



# **HPA The Catalyst: Health Policy & Administration Section**

## **Combined Sections Meeting Programming**

**Course Proceedings Book**

**Jan 23-26, 2019 | Washington, D.C.**

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## ABOUT HPA THE CATALYST

### MISSION STATEMENT

The mission of the HPA Section is to transform the culture of physical therapy through initiatives that enhance professionalism, leadership, management, and advocacy to foster excellence in autonomous practice for the benefit of members and society.

Visit us at  
**APTAHPA.org**

### ABOUT US

A catalyst is a person or thing that precipitates change or a substance that accelerates action. We are a professional association serving member physical therapists, physical therapist assistants, and physical therapy students.

We provide a community for professionals to advance the health and wellbeing of society through innovation, leadership and professionalism in physical therapy. HPA members practice in a variety of professional settings performing many different roles. Members work with patients across the entire lifespan and continuum of care.

### VISION STATEMENT

By 2020, HPA The Catalyst will be the expert in integrating professionalism into the culture of physical therapy:

We will be sought by healthcare professionals, APTA components, and decision makers to influence social, political, and economic policies that impact physical therapy and health.

We will have created and delivered programs that develop professionals, leaders, managers, and advocates to foster excellence in physical therapy.

We will be leaders in promoting cultural competence, global health initiatives, social responsibility, effective application of technology, and health services research.

# SCHEDULE OF EVENTS

## TUESDAY, JAN. 22, 2019

### 8:00 a.m.-5:30 p.m. – Pre-Conference Sessions

- LAMP Leadership 101: Personal Leadership Development - Day 1
- LAMP Leadership 201: Advance Leadership Development - Day 1
- LAMP Management 101: Practical Skills - Day 1

## WEDNESDAY, JAN. 23, 2019

### 8:00 a.m.-5:30 p.m. – Pre-Conference Sessions

- LAMP Leadership 101: Personal Leadership Development - Day 2
- LAMP Leadership 201: Advance Leadership Development - Day 2
- LAMP Management 101: Practical Skills - Day 2
- Community Health Promotion Grant Writing Workshop

### 4:00 p.m.-6:00 p.m.

- **GHSIG Leadership Meeting**

### 6:00 p.m.-8:00 p.m.

- **HPA The Catalyst Board of Directors' Meeting**
- **GHSIG Volunteers Overseas PT Leadership**

## THURSDAY, JAN. 24, 2019

### 8:00 a.m.-10:00 a.m. – Concurrent Sessions

- HPA The Catalyst Platform Presentations 1
- Developing Your People: Preparing a Workforce for Value-Based Reimbursement
- New Health Outcomes Are Changing Practice
- How PTs Can Support Pro Bono Health for Local Vulnerable Populations

### 11:00 a.m.-1:00 p.m. – Concurrent Sessions

- HPA The Catalyst Platform Presentations 2
- Built Right, They Will Come.: Inclusive Physical Activity Environments for All
- Legal and Ethical Issues Related to Technology in Physical Therapy Practice: New Scenarios
- A Little Bit of This and a Little Bit of That: Billing and Payment 201

### 1:00 p.m.-2:00 p.m.

- **HPA The Catalyst Pro Bono Catalyst Meeting**

### 3:00 p.m.-5:00 p.m. – Concurrent Sessions

- The Great Convergence: Global Health, Disability and Rehabilitation
- LAMP Catalyst "TED" Style Talks: Physical Therapy Frontline Leadership Lessons, Tough Lessons We Learned the Hard Way - A LAMP Management Faculty Discussion
- From Lightly Salted to Seasoned: Implementing Early Professional Development

## FRIDAY, JAN. 25, 2019

### 7:00 a.m.-8:00 a.m.

- **GHSIG Business Meeting**

### 8:00 a.m.-10:00 a.m. – Concurrent Sessions

- Emerging Issues in Medicare: Payment Updates and Hot Topics
- Habla Espanol? Preparing Students to Communicate With Spanish-Speaking Patients
- Pain Science with Vulnerable Populations: Transforming the Human Experience

### 11:00 a.m.-1:00 p.m. – Concurrent Sessions

- Using 3D Printing in Physical Therapy: Competitive Advantage and Improved Care
- We're So Smart and So Skilled! Do You Make That Evident in Your Documentation?
- Emerging Issues in Medicare: Quality Programs and Alternative Payment Models

### 1:00 p.m.-2:00 p.m.

- **TechSIG Board Meeting**

### 3:00 p.m.-5:00 p.m. – Concurrent Sessions

- Global Health Catalyst Talks: The Good, the Bad and the Ugly of Global Health Engagement
- Leveraging Big Data to Inform Clinical Decisions and Drive Quality Improvement
- Antecedents, Behavior, Consequences: Applying the Behavioral ABCs to PT Practice

### 3:00 p.m.-6:00 p.m.

- **TechnoPalooza: A Tech Playground: Clinical, Assistive, & Educational Technology**

### 6:30 p.m.-10:00 p.m.

- **HPA The Catalyst: Business Meeting, Awards and GHSIG Reception**

## SATURDAY, JAN. 26, 2019

### 8:00 a.m.-10:00 a.m. – Concurrent Sessions

- The Human Movement Experience: Time for an Upgrade
- Clinicians, Administrators, Researchers: Collaborating to Improve Hospital Care
- LGBTQIA+ Barriers in Physical Therapy: Clinician, Educator & Student Perspective

### 11:00 a.m.-1:00 p.m. – Concurrent Sessions

- From Frustrated to Fantastic: Capitalizing on Generational Characteristics
- Tough Lessons We Learned the Hard Way: a LAMP Management Faculty Discussion
- Measuring Functional Outcomes in Post-Acute Care

### 12:00 p.m.-1:00 p.m.

- **LGBTQ+ Catalyst Group Meeting**

### 3:00 p.m.-5:00 p.m. – Concurrent Sessions

- HPA The Catalyst Platform Presentations 3
- Moving the Bar: The PT Interprofessional Role In Prevention & Population Health
- Promoting Resilience and Preventing Burnout in Healthcare Employees
- Ethics of Societal Transformation: APTA's Code of Ethics in the 21st Century

## Technopalooza: A Playground for Clinical, Assistive, and Educational Technology

Friday, Jan. 25, 2019

3:00 p.m.-6:00 p.m.

Walter E. Washington Convention Center  
South Pre-function Area

Come explore the future! This technology playground is designed to provide an opportunity for hands-on exploration of various technologies available now or in the near future. With this interactive learning opportunity, attendees will gain insight into some of the skills needed by individuals that choose to work with technology in physical therapy. In addition, this event will offer an opportunity for networking with specific tech-related subject matter experts. This year, the focus will be on clinical, assistive, and educational technologies. Come explore, learn, and network with experts in each of these areas!

# PRE-CONFERENCE SESSION 1



**DAY 1: TUESDAY, JAN. 22, 2019**  
**DAY 2: WEDNESDAY, JAN. 23, 2019**

## LAMP Leadership 101: Personal Leadership Development: The Catalyst for Leading Within

### PRESENTED BY

Amy Lafko, PT, MS, MBA  
Deborah Kucera, PT

Kerry Wood, PT, DPT  
Beth Sarfaty, PT, MBA

### COURSE DESCRIPTION

This course is the first in the series of courses and applied labs aimed at developing leadership skills. Developing leadership skills is an integral part of professional development in PT practice. The speakers will emphasize the development of leadership behaviors for facilitating autonomous practice, accountability, and professional values. Attendees will learn how to influence others to create effective relationships and achieve shared goals. Content areas will include: creating a personal mission statement and self-assessment; foundations of leadership; identifying personal styles; creating a leadership style to align and influence others; energy and time management; communication for effective leadership; empowering leadership for ethical practice; conflict management styles and leadership; and implementing personal leadership plans. Attendees will complete a leadership self-assessment and other pre-work.

### OBJECTIVES

1. Identify and discuss the personal characteristics of an effective leader.
2. Recognize the importance of accountability, values and ethics and their impact on personal leadership.
3. Describe and model leader behaviors and communication styles that influence, align and empower others.
4. Formulate effective responses to conflict in a variety of situations.

### WHEN

Tuesday, Jan. 22, 2019  
8:00 a.m.-5:30 p.m.

Wednesday, Jan. 23, 2019  
8:00 a.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 151A

### EDUCATION LEVEL

Intermediate

## PRE-CONFERENCE SESSION 2



**DAY 1: TUESDAY, JAN. 22, 2019**  
**DAY 2: WEDNESDAY, JAN. 23, 2019**

### LAMP Leadership 201: Advanced Leadership Development: The Catalyst for Leading Others

#### PRESENTED BY

Amy Lafko, PT, MS, MBA  
Deborah Kucera, PT

Kerry Wood, PT, DPT  
Beth Sarfaty, PT, MBA

#### COURSE DESCRIPTION

In this course, attendees will further explore and develop effective leadership skills in formal and informal leadership roles. Attendees will share the results of their personal leadership plans, showcasing insights into developing their personal leadership behaviors. This course will include lectures, dynamic leadership labs, and engaging discussions with peers and content experts. Topics will include: creating vision and strategy; fostering adaptive and transformational leadership; creating cultures of change and innovation; leading others through conflict; building relationships and networking; implementing frameworks for leadership decision making; building high-performance teams; leading and learning through failure; empowering others; fostering followership; and developing a personal leadership philosophy statement.

#### OBJECTIVES

1. Determine how to promote a vision and strategies that others will follow.
2. Identify and discuss personal characteristics of adaptive and transformational leaders.
3. Generate strategies to lead highly effective teams and foster followership.
4. Model effective team decision making strategies and develop a personal leadership philosophy statement.

To register for LAMP 201, you must have successfully completed LAMP 101.

#### WHEN

Tuesday, Jan. 22, 2019  
8:00 a.m.-5:30 p.m.

Wednesday, Jan. 23, 2019  
8:00 a.m.-5:00 p.m.

#### WHERE

Walter E. Washington Convention  
Center  
Room: 151B

#### EDUCATION LEVEL

Intermediate

# PRE-CONFERENCE SESSION 3



**DAY 1: TUESDAY, JAN. 22, 2019**  
**DAY 2: WEDNESDAY, JAN. 23, 2019**

## LAMP Management 101: Practical Skills

### PRESENTED BY

Maurine Coco, PT, MSPT

Paula Eppenstein, PT, MS

Brian Hull, PT, DPT, MBA

### COURSE DESCRIPTION

This course is the first offering of this content area by the Health Policy and Administration Section's LAMP committee. The speakers will cover performance management, human resources, legal considerations, regulatory aspects, compliance issues, communication, project/program management, finance, and budgeting. This case study and scenario-based course will examine current issues and address current trends faced by the new manager and developing manager and will provide participants with the tools to effectively and efficiently get the work done through systems and people. Prior to the course, attendees will complete a management self-assessment and review selected supporting materials. This offering is valuable for all PTs and PTAs, regardless of their administrative or managerial role, including practice owners, clinicians, educators, researchers, and students who want to develop their administration and management effectiveness and efficiency.

### OBJECTIVES

1. Establish a knowledge base of basic administrative and managerial principles that will allow you to work effectively with people and systems.
2. Develop comprehension of basic administrative and managerial skills by recognizing needs and identifying resources appropriate for your situation.
3. Successfully apply evidence-based tools to address administrative and managerial needs as part of your role within your organization.
4. Analyze the advanced administrative and managerial principles/skills you may need to be successful and develop a personal action plan to achieve your goals.

### WHEN

Tuesday, Jan. 22, 2019  
8:00 a.m.-5:30 p.m.

Wednesday, Jan. 23, 2019  
8:00 a.m.-5:30 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 152A

### EDUCATION LEVEL

Basic

# PRE-CONFERENCE SESSION 4



WEDNESDAY, JAN. 23, 2019

## Community Health Promotion Grant Writing Workshop

### PRESENTED BY

Jennifer Branch, PT, PhD

Margaret Danilovich, PT, DPT, PhD, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Todd Davenport, PT, DPT, MPH, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Sarah Greenhagen, DOT, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Dawn Magnusson, PT, PhD

Jason Robinson, PT, Board-Certified Clinical Specialist in Sports Physical Therapy

### COURSE DESCRIPTION

Chronic, noncommunicable diseases (NCDs) such as cardiovascular disease and type 2 diabetes mellitus have supplanted acute, infectious diseases as the leading causes of global mortality and morbidity. NCDs are largely preventable through the promotion of healthy behaviors. However, the strongest predictors of individual health behaviors and, by extension, NCDs are connected to where we live, work, learn, and play, and to our families, neighborhoods, and communities. Physical therapists are increasingly called upon to support community health promotion programs, yet they receive little formal training in the development of such programs, and the procurement of related grant funding. This grant writing workshop is designed for clinicians and researchers wishing to seek grant funding in support of community health promotion programs. This course will provide didactic presentations, opportunities for practical applications of the material, and opportunities for small-group grant review. Particular emphasis will be placed on assessing community needs, resources, and priorities; identifying relevant funding opportunities; and developing the grant application. The target audience will be community-based clinicians and academic researchers interested in developing and funding community-based projects. We will solicit the submission of a specific aims page (problem statement, overarching goal, and related aims) from attendees, and provide feedback during the workshop.

### OBJECTIVES

1. Summarize the common elements of grant applications, and recognize best practices for developing your proposal, telling your story, and aligning your proposal with funding priorities
2. Develop strategies for identifying corporate, foundation, and government funding opportunities in the area of community health promotion
3. Create (or refine) a logic model that links program goals, objectives, activities, and inputs, and informs the development of your grant proposal.
4. Critique and identify ways to improve your proposal's problem statement, overarching goals, and relating aims.

### WHEN

Wednesday, Jan. 23, 2019  
8:00 a.m.-5:30 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 154A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## Developing Your People: Preparing a Workforce for Value-Based Reimbursement

### PRESENTED BY

Michael Billings, PT, DHSc, MS

Derek Fenwick, PT, MBA, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Megan Roos, PT, DPT

### CO-SPONSORING SECTION

Private Practice Section

### COURSE DESCRIPTION

Success in a payment environment driven by patient outcomes and high-quality care depends on having a well-developed workforce with exceptional clinical, management, and leadership skills. In this session, the speakers will describe how the High-Impact Leadership Framework from the Institute for Healthcare Improvement (IHI) was used to create a company-wide people charter for an organization that serves older adults in over 200 skilled nursing and outpatient facilities across 14 states. The presenters will discuss how the company worked to create a culture of ongoing development and a core set of essential clinical behaviors in frontline clinicians to deliver improved patient care consistent with the Triple Aim. The presenters also will discuss the importance of frontline managers in the performance improvement process and share their approach to aligning all stages of the manager development cycle to maximize the impact of individuals in these critical roles. Finally, the presenters will describe how the Five Practices of Exemplary Leadership was chosen as a leadership development model for the organization and has been used to develop leadership behaviors throughout the organization in a multistage rollout approach.

### OBJECTIVES

1. Describe the impact of a formal people charter and associated activities on corporate culture, vision, and resource allocation.
2. Understand how the clinical, management, and leadership aspects of patient care intertwine with each other to impact organizational outcomes.
3. Recognize the essential role that leadership development plays in creating and sustaining an organizational model geared toward continuous improvement and effective change management.
4. Develop a strategy for implementing an evidence-based approach to human resources within your own organization.

### WHEN

Thursday, Jan. 24, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 146C

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## New Health Outcomes Are Changing Practice

### PRESENTED BY

Jeff Houck, PT, PhD

Robin Marcus, PT, PhD

### COURSE DESCRIPTION

New outcome measures are designed to give patients a voice in their health care and empower providers to move on from disease-specific measures. The paradigm shift from disease-specific to generic outcomes can improve the overall patient health assessment. This shift can also decrease both patient and provider burden. The speakers will explore the potential of new generic health outcome assessments (the Activity Measure for Post-Acute Care (AM-PAC) the Patient Reported Outcome Measurement Information System (PROMIS)) and the power of computer adaptive testing in assessing health domains and improving patient care. They will discuss their experience implementing these measures in high-volume and small-scale clinics. The use of AM-PAC in hospital-based acute care settings will be contrasted with traditional approaches, and clinical decision making using multidimensional PROMIS domains for health assessment in Orthopaedics Section will be contrasted with single-dimension scales. The presenters will examine the value of generic health outcomes assessments in improving care across providers and settings. Attendees will gain a strong foundation of how these new generic outcomes are altering day-to-day clinical decisions, leading to changes in provider performance assessment and planning for public health interventions.

### OBJECTIVES

1. Differentiate between generic and disease-specific outcomes assessments.
2. Contrast and compare current practice with multidimensional health domain assessment.
3. Contrast and compare current practices with outcome assessment using AM-PAC and PROMIS for clinical decisions in acute care, outpatient Orthopaedics Section, and primary care.
4. Illustrate and describe the use of generic health outcomes for provider performance, health system performance, and the implications for population health.

### WHEN

Thursday, Jan. 24, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## How PTs Can Support Pro Bono Global Health for Local Vulnerable Populations

### PRESENTED BY

Jim Benedict, PT, PhD

Jill Black, PT, DPT, EdD

### COURSE DESCRIPTION

The Global Health Special-Interest Group (SIG) has taken a clear stance that “global health” includes both international AND local health concerns. The APTA Code of Ethics and HOD G06-93-21-39 Guidelines: Pro Bono Physical Therapist Services demonstrate our professional commitment to meeting the health care needs of uninsured and underinsured members of our local communities. While the mandate is clear, how to meet it is not. In this session, the presenters will describe the unique needs of this patient community and discuss ways that physical therapists can provide or support the delivery of PT services to those who otherwise would not receive care. Attendees will learn about the differences between Federal PT Section qualified health centers and free and charitable clinics, as well as the roles PTs might play in each. The speakers will take an in-depth look at the Arlington Free Clinic, operating just outside of Washington, DC, a patient-centered medical home providing comprehensive health care to over 1,600 individuals each year. With few exceptions, care is provided by volunteer health professionals and is supported by a network of hundreds of other volunteers. The presenters will look at the roles licensed physical therapists can play in supporting students serving in academically based pro bono clinics. Attendees will leave with knowledge and resources to explore the opportunities to provide or support pro bono physical therapist services in their own communities.

### OBJECTIVES

1. Acknowledge the ethical professional mandate to help meet the needs of uninsured and underinsured members in our communities.
2. Describe the unique needs of this patient population for the skilled services of physical therapists.
3. Identify available resources to explore pro bono service opportunities in your area.
4. Identify specific ways that you can help support meeting the physical therapy needs of uninsured and underinsured community members in your region.

### WHEN

Thursday, Jan. 24, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## Built Right, They Will Come: Inclusive Physical Activity Environments for All

### PRESENTED BY

David Morris, PT, PhD  
Tara Pearce, PT, DHS

### CO-SPONSORING SECTION

Academy of Neurologic PT

### COURSE DESCRIPTION

Globally, physical therapy professional organizations are calling for physical therapists (PTs) to serve as health promotion advocates for individuals with disabilities. However, individuals with disabilities, one of the most health disparate populations, are often left out of community health promotion efforts. In this session, the speakers will present a set of tools and resources for implementing health promotion initiatives at the local level that are inclusive of all members of a community. The presentation will focus on 2 critical parts of addressing accessibility and inclusion: assessment tools and planning/solution tools. The Americans with Disabilities Act (ADA) checklist and Community Health Inclusion Index (CHII) tool will be utilized. CHII is a valid and reliable instrument for assessing the degree to which a community's active living resources are inclusive of individuals with disabilities. The Guidelines, Recommendations, and Adaptations Including Disability (GRAIDs) are a resource for communities to improve physical activity, accessibility, and inclusion. The GRAIDs include a set of policy recommendations to ensure long-lasting, sustainable inclusion changes. Both tools operate at multiple levels and across 5 sectors of schools, worksites, health care, community institutions and organizations, and the community at large. Attendees will participate in video case studies on accessibility/inclusion assessment of facilities and connect assessment results to the GRAIDs.

### OBJECTIVES

1. Discuss the importance of the physical therapy field to explicitly address accessibility and inclusion of individuals with disabilities in physical therapy facilities and the community.
2. Describe promising practices and strategies for developing inclusive healthy communities.
3. Utilize tools and resources to make active living initiatives inclusive of individuals with disabilities in the community.
4. Assess virtual case study sites for accessibility and inclusion and connect to solution-based resources (GRAIDs) to improve community health promotion initiatives.

### WHEN

Thursday, Jan. 24, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## Legal and Ethical Issues Related to Technology in Physical Therapy Practice: New Scenarios

### PRESENTED BY

Aliya Chaudry, PT, DPT, JD, MBA

Kara Gainer, JD

Robert Latz, PT, DPT

### COURSE DESCRIPTION

In this session, the presenters will provide information, offer solutions, and increase awareness of new technologies, so each of us can reduce risk as we innovate in physical therapy and in health care in general. Some of the topics and questions to be explored include: Do I need to worry about my home health patient using voice assist devices like Alexis, Cortana, or even Siri when I am in their home providing care? Can I use social media in decision making for hiring a PT or PTA or for student selection in our PT/PTA program? Can I share helpful hints on a specific diagnosis-related patient blog for marketing purposes? Are there considerations to be aware of before using a 3D printer to make customized assistive devices and cane handles for our clinic? Can I put a camera in my clinic, so I can capture and train using real examples of great care our therapists provide? What should we consider before using wearable tech to provide remote patient monitoring? A panel of experts will discuss legal and ethical issues around the use of technology in physical therapy and make suggestions to reduce risk with each scenario.

### OBJECTIVES

1. Discuss the legal and ethical implications for several pertinent clinical situations.
2. Describe the cause of some of the conflict resulting from the fast advancement of these clinical technologies.
3. Identify useful ways to utilize the technology in question in each scenario

### WHEN

Thursday, Jan. 24, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## A Little Bit of This and a Little Bit of That: Billing and Payment 201

### PRESENTED BY

Rick Gawenda, PT

### CO-SPONSORING SECTION

Private Practice Section

### COURSE DESCRIPTION

This session will address multiple topics to increase physical therapists' understanding of billing and payment and how different policies impact their bottom financial line. The speaker will discuss how the monetary value of a CPT code is determined, payment rates for the most common CPT codes billed under a physical therapy plan of care, multiple procedure payment reduction policy, 2019 therapy cap dollar threshold and use of the KX modifier, use of the advance beneficiary notice of noncoverage for physical therapist services, and NCCI edits and the use of modifier 59. The speaker also will address the difference between Medicare's "8-minute rule" and the American Medical Association's definition of substantial, and how they each determine how many units can be billed for that visit.

### OBJECTIVES

1. Describe the process for how a CPT code obtains its monetary value under the Medicare Physician Fee Schedule.
2. Explain how the multiple procedure payment reduction policy reduces your payment.
3. Understand NCCI edits, the use of modifier 59 and how one discipline's billing can determine payment for another discipline's billing.
4. Recognize the difference between the "8-minute rule" and definition of substantial and how each impacts what you can bill.

### WHEN

Thursday, Jan. 24, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 146C

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## The Great Convergence: Global Health, Disability and Rehabilitation

### PRESENTED BY

Laura Keyser, PT, DPT  
Dawn Magnusson, PT, PhD

Michel Landry, BScPT, PhD  
Sudha Raman, BScPT, PhD

### COURSE DESCRIPTION

In the past decade, the World Health Organization (WHO) has released an unprecedented 4 major policy documents regarding the intersectionality of global health, disability, and rehabilitation, signaling the critical nature of disability as an emerging global health priority and advocating the need for greater size and scope of rehabilitation interventions. While the conceptual frameworks that underpin global health, disability, and rehabilitation existed previously, they have only recently been discussed or presented with such overt policy and practice interconnectedness. The term great convergence describes this concurrent balancing and merging of ideas and interests. In this presentation, the speakers will provide compelling global population-level data that supports the possibility of a great convergence and will use country-specific case studies of noncommunicable diseases in Belize, neglected tropical diseases in Benin, and women's health challenges in Congo as specific examples of where rehabilitation has been effectively incorporated, and how a reduction in disability impact was achieved. The presentation will conclude with consideration of whether such physical therapist interventions are scalable with sufficient size, scope, and timing to bend the curve on the alarming rates of global disability.

### OBJECTIVES

1. Recognize the importance of major global population changes in the last 20 years, and interpret the effects of such changes on health and disability status (including but not limited to the transition from high mortality to high morbidity and disability with Global Burden of Disease assessments).
2. Describe and demonstrate the impact, the goals, and public health objectives of the World Health Organization's (WHO) 4 recently policy documents regarding the intersectionality of global health, disability, and rehabilitation.
3. Analyze 3 different case studies that are at the crossroads of global health, disability, and rehabilitation, and then validate and judge the extent to which physical therapist interventions can be scalable along the diaspora of other global health settings.
4. Assess and criticize the scope of the opportunities available for physical therapists to mediate disability-related outcomes in global health, and consider the collective steps needed to address alarming rates of disability at the global level.

### WHEN

Thursday, Jan. 24, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## LAMP Catalyst “TED”-Style Talks: Physical Therapy Frontline Leadership Lessons, Tough Lessons We Learned the Hard Way - A LAMP Management Faculty Discussion

### PRESENTED BY

Emily Becker, PT, MPT  
Anna Edwards, PT, MA, MBA  
Deborah Kucera, PT  
Debora Miller, PT, MBA

John Corcoran, PT, DPT, MS  
Aaron Embry, PT, DPT, MSCR  
Amy Lafko, PT, MS, MBA  
Beth Sarfaty, PT, MBA

### COURSE DESCRIPTION

A series of LAMP TED-style talks will provide shared experiences on leadership from LAMP faculty using personal stories that forged unforgettable lessons in Leading Within and in Leading Others. As the physical therapy profession transforms society by optimizing movement, the series of leadership talks will provide inspiring ideas for personal and professional leadership growth. Each distinguished speaker will share their varied background in health care and unique experiences as health care leaders. As colleagues present their factual stories and personal experiences, attendees will have the opportunity to reflect and connect to their own physical therapy leadership experiences. Their stories will show how they have applied leadership literature and principles.

### OBJECTIVES

1. Apply leadership principles to specific conditions and unique situations in health care.
2. Relate key characteristics of personal leadership and correlate these experiences to your own career development.
3. Identify leadership principles to address unique situations in the diverse and changing health care environment.
4. Apply leadership principles and models for building successful relationships and coaching of others.

### WHEN

Thursday, Jan. 24, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 146C

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



THURSDAY, JAN. 24, 2019

## From Lightly Salted to Seasoned: Implementing Early Professional Development

### PRESENTED BY

Jilliam Carney, PTA  
Jamie Dyson, PT, DPT  
CariAnn Litz, PT, DPT  
Paula Shulthiess, PT, DPT

### CO-SPONSORING SECTION

Academy of PT Education

### COURSE DESCRIPTION

The passing of RC 15-14, Membership Retention of Early Career Individuals, during the 2014 APTA House of Delegates facilitated the creation of the Florida Physical Therapy Association's Early Professional Special-Interest Group (SIG). The Early Professional SIG is now 5 years in existence, and those involved have learned many lessons along the way. In this session, the speakers will discuss the implementation of the SIG, including the initial goals, plan for execution, and the early member recruitment methods. Current and former members of the SIG will discuss successes and failures in these areas and the dynamic strategies required to maintain membership engagement. The session also will focus on how these members' involvement has helped them transition from new graduates to early professionals and further into association leadership. The presenters hope to spark interest and inspire other APTA sections and state chapters to engage their early professionals with their own professional development programs.

### OBJECTIVES

1. Describe objectives and goals for the creation of a group dedicated to the early career physical therapy professional.
2. Discuss strategies used to initiate and maintain engagement of early professionals within the organization.
3. Analyze the personal goals and success targets of the individual early professional and their effects on an early professional group.
4. Discuss the implementation of a framework for early professional members to develop leadership skills and transition to association leadership positions.

### WHEN

Thursday, Jan. 24, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149AB

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## Emerging Issues in Medicare: Payment Updates and Hot Topics

### PRESENTED BY

Kara Gainer, JD  
Heather Smith, PT, MPH

### CO-SPONSORING SECTION

Private Practice Section, Academy of Geriatric PT

### COURSE DESCRIPTION

Medicare laws, rules, and policies are constantly changing and vary depending on the settings in which PTs and PTAs practice. This session will explore the latest developments related to fee schedule payments, prospective payment systems, and payment reform. The information provided will be valuable as you adapt your practice to ensure compliance with the changing regulations and laws.

### OBJECTIVES

1. Identify the latest developments in the Federal PT Section legislative and regulatory arena and determine how it will affect the physical therapy profession.
2. Adapt your practice to comply with the newest regulations and policies.
3. Take steps to prepare your practice for new payment changes.

### WHEN

Friday, Jan. 25, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: Salon ABC

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## ¿Habla Español? Preparing Students to Communicate With Spanish-Speaking Patients

### PRESENTED BY

Carolina Carmona, PT, DPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

Loretta Dillon, PT, DPT

Roberto López-Rosado, PT, DPT, MA

Daniel Millar, SPT

Celia Pechak, PT, PhD, MPH

Sara Pullen, PT, DPT, MPH

### COURSE DESCRIPTION

Safe and effective health care is impossible without effective patient-provider communication. When patients with limited English proficiency (LEP) cannot communicate with their health care providers, they face barriers to proper care and experience negative outcomes. Whether viewing the situation from a social justice framework or simply addressing the National Standards for Culturally and Linguistically Appropriate Services (CLAS Standards), preparing students to overcome communication barriers is essential. Reflecting that the highest proportion of people with LEP in the United States speak Spanish, physical therapist education programs increasingly are using various strategies to improve the Spanish proficiency of their students, and/or to teach students to properly use trained interpreters. The speakers will present the experiences of 4 programs with different and evolving approaches to teaching students to advance their Spanish proficiency: Emory University, Northwestern University, Florida Gulf Coast University, and The University of Texas at El Paso. Additionally, they will present their relevant research, including: a validation study of the Physical Therapy Spanish Proficiency Measure (PT-SPM); insights gained from investigating physical therapist students' attitudes and beliefs about learning Spanish; and results of an interprofessional interpreter-use training.

### OBJECTIVES

1. Discuss the National CLAS Standards and their relevance to physical therapist education and practice.
2. Apply the presenters' educational experiences and research to your own challenges in addressing communication barriers.
3. Identify how Spanish language education can be a gateway to pro bono physical therapy work.
4. Discuss the ethical implications of using limited Spanish language in lieu of using of a trained interpreter.

### WHEN

Friday, Jan. 25, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Intermediate

## SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

### Pain Science With Vulnerable Populations: Transforming the Human Experience

#### PRESENTED BY

April Gamble, PT, DPT

Jeff Hartman, PT, DPT, MPH

#### COURSE DESCRIPTION

The biopsychosocial model holds that suffering and illness are affected by biological, psychological, and social dimensions. In line with the biopsychosocial model, symptoms of post-traumatic stress disorder (PTSD), anxiety, and depression are associated with greater rates of physical health problems and pain-related disability. Similarly, 10% - 50% of individuals receiving treatment for chronic pain have symptoms that satisfy criteria for PTSD. A mutual maintenance theory proposes that there are components of each condition that maintain or exacerbate symptoms of the other. Physical therapy, which integrates a pain science approach, is effective in treating pain and associated functional impairments in those with mental health factors. This session will present the evidence regarding the biopsychosocial assessment and treatment of individuals presenting with pain and mental health factors. This information is relevant for those working with persons in pain in a variety of contexts, from outpatient Orthopaedics Section pedic clinics to global health settings. The speakers will present results of a randomized controlled wait-list pilot study with a vulnerable population of prisoners in the Middle East, to explore cultural and social considerations for pain science as well as aspects of health equity and social justice. The session also will integrate live demonstrations of evidence-based interventions to promote the use of novel treatment approaches.

#### OBJECTIVES

1. Discuss biopsychosocial considerations regarding the assessment and treatment of vulnerable populations presenting with pain, functional impairments, and mental health factors.
2. Describe the physiological underpinning for the interplay between pain and mental health factors, including symptoms of posttraumatic stress disorder, anxiety, and depression.
3. Describe evidence-based interventions for persons that present with pain and mental health factors.
4. Discuss the clinical application of an evidence-based novel treatment service model for an underserved and vulnerable population presenting with pain and mental health factors.

#### WHEN

Friday, Jan. 25, 2019  
8:00 a.m.-10:00 a.m.

#### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

#### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## Using 3D Printing in Physical Therapy: Competitive Advantage and Improved Care

### PRESENTED BY

Karen Gordes, PT, PhD, DScPT

Shawn Grimes, Bachelor of Science, Software and Internet Apps

Amy Hurst, PhD

Robert Latz, PT, DPT

Sandy McCombe Waller, PT, PhD, NCS

### COURSE DESCRIPTION

In this educational session, we will demonstrate several options for using 3D printing to customize assistive devices, modify special equipment, and create specific adaptations for equipment or exercises. We will present real-world experience using 3D printed adaptations for a group of patients with complex medical issues including a review of the challenges, strengths and outcomes. In this process of learning, we will discuss materials, machines, and software which will make this easier for any clinician and more effective for any patient. Combine the knowledge of a Physical Therapist or Physical Therapist Assistant with the functionality of software to create various devices. Finally, watch as actual items take shape in the onsite 3D printer as designed creations are 'printed' in front of attendees. In order to effectively provide rehabilitative care in a complex medical system, rehabilitative specialists need to be fluent in how technology can enhance their delivery of patient care. In addition, using a 3D printer can move your clinic ahead in a competitively edging environment. In addition, providing specific and customized adaptations allows our patients to become ever more independent in the world. This 3D printing technology allows one to use their creative and scientific knowledge to create optimal solutions for specific situations. Join us. Have fun. Learn something very new.

### OBJECTIVES

1. Discuss current materials, software, and hardware used in 3D printing
2. List three potential benefits from using 3D printing in Physical Therapy
3. Describe at least one scenario when 3D printing is beneficial in Physical Therapy
4. Discuss integrating 3D technology into Physical Therapy Education and Interprofessional Opportunities

### WHEN

Friday, Jan. 25, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## We're So Smart and So Skilled! Do You Make That Evident in Your Documentation?

### PRESENTED BY

Donna Diedrich, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy

### COURSE DESCRIPTION

We're smart! We're skilled! But that's not often what comes through in our documentation. Why is that? As we become experienced therapists analyzing our patients during treatment, making subtle adjustments to obtain a more desired response becomes second nature. Do we lose sight of the extensive education and treatment experience it takes to acquire these skills? Our expertise is defined by analysis of impairments and movement or cognitive patterns that are less than optimal and limit function. Integrating evidenced-based practice and clinical reasoning into an effective and efficient person-centered plan of care requires knowledge, experience, and skill. Payers scrutinize our skills because our documentation does not accurately reflect our services. Could this be due to the paradox of expertise? Do we overlook our skill and fail to effectively document how our expertise leads to patient outcomes? We are the value not the equipment or the number of visits. The payer wants to know that they are paying for a service that only you, a licensed, highly educated and trained therapist, can provide. Learning to effectively and concisely document your skill in relation to patient outcomes demonstrates the value you provide and can reduce the risk for denials. This session will review the importance of effectively documenting your skill, which is necessary for communication, safe patient hand-off, and reimbursement.

### OBJECTIVES

1. Explain what a medical reviewer expects to see documented for skilled services related to physical therapy.
2. Identify key terminology for documenting and detailing your skill for services provided.
3. Describe strategies to more effectively support skilled physical therapy, evidenced by your knowledge, analysis, and treatment through your progress reports and daily notes.

### WHEN

Friday, Jan. 25, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Intermediate

## SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

### Emerging Issues in Medicare: Quality Programs and Alternative Payment Models

#### PRESENTED BY

Kara Gainer, JD  
Heather Smith, PT, MPH

#### CO-SPONSORING SECTION

Private Practice Section | Academy of Geriatric PT

#### COURSE DESCRIPTION

Medicare laws, rules, and policies are constantly changing and vary depending on the settings in which PTs and PTAs practice. This session will explore the dramatic changes that come with implementing comprehensive health care reform legislation; alternative payment models; quality reporting programs, including MIPS; and more. The presenters will discuss how these changes create many opportunities and challenges for physical therapists.

#### OBJECTIVES

1. Discuss the potential impact of emerging policies in health care reform on delivery system reform, including opportunities to advance rehabilitation and avoid potential threats to rehabilitation.
2. Identify the latest initiatives regarding the development and implementation of alternative payment models in which physical therapists are able to participate.
3. Comply with quality reporting requirements for payment.

#### WHEN

Friday, Jan. 25, 2019  
11:00 a.m.-1:00 p.m.

#### WHERE

Walter E. Washington Convention  
Center  
Room: Salon ABC

#### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## Global Health Catalyst Talks: The Good, the Bad, and the Ugly of Global Health Engagement

### PRESENTED BY

Jennifer Audette, PT, PhD

April Gamble, PT, DPT

Jeff Hartman, PT, DPT, MPH

Susan Klappa, PT, PhD

### COURSE DESCRIPTION

In the spirit of engaging and uniting individuals and organizations to promote social responsibility, these TED-style Catalyst Talks provoke and challenge us to consider how our attitudes and actions impact the health of individuals and communities around the world, whether these communities are close to, or far from, our homes. The session brings varied perspectives on hot topics and prompts intellectual discussion on some very tough questions, such as: Why do we travel 8,000 miles around the world to immerse in a distant community when there are ample opportunities to immerse within the block we live in? How do power and privilege impact our experiences in under-resourced communities locally and abroad? How do we stand up for social justice and equity for all? How do we know we are doing good? Who benefits? What are social justice and social responsibility in community engagement? How does the right to health drive our attitudes and behaviors? Is charity always bad? In the end, attendees will be inspired to pursue the answers to these tough questions through contemplative dialogue. The ultimate goal of the Catalyst Talks is to promote thoughtful and ethical practices in global health engagement among the physical therapy profession. We invite students, clinicians, faculty, and other stakeholders "whether new to or experienced in global health engagement" to join these thought-provoking conversations!

### OBJECTIVES

1. Reflect upon your own personal attitudes, behaviors, and actions that impact the efficacy of your community engagement practices.
2. Consider varied ethical platforms the drive actions for social responsibility and community engagement.
3. Discuss the advantages and disadvantages of global health practices.

### WHEN

Friday, Jan. 25, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 154AB

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## Antecedents, Behavior, and Consequences: Applying the Behavioral ABCs to Physical Therapy Practice

### PRESENTED BY

Julie Miller, PhD

Daniel Pinto, PT, PhD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

### COURSE DESCRIPTION

Half all people who intend to be physically active remain inactive. A large minority of people in the US smoke cigarettes. The majority of our population is overweight or obese. Most people know that their health choices are against their long-term interests, yet they continue to make the same choices. Most theories of behavior suggest people will adjust behaviors once they understand the consequences of their actions; however, this is not what we see in practice. This happens because many decisions bypass cognition, reflect individual preferences, and are grounded in habit. Our preferences can change based on the context surrounding a situation, and clinicians can use this to improve clinical care. Many physical therapists do not have training in identifying the problem behavior. We can use our understanding of the antecedents, behavior, and consequences (ABCs) of behavior change and behavioral mapping to identify the problem behavior and then design choices or circumstances to improve health. In this session, the speakers will review features of behavioral science and behavioral mapping to identify problem behaviors and identify solutions related to habit formation and the structuring of situational factors.

### OBJECTIVES

1. Understand and describe the need for the ABCs and behavioral mapping.
2. Apply behavioral mapping to identify a problem behavior.
3. Apply behavioral economics principles to addressing problems related to physical therapist and patient or client behavior.

### WHEN

Friday, Jan. 25, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



FRIDAY, JAN. 25, 2019

## Leveraging Big Data to Inform Clinical Decisions and Drive Quality Improvement

### PRESENTED BY

Jason Falvey, PT, DPT, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Maggie Horn, PT, DPT, PhD, MPH

Addie Middleton, PT, DPT, PhD

Catherine Schmidt, PT, DPT, MS

### COURSE DESCRIPTION

The purpose of this session is to educate physical therapists on how to use various sources of large data from payers and health care systems to inform clinical care decisions and drive innovative quality improvement efforts. The speakers will discuss how existing data, such as electronic health records (EHR) and nationally representative claims data, can provide rich sources of information to answer important clinical questions that require less resource demand than traditional clinical trials. Findings from this type of research will support clinicians' efforts to meet the demands of a rapidly changing health care delivery environment. The presenters will discuss their experiences in using large data sources to conduct health services research that promotes optimal physical therapy care delivery. Specifically, the presenters will detail how existing data can be used to identify variations in care delivery and patient outcomes in inpatient and outpatient settings; qualitative approaches to explain the variation observed and create resources for decreasing variation and improve care; how data can be used to drive innovations in quality improvement and measure meaningful health outcomes; and how an EHR system can be maximized to capture clinically meaningful data and patient-reported outcomes to improve care delivery.

### OBJECTIVES

1. Identify how Medicare claims data can be used to describe how timing of physical therapy impacts health care utilization and care delivery.
2. Describe how to identify variation in care delivery and how to use this information to guide next steps in care improvement efforts.
3. Describe how to most effectively utilize the data infrastructure and analytic resources within a health system to capture clinical data, including patient reported outcomes, beyond claims data to inform clinical decision making.

### WHEN

Friday, Jan. 25, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Intermediate

# HPA THE CATALYST BUSINESS MEETING, AWARDS AND GHSIG RECEPTION



**FRIDAY, JAN. 25, 2019**

HPA The Catalyst invites you to join the organization for its annual business meeting and awards presentation, immediately preceding the Global Health Reception. HPA The Catalyst will take the time to review the Section's accomplishments in the past year, recognize our terrific volunteer committee members, swear-in new officers, and present the Section's five awards: the HPA Outstanding Service Award, the R. Charles Harker, Esq., Policy Maker Award, the LAMP Lighter Award, the Global Health Special Interest Group (GHSIG) Award, and the HPA Technology and Innovation Award.

This is an excellent opportunity to learn more about what goes into making HPA The Catalyst such a successful Section as well as to network with fellow physical therapy professionals who share the same interests as you. It's also a great platform to learn more about volunteering and getting involved with HPA The Catalyst. We hope to see you this coming January for what should be a terrific evening!

## Join Us for the Global Health Reception at CSM 2019

The Global Health SIG will host its Global Health Reception on Friday, Jan. 25, 2019, from 8:00 p.m. to 10:00 p.m. Join us for light hors d'oeuvres and a cash bar while mingling with fellow physical therapy professionals who are interested in global health initiatives.

### Thank you to this years sponsors!

#### Platinum Sponsor

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University of Rhode Island  
University of Texas at El Paso

#### Bronze Sponsors

Cheryl L. Kerfield  
Jefferson (Philadelphia University + Thomas Jefferson University)  
Northwestern University  
Regis University

#### WHEN

Friday, Jan. 25, 2019  
6:00 p.m.-10:00 p.m.  
Reception Begins at 8:00 p.m.

#### WHERE

Marriott Marquis  
Marquis Salon 7,8,9,10

#### WHO

Open to All Members  
and Non-Members Interested  
in HPA The Catalyst!

# SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

## LGBTQIA+ Barriers in Physical Therapy: Clinician, Educator, and Student Perspective

### PRESENTED BY

Brianna Durand, SPT

Felix Hill, SPT

Melissa Hofmann, PT, MSPT, PhD

### COURSE DESCRIPTION

Members of the LGBTQIA+ community have experienced health-related disparities and barriers to health care. Factors related to health care disparity include but are not limited to depression and suicide among discriminated LGBTQIA+ people, increased substance use, peer victimization and family rejection, increased risk of physical health problems, lack of gender- or sex-specific health care, and lack of office-based care for LGBTQIA+ people. Such disparities have been the result of deficiencies in cultural competence, professional identity, and advocacy education within the clinical and academic settings. Local and state policies have been found to prohibit the LGBTQIA+ civil rights protections, thus contributing to the occurrence and severity of such disparities. This session promote education and awareness to the physical therapy community (students, educators, and clinicians) to enhance cultural competence and understanding of basic LGBTQIA+ terminology and concepts and to provide an in-depth discussion of the current factors that have been found to contribute to disparities among the LGBTQIA+ community. Attendees will be better able to advocate for and implement change in the service to the LGBTQIA+ community as they will learn information that will enable them to direct specific efforts towards cultural competence education, curriculum reform, and policy changes at the local and state levels.

### OBJECTIVES

1. Recognize basic LGBTQ terminology and concepts.
2. Differentiate current factors contributing to disparity amongst the LGBTQIA+ community in the physical therapy clinical and academic settings.
3. Identify local, state, and national policies prohibiting LGBTQIA+ local and state civil rights protections.
4. Discuss presenters' research, including quantitative survey results and qualitative focus group Interviews regarding the barriers to health care for the LGBTQIA+ community.

### WHEN

Saturday, Jan. 26, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 146C

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

## The Human Movement Experience: Time for an Upgrade

### PRESENTED BY

Jennifer Angeli, PT, DPT, PhD

Susan Appling, PT, DPT, PhD, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

Cathy Ciolek, PT, DPT, FAPTA, Board-Certified Clinical Specialist in Geriatric Physical Therapy

Ira Gorman, PT, PhD, MSPH

Catherine Quatman-Yates, PT, DPT, PhD

Laura Schmitt, PT, PhD

### COURSE DESCRIPTION

Physical therapists are empowered to help improve the human movement experience at individual and societal levels. Over the last several years, there has been considerable worldwide interest in the emerging construct and field of study referred to as physical literacy. Defined as the ability, confidence, and desire to be physically active for life, physical literacy is thought to be a cornerstone to lifelong health and fitness. Much of the research and public health strategies related to physical literacy thus far have stayed primarily within the realms of physical education and youth sports development. However, the fundamental aspects of physical literacy and the physical literacy model itself offer a transformative lens for physical therapist practice, research, and public health initiatives. This session will highlight opportunities for physical therapists and researchers to leverage the construct of physical literacy to radically improve care delivery and patient outcomes, as well as for the physical therapy profession as a whole to serve as a catalyst in the physical literacy movement. The speakers will explain physical literacy implications for PT practice, clinical and health services research propositions, and advocacy opportunities. A moderated expert panel and audience discussion will develop strategies for supporting and promoting physical literacy as a profession.

### OBJECTIVES

1. Understand the concept of physical literacy as it applies to patients and clients in all physical therapist practice settings.
2. Justify the instrumental role of the PT as a catalyst in the physical literacy movement, with power to influence social and public health policies that impact lifelong health and wellness.
3. Participate in the national and international physical literacy movement conversations through the utilization of shared terminology and agenda.
4. Establish interprofessional networks through the collective impact model that empower individuals to pursue any level of physically active lifestyle they choose.

### WHEN

Saturday, Jan. 26, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Advanced

# SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

## Clinicians, Administrators, and Researchers: Collaborating to Improve Hospital Care

### PRESENTED BY

Doug Benson, PT, DPT

Michael Friedman, PT, MBA

Joshua Johnson, PT, DPT, ATC

Sowmya Kumble, PT, MPT, Board-Certified Clinical Specialist in Neurologic Physical Therapy

Christopher Noren, OTR/L

### CO-SPONSORING SECTION

Academy of PT Education

### COURSE DESCRIPTION

There is a need in health care to identify and implement practice patterns that add value to the patient care experience while eliminating wasteful practice. The optimal role of physical therapist services in the acute care hospital has been a topic of investigation both outside and within the physical therapy profession. In this presentation, the speakers will highlight ongoing work to build learning health systems through academic-clinical partnerships, in order to demonstrate the strategic value the rehabilitation department plays in driving outcomes for hospitalized patients. Frontline acute care clinicians, clinical administrators, and researchers working in each of the 2 systems will describe how their individual roles are vital to this collaborative work. Clinicians articulate problems in their day-to-day practice and seek to better understand how physical therapy may or may not contribute to patient outcomes. Administrators, recognizing how hospital-specific initiatives may be impacted by rehabilitation services, develop a culture conducive to learning about and changing the delivery patterns of those services as needed. Researchers assist in framing clinical problems as scientific inquiries and offer skills in data collection and analysis to facilitate increasing understanding of the role of physical therapy in the hospital. The collaboration enables practice and research to drive one another in pursuit of eliminating waste and maximizing value in hospital care.

### OBJECTIVES

1. Define the learning health system and identify elements necessary to develop and sustain such a system.
2. Understand potential mechanisms to facilitate academic-clinical partnerships in order to investigate and support clinical practice and value-based questions.
3. Recognize opportunities to incorporate data-driven decision making in your practice.

### WHEN

Saturday, Jan. 26, 2019  
8:00 a.m.-10:00 a.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 149A

### EDUCATION LEVEL

Basic

# SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

## From Frustrated to Fantastic: Capitalizing on Generational Characteristics

### PRESENTED BY

Alicia Campbell

Jillian Carney, PTA

Aaron Embry, PT, DPT, MSCR

Amy Lafko, PT, MS, MBA

### COURSE DESCRIPTION

While you see this title, you may think that you know everything you need to know about the generations and ask, What else is there to learn? You may not believe that understanding the collective characteristics of all generations is what will drive the profession forward. Well, there is where you may be wrong. This session is for frustrated seasoned professionals, frustrated students, and frustrated early professionals. Do you want to make the most of the generational diversity in your practice? Do you want to gain the skill needed to catalyze the generational differences toward positive and productive outcomes for both peers and patients? Then this session is for you! Through an interactive and group-based approach, this session will engage attendees to increase both knowledge and skills to turn generationally-based frustrations into collaborative forward movement. Success in this session will rely on the attendance and participation of students and professionals of all generations. Bring your entire team to this session or maybe even a random person you just met at the conference. Everyone will walk away with an action plan for embracing differences and leading the movement to generational harmony

### OBJECTIVES

1. Assess personal and professional generational bias.
2. Develop basic and effective skills to break out of generational conflicts and differences in the workplace.
3. Determine effective solutions to common generational conflicts and differences in the workplace.
4. Develop communication skills to help interact with others who behave within the stereotype of their generation.

### WHEN

Saturday, Jan. 26, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158AB

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



**SATURDAY, JAN. 26, 2019**

## **Tough Lessons We Learned the Hard Way: A LAMP Management Faculty Discussion**

### **PRESENTED BY**

**Gail Altekruise, PT, MBA**  
**Susan Chalcraft, PT, MS**  
**Maurine Coco, PT, MSPT**  
**Paula Eppenstein, PT, MS**  
**Brian Hull, PT, DPT, MBA**  
**Stephen Huntsman, PT**  
**Susan Jenó, PT, PhD**

### **COURSE DESCRIPTION**

In 2015, APTA's Health Policy and Administration Section pulled together a group of experienced physical therapy managers from across the nation to create the new LAMP: Management preconference offering. The faculty created this innovative session based on many tough lessons they learned along their way. This session will bring together 7 of those tough lessons for attendees to glean without experiencing the same bumps and bruises.

### **OBJECTIVES**

1. Discuss the theory behind organizational change management.
2. Discuss 3 strategies to promote positive behaviors and enhance accountability.
3. Identify common behaviors, habits, and pitfalls that can lead to success or failure for new (and experienced) managers.
4. Describe the tools to address the complexities of managerial challenges to enable better handling of similar situations in the future.

### **WHEN**

Saturday, Jan. 26, 2019  
11:00 a.m.-1:00 p.m.

### **WHERE**

Walter E. Washington Convention  
Center  
Room: 149A

### **EDUCATION LEVEL**

Intermediate

# SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

## Measuring Functional Outcomes in Postacute Care

### PRESENTED BY

Matt Sivret, PT, CLT

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

### COURSE DESCRIPTION

In every practice setting, physical therapists are challenged with collecting outcomes data. Depending on where you work and who you work for, the expectations for which tool you use may be different. So does it matter? Is anyone going to look at it or use it? This session will explore how function is currently measured in the postacute care space. The Improving Medicare Post-Acute Care Transformation Act of 2014 legislated the collection of functional outcomes data in long-term care hospitals, skilled nursing facilities, inpatient rehabilitation facilities, and home health agencies. But what else needs to be and should be measured?

### OBJECTIVES

1. Define the elements in the functional outcome measure currently utilized in long-term care hospitals, inpatient rehabilitation facilities, skilled nursing facilities, and home health agencies.
2. Articulate the utility of using 1 or more outcome tools in your practice.
3. Describe methods for tracking and analyzing your own data to inform clinical and business decisions.
4. Internalize methods of incorporating functional outcomes into practice.

### WHEN

Saturday, Jan. 26, 2019  
11:00 a.m.-1:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



**SATURDAY, JAN. 26, 2019**

## Promoting Resilience and Preventing Burnout in Healthcare Employees

### PRESENTED BY

Daniel Dziadura, PT, MSPT, DHSc

### COURSE DESCRIPTION

Health care employees are prone to burnout, characterized by cynicism and depersonalization, and compassion fatigue, the inability to demonstrate empathy for others. Burnout and compassion fatigue in health care staff directly influence quality of care, outcome measures, and patient satisfaction, which are components of the value-based purchasing system that determines hospitals' reimbursement rates. Effects of burnout on health care include high staff turnover, low employee engagement, ineffective communication and incivility, increased incidence of infection in hospitalized patients, and low patient satisfaction scores. Professional resilience is the ability to adapt to, recover from, or grow from episodes of adversity at work. Cultivation of professional resilience is a strengths-based remedy for burnout and compassion fatigue. In this session, attendees will learn how one hospital mapped self-perceptions of professional resilience in employees and found surprising correlations between self-perceptions of professional resilience and 17 characteristics of resilient people. The speakers will discuss 2 evidence-based models to improve resilience in leaders and frontline staff.

### OBJECTIVES

1. Differentiate between compassion fatigue and burnout.
2. Discuss the benefits of resilience.
3. Employ evidence-based models that increase resilience in health care leaders and staff.
4. Implement practices that increase awareness of gratitude.

### WHEN

Saturday, Jan. 26, 2019  
3:00 p.m.-5:00 p.m.

### WHERE

Walter E. Washington Convention  
Center  
Room: 146C

### EDUCATION LEVEL

Intermediate

## SESSION DESCRIPTIONS



SATURDAY, JAN. 26, 2019

### Ethics of Societal Transformation: APTA's Code of Ethics in the 21st Century

#### PRESENTED BY

Todd Davenport, PT, DPT, MPH, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy  
Sean Griech, PT, DPT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

#### COURSE DESCRIPTION

Important decisions about right and wrong are made daily in physical therapy clinical settings. The APTA Code of Ethics was initially adopted in 1981 as a way to summarize the physical therapy profession's commitment to the public good in a specific manner. The current model fits episodic, fee-for-service, and clinic-based practice settings, but consideration of our ethical reasoning may change as we embrace population health. The values of the APTA Code of Ethics should continually guide "and be guided" by the vision and values of the physical therapy profession as it continues to develop. Along these lines, reconsideration of our ethical thinking in physical therapy will help us refocus our efforts to transform society and embrace new practices and practice settings. In this session, the speakers will describe social justice, human rights, utilitarianism, and deontology in physical therapy, and explain the role of a Human Rights Impact Needs Assessment to protect and promote human rights in principles and standards of physical therapist practice.

#### OBJECTIVES

1. Define social justice, human rights, utilitarianism, and deontology.
2. Provide examples of social justice, human rights, utilitarianism, and deontology in current and aspirational physical therapist practice settings.
3. Describe the Human Rights Impact Needs Assessment.
4. Apply the Human Rights Impact Needs Assessment to physical therapist practice.
5. Discuss areas for potential revision of the current APTA Code of Ethics to support the practice of physical therapy in population health roles.

#### WHEN

Saturday, Jan. 26, 2019  
3:00 p.m.-5:00 p.m.

#### WHERE

Walter E. Washington Convention  
Center  
Room: 158A

#### EDUCATION LEVEL

Intermediate

# SESSION DESCRIPTIONS



**SATURDAY, JAN. 26, 2019**

## **Moving the Bar: The PT's Interprofessional Role in Prevention and Population Health**

### **PRESENTED BY**

**Tina Gunaldo, PT, DPT, PhD, MHS**

**Lori Pearlmutter, PT, MPH**

### **COURSE DESCRIPTION**

Health care in the United States is shifting to an integrated care model. These models promote interprofessional collaboration as an opportunity to maximize health professional resources and expertise, with the ultimate goal of improving health outcomes. Accrediting agencies, governing bodies, and payer systems recognize the benefits of collaborative practices such as those commonly incorporated into the patient-centered medical home (PCMH). Some payers incentivize integrated care teams for demonstrated successes in the areas of prevention and population health. Physical therapists have an essential role in this new paradigm. The Office of Disease Prevention and Health Promotion Healthy People 2020<sup>2</sup> goals target preventive care, such as fall reduction, tobacco cessation, treatment for depression, and immunizations. In the past, health care providers, including PTs, have focused primarily on tertiary care for individuals. Healthy People 2020 goals prioritize primary and secondary prevention, as well as population health. Physical therapists have an opportunity to educate PCMH and other primary care leaders about their training and roles within the interprofessional team focused on achieving national health goals. During this presentation we will define interprofessional collaboration and explore an expanded role of physical therapists in collaborative primary care teams to reach the goals of a healthier population.

### **OBJECTIVES**

1. Communicate the importance of interprofessional collaboration in health care delivery.
2. Recognize opportunities for PT interprofessional collaboration in primary care as related to Health People 2020 goals.
3. Identify the PT's role(s) in integrated care models focused in primary care and population health.

### **WHEN**

Saturday, Jan. 26, 2019  
3:00 p.m.-5:00 p.m.

### **WHERE**

Walter E. Washington Convention  
Center  
Room: 149AB

### **EDUCATION LEVEL**

# POSTER PRESENTATIONS



- 3092 A Survey and Analysis of Autonomy and Productivity Requirements Among Physical Therapist Assistants in Washington State** – Berry JW, Clemetson T, Gramer F, Struwe A
- 3093 Changes in Physical Therapists’ Attitudes and Perceptions of Barriers to Implementation of Advanced Technology into Physical Therapy Practice Following Education** – Zielke DR, Burns M, Anderson C, Brady S
- 3094 User Engagement with Technology-delivered Interventions - Does it Matter? Website Engagement and Weight Loss in Women from Rural Communities** – Hageman PA, Yoerger M, Mroz JE
- 3095 A Brief Intervention Model of Physical Therapy within the Community Health Center: A Randomized Controlled Trial** – Sartor-Glittenberg C, Hodges C, Burch AL, Bay C, Ibarrola RT, SunigaCadavid M, Badr M
- 3096 Value Based Care Delivery: Strategies, Surprises, and Lessons Learned** – Perron AE, Dodge-Krupa N, Sidelinker J
- 3097 Physical Therapists’ Knowledge and Attitudes Towards LGBT Populations** – Chookaew J, Moore CJ
- 3098 Impact of Acute Care Therapy Operational Structure on Patient Satisfaction and Adherence to Therapy Plan of Care: A Case Study Report** – Edelstein J, Perryman L, Sotelo R, Pritchard K, Stankiewicz C, Williams A, Sanchez V
- 3099 Awareness of Physical Therapy in Tanzania: “Physical Therapy to Promote Health and Progress Developmental Goals** – BOOS K
- 3100 Training the Trainers: Adaptive Swimming in Pediatrics** – Lojovich JM, Colaco S, Obrycki W, Oehler S, Peitz M, Sotherland D, Wiltgen M
- 3101 Public Health Event Response Preparedness among Physical Therapists** – Hilfman CR, Berg-Poppe PJ, Diaz Talja-Binoya M, Vyas H
- 3102 Building a collaborative, sustainable service learning project to meet the objectives of the 2018-2030 WCPT/WHO Global Action Plan for Physical Activity for young adults with disabilities in Cusco, Peru.** – Patterson K, Marian C, Delgado M, Burnham J, DeNiel C, Blunt J, Bohler S, Davis B, Durham E, Guru J, Koester M
- 3103 A Survey and Analysis of Burnout and Productivity Requirements Among Wisconsin Licensed Physical Therapists** – Berry JW
- 3104 Autonomy and Productivity among Physical Therapists Licensed in North Dakota: A Survey and Analysis** – Berry JW, Omberg E, Carr T, Stasney K, Piche S
- 3105 Are Physical Therapists Assessing Vital Signs During Initial Evaluation in an Outpatient Setting; A Pilot Study of Clinician Practice Patterns** – Angelopoulou K, Lundgren B, Cardona S, Thoppil C, Curry SJ
- 3106 Value Innovation: Deploying Continuous Quality Improvement in the Outpatient Physical Therapy Setting** – Cohee K, Magel JS
- 3107 Barriers to the Use of Mobility Assistive Technology Devices (MATDs) in Low and Middle Income Countries (LMICs): A Systematic Review** – Jackson WH, Chee K, Cesarz C, Cremonte J, Kennedy VK, Landry M
- 3108 The Primary Student Physical Therapist Initiative within a StudentRun Pro Bono Clinic** – Pirtle B, Giordano L, Hall K, Paterson M
- 3109 Bridging the Gap: Creation, Implementation and Outcomes of a Pediatric Physical Therapy Course in Haiti** – Wild D, Farroni LW, Cottos E
- 3110 Improving Access to Physical Therapy by Using Predictive Modeling to Reduce No-Show Rates at Initial Evaluation** – Ulses C, VanEtten L, Quatman-Yates C, Briggs MS
- 3111 Characteristics of Productivity Standards in Physical Therapy Practice: Results of a Cross-Sectional Survey** – Tammany J, O’Connell JK, Allen B, Brismee J

# POSTER PRESENTATIONS



**3112 Physical Therapy Productivity Standards: Are Organizations Sacrificing Ethics for Revenue?** –Tammany J, O’Connell JK, Allen B, Brismee J

**3113 Adaptation of the COM-B model to assess organization receptiveness for change: identifying appropriate community partners to engage in physical activity program development and implementation for adults with chronic neurologic conditions** – Kelly KM, Gauthier LV

**3114 A Systematic Literature Review: Inconclusive Evidence of Yoga Over Usual Care in Treatment of Chronic Low Back Pain** – smith p, Escorpizo R, harte j, Liebman B, peter g, register c, Zeppetelli KJ

**3115 Promoting Sustainable Rehabilitation Services in Haiti through Education** – Hammond SL, Morrisette D, Wise H

**3116 Using Clinical Data to Drive Clinical Practice: Bringing Practice Change to Scale** – Scheets PL, Billings MC, Hennessy P

**3117 Comorbidities and Physical and Occupational Therapy Utilization among Medicare Stroke Patients with Pressure Ulcers: Analysis Minimum Data Set 3.0** – Krishnan S, Hong I, Cowan L, Ottenbacher K, Reistetter T

**3118 Longitudinal Health Outcomes Among High School Adolescents From Medically Underserved Populations (MUP)** – Nunez-Gaunard A, Gomez G, Shimabukuro K, Wilkow N, Williams K, Jaffe LA, Raya M

**3119 Examining ICF Related Factors to Address Obesity and Physical Activity Among High School Adolescents From Medically Underserved Populations (MUP)** – Nunez-Gaunard A, Bak B, Chan J, Chinoy S, Richardson C, Szymanowski J, Wilson A, Jaffe LA, Raya M

**3120 Assessment of Physical Therapist Awareness and Interest in care for the LGBTQIA+ Patient and Student Population.** – Hofmann MC, King A, Hill F

# PLATFORM PRESENTATIONS



## Thursday, Jan 24, 2019 - Presentations 1

8:00 a.m.-10:00 a.m.

### Moderator: Jason Falvey, PT, DPT, Board Certified Clinical Specialist in Geriatric Physical Therapy

**Anxiety and Depression Are Associated With Increased Health Care Utilization in Low Back Pain**

Presenter: Anna Bailes, BS

**Effects of “On the Move” Exercise Program on Falls and Health Care Utilization in Older Adults**

Presenter: Peter Coyle, PT, DPT

**Enhancing the Role of Physical Therapy in Value-Based Care Transitions: A Quality Improvement Project**

Presenter: Audrey Johnson, PT, DPT

**Primary Care Physician Referrals to Physical Therapy for Spine Conditions, 2006-2015**

Presenter: Samannaaz Khoja, PT, PhD

**Physical Therapy Referrals and Lifestyle Counseling by Physicians for Managing Lower Extremity Osteoarthritis, 2007-2014**

Presenter: Samannaaz Khoja, PT, PhD

**Impact of Administrative Burden on Outpatient Physical Therapy for Patients With NonSpecific Low Back Pain**

Presenter: Janet Dolot, PT, DPT, DrPH

## Thursday, Jan 24, 2019 - Presentations 2

11:00 a.m.-1:00 p.m.

### Moderator: Jason Falvey, PT, DPT, Board Certified Clinical Specialist in Geriatric Physical Therapy

**Qualitative Effects of Cultural Immersion on the Education of Health Care Professionals: A Systematic Review**

Presenter: Lisa Barnes, PT, DPT, PhD

**Budget Impact Analysis of Robotic Exoskeleton Use for Locomotor Training Following Spinal Cord Injury in Three Model Health Systems**

Presenter: Daniel Pinto, PT, PhD Board-Certified Clinical Specialist in Orthopaedic Physical Therapy Fellow of the American Academy of Orthopaedic Manual Physical Therapists

**Academic Appointment for Physical Therapist Clinicians in a University and Hospital Partnership**

Presenter: Peter McMEnamin, PT, DPT, MS

**Assessment of a Student-Led Health Promotion Program for Individuals Recovering From Substance Abuse: Evaluation of an Education and Exercise Class Using Participant Self Efficacy for Exercise**

Presenter: Emily Wirdzek, SPT

**Community-Based Participatory Evaluation: Examination of a Long-Term International Service-Learning Partnership**

Presenter: Lorna Hayward, PT, MPH, EdD

# PLATFORM PRESENTATIONS



## **Saturday, Jan 26, 2019 - Presentations 3**

**3:00 p.m.-5:00 p.m.**

### **Moderator: Jason Falvey, PT, DPT, Board Certified Clinical Specialist in Geriatric Physical Therapy**

**Using the AM-PAC “6-Clicks” Inpatient Basic Mobility Short Form to Guide Interventions for Mobility and Patient Education in Acute Care**

Presenter: Claire Child, PT, DPT, MPH Certified Strength and Conditioning Specialist

**Implementation of Physical Therapy in Multidisciplinary Clinics**

Presenter: Maureen Sullivan, MSW, MBA

**Lessons Learned in Advocacy and Advice for Legislative Success: The Experience of Adding Dry Needling to the Idaho Physical Therapy Practice Act**

Presenter: Lance Gerber, PT, DPT Board-Certified Clinical Specialist in Orthopaedic Physical Therapy

**Developing and Comparing Tailored Functional Status Measures Across the Continuum of Post-Acute Care**

Presenter: Pallavi Sood

**Chronic Low Back Pain Experiences of Low-Income Immigrants in an Hispanic Community in Midvale, Utah, and Their Relevance to Physical Therapy Practice**

Presenter: Katey Blumenthal, PT, DPT, MA