinical Instructor, and Center Coordinator of Clinical Education for the Acute Physical Therapy Department. In 2018 she obtained board-certification as a Neurologic Clinical Specialist, and in her current role serves as the Acute Therapy Lead for the Neurology service line at UAB Hospital encompassing physical, occupational, speech, and music therapy disciplines. While Meagan's clinical, academic and research interests lie heavily in the neurologic population, she also has a strong devotion to standardizing care within the Intensive Care Units, and improving student and staff experiences through mentorship and clinician development programs.

TARGET AUDIENCE: PTs, PTAs, Students

SESSION 7 – RETURN TO SPORT: FUNCTIONAL TESTING AND CLINICAL APPLICATION IN THE LOWER EXTREMITY ATHLETE

Speakers: Nadia Araiinejad Jones, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, Lauren Buckalew, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, Lacie Webb Pennington, DPT

Course Description

Return to Sport: Functional Testing and Clinical Applications in the Lower Extremity Athlete is a course for those practicing or interested in the practice of sports and orthopedic physical therapy. The course will be broken into the following three sections: lecture, demo, and review. The first hour will be focused on lecture which will consist of an overview of functional testing in the lower extremity including current evidence-based research regarding functional testing. During the second hour there will be demonstrations focused on instruction and performance of each lower extremity functional test. The last hour will consist of clinical application using various case studies.

Objectives

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

1. Overview of Evidence for Functional Testing
 - a. Understand importance of using a functional rehabilitation progression and functional tests in physical therapy to determine return to sport
 - b. Comprehend current evidence regarding lower extremity functional testing
 - c. Describe how to perform the following functional tests:
 - Functional Movement Assessment/Visual Analysis (HumanTrak)
 1. Postural Balance/Stability
 2. Single Leg Squat
 3. Air Squat
 4. Drop Jump
 - Hop Tests
 1. Single Leg Hop for Distance
 2. Triple Hop for Distance
 3. Crossover Hop
 4. 6m Hop for Time
 - Lower Extremity Y Balance/Star Excursion Balance Test (SEBT)
2. Demonstrations of Functional Testing
 - a. Instruction in and demonstration of the following tests:
 - Functional Movement Assessment - Quick Screen
 - Hop Tests
 1. Single Leg Hop for Distance
 2. Triple Hop for Distance
 3. Crossover Hop
 4. 6m Hop for Time
 - Lower Extremity Y Balance/Star Excursion Balance Test (SEBT)
3. Clinical Applications and Case Study
 - a. Review of lecture and demonstration material
 - b. Presentation of Case Study (33-year-old male status post ACLR and meniscus repair)
 - c. Other Clinical Applications and Questions

About the Speakers

Nadia Araiinejad Jones, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, Crossfit Level 1 Instructor, Certified Titleist Performance Institute Instructor, Graduate of The University of South Alabama, Co-owner of Physiolete Therapy and Performance, is originally from Huntsville, Alabama. She went to The University of Alabama in Huntsville (UAH) where she competed collegiately in track and field and received her B.S in Biology in 2013. She attended The University of South Alabama where she received her Doctorate of Physical Therapy in 2016. Nadia completed a sports residency program in December of 2017 and officially became a Sports Certified Specialist in July 2018. Nadia currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She is married to her college sweetheart, Elliott Jones, who played basketball at UAH. Nadia currently CrossFits, runs, and plays various recreational sports to stay in shape as she waits to turn thirty so she can compete in Masters track and field.

Lauren Buckalew, DPT, Board-Certified Clinical Specialist in Sports Physical Therapy, Certified Dry Needling Provider, Graduate of The University of Mississippi Medical Center, Co-owner of Physiolete Therapy and Performance, is originally from Hattiesburg, Mississippi. She received her B.S. in Exercise Physiology from Mississippi College in 2011. She then attended the University of Mississippi Medical Center where she received her doctorate of Physical Therapy May 2014. Upon completing physical therapy school, Lauren began a one-year sports residency program also at UMMC. She officially became a Sports Certified Specialist in July 2016. Lauren currently co-owns and practices physical therapy at Physiolete Therapy and Performance in Tuscaloosa, AL. She resides in Northport, AL where she lives with her husband, Nathan, and 1.5-year-old daughter, Peyton. Lauren enjoys running, HIIT training at a local gym, hiking, and spending time with family and friends. She has a passion for sports physical therapy, specifically in regards to injury prevention and improving athletic performance.

Lacie Webb Pennington, DPT, Graduate of Samford University, Physical Therapist at Sportherapy in Fort Worth, TX, is originally from Winfield, Alabama. She received her B.S. in Biological Studies from The University of Alabama in May 2016. She then attended Samford University where she received her doctorate of Physical Therapy in May 2019. Lacie is currently working as a physical therapist at Sportherapy Sports Medicine and Orthopedics. Her clinical interests have

mostly focused on sport rehabilitation, orthopedics, and injury preventative programs. Preventative health is one of Pennington's passions; she incorporates all aspects of preventative health in her clinical practice. She currently resides in Fort Worth, TX, where she lives with her husband, Colin Pennington, who is a professor at Tarleton State University. Outside of work, Pennington's passions are involvement in medical mission trips, exercising, cooking, and spending time with her husband and their dog, Tucker, outdoors.

TARGET AUDIENCE: Class is directed towards PTs and PTAs in orthopedic and sports physical therapy. Class is also directed to students who are interested in pursuing a career in sports and/or orthopedic physical therapy. Other disciplines that may benefit from this course include: athletic trainers, coaches, personal trainers, occupational therapists who treat an athletic population, and sports medicine doctors who are interested in current evidence for returning their athletes to sports safely.

SESSION 9 – HOW DO WE ASSESS AND IMPROVE THE PATIENT EXPERIENCE?

Speaker: Zachary Walston, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Course Description

Patient-centered care is among the primary focuses of research, training, and policy development in healthcare today. With a multitude of means to assess the quality of care delivered (outcomes measures, satisfaction questionnaires, online reviews, etc.), how do we ensure the data is used appropriately? What information drives values to patients, providers, and payors? This session will assess several of these measures and highlight key benefits and uses of the information gathered. Furthermore, it will identify the impact of initial patient satisfaction on the likelihood of completing a physical therapy plan of care and achieving a positive overall outcome. When diving into the literature, there are several identified barriers to patient satisfaction, compliance, and success. The trick is to identify them early and intervene with appropriate and effective strategies to recover the patient and ensure they remain on the path to recovery. The session will also include case studies and role-playing breakout sessions incorporating motivational interviewing in treatment settings and service recovery for disgruntled patients.

Objectives

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

1. Identify potential barriers to high patient satisfaction and methods to address them.
2. Implement a multi-dimensional approach to measuring patient satisfaction in the rehabilitation setting.
3. Analyze patient satisfaction, retention, and compliance data to determine treatment and service effectiveness.
4. Understand potential causes and effects of poor patient compliance to care.
5. Perform service recovery and address specific concerns with a patient.

About the Speaker

Dr. Zachary Walston serves as the National Director of Quality and Research at PT Solutions Physical Therapy. He earned his BS in Human Nutrition, Foods, and Exercise at Virginia Polytechnic Institute and State University, his Doctor of Physical Therapy from Emory University, and is a graduate of PT Solution's Orthopaedic Residency Program.

Dr. Walston's primary roles comprise of overseeing research efforts at PT Solutions, developing and teaching weekend continuing education courses, and developing quality improvement initiatives throughout the practice. He has numerous research publications in peer-reviewed rehabilitation and medical journals. He has developed and taught weekend continuing education courses in the areas of plan of care development, exercise prescription, pain science, and nutrition. He also serves as the Program Coordinator of the PT Solutions Orthopedic Residency Program and the Director of the Clinical Mentorship Program.

Dr. Walston's has presented full education sessions at APTA NEXT conference and ACRM, PTAG, and FOTO annual conferences. He has also presented multiple platforms sessions and posters at CSM.

Dr. Walston's focus of research is on dosage and timing of physical therapy and impact of physical medicine on healthcare utilization. He works with multiple universities and is a staunch advocate of research collaborations between private practice and universities to facilitate pragmatic trials and translational science. Prior to the role of research director, he was the senior clinic director for the east Georgia market of PT Solutions.

Dr. Walston is an active member of the Orthopaedic and Research Sections of the American Physical Therapy Association and the Physical Therapy Association of Georgia. He currently served on the APTA Science and Practice Affairs Committee and the PTAG Leadership Committee.

TARGET AUDIENCE: PTs, PTAs, Students

CONTINUING EDUCATION CREDIT INFORMATION

EACH SESSION IS WORTH 3 CONTACT HOURS
(3.6 CEUs FOR ALABAMA LICENSEES SINCE 50 MINUTES = 1 CONTINUING EDUCATION HOUR)