MN Moving Forward
July | August 2013

2013 Outstanding Component

Minnesota Chapter

American Physical Therapy Association
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Volunteers Needed for MNPTA’s State Fair Booth

Calling all MN PTs, PTAs and students- it’s time for the Great Minnesota Get Together and we need you to volunteer at the Minnesota State Fair!

We’ve been invited back to participate in the KARE 11 Health Fair building and are adding to our concussion discussion from last year. We'll focus on information and education on the mechanisms of injury for concussion. We invite members from all practice settings to volunteer- all training materials are provided.

We'll have some great displays and will be giving away water bottles. This is an excellent opportunity to promote physical therapy for any setting and spread the word about the value of physical therapy to hundreds of thousands of people!

We need your help to staff the booth from August 22 through Sept 2. We have 4 hour shifts from 9-1, 1-5, and 5-9 each day of the fair and need 2-3 people per shift. That's means we'll need 108 volunteers throughout the fair. All volunteers will get a free ticket to the fair (good all day), a free tshirt, training materials, and an opportunity to promote their practice setting.

Volunteer today at www.mnapta.org and encourage a classmate or coworker to volunteer with you!

CONCUSSION?
IT’S A NO BRAINER
PHYSICAL THERAPY CAN HELP!

www.mnapta.org
American Physical Therapy Association
Minnesota Chapter
A Message From the President
Position for Change

Submitted by Craig Johnson, MNPTA President (APTA Member Since 1978)

Though the summer is in full swing, this is a time of renewal for MNPTA. We all should be optimistic about the future of MNPTA, APTA, and the physical therapy profession in Minnesota.

Following the spring elections in Minnesota, I would like to thank those who stepped forward and put their name on the election ballot, as well as congratulate those who were voted in by members to serve MNPTA. Congratulations to Jim Hoyme, Vice President of Regulatory Affairs, and Jason Kelecic, Director. Congratulations to new Nominating Committee members Heidi Dunfee and Anne Johnson. I want to thank board members who completed their term and are stepping off the board. With a sense of gratitude for their leadership and service, I want to thank Erin Simunds, Greg Santema, Lisa Dutton (who will transition from VP of Regulatory Affairs to Director), Jessica Solberg (who will start her second term as PTA Director), and Barb Wiegand (who will start her second term as a Director). Each individual brought a strong voice to the board and helped shape our strategic plan and efforts to move our profession forward. The transition of the board marks the beginning of a new planning cycle for our goals and objectives, as well as for MNPTA’s 2014 budget.

Many of you are aware of a new initiative to establish a “guiding coalition” to set forth a vision and direction of change that will reposition physical therapy in health care delivery. The window of opportunity is short, so with a sense of urgency the board has crafted the following statement: “The MNPTA has an opportunity to positively reposition physical therapy in health care delivery in a way that will give maximal benefit to all health care consumers, the health care system, and stakeholders that collaborate with physical therapy providers.”

We are seeking a huge change—one that will have long term benefits to members, licensed physical therapists and physical therapist assistants, and health care consumers. The board recognizes the importance of implementing this change of vision and direction the right way and is currently selecting a facilitator to lead the initial work of the coalition. Unlike previous initiatives, we have assembled a group of members and non-members. In order to broaden the perspective of the profession in relation to society and other stakeholders in the health care market, the coalition will devote much of their initial time to surveying the health care environment, various underserved populations, therapists and non-therapist health care providers, MNPTA members and non-members, and other stakeholders.
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Prior Authorization Repealed: MNPTA 2013 Session Wrap Up

By Kathleen Picard, PT, MNPTA State Government Affairs Chair (APTA Member Since 1977)

Good News for Physical Therapy

Legislators have gone home after the recent adjournment of the 2013 legislative session – a session that was very successful for patients and providers of physical therapy services in Minnesota.

MNPTA’s top priority was to repeal prior authorization for rehab services under Minnesota Health Care Plans (MHCP). MNPTA is proud to have led the effort on behalf of our members and their patients that ultimately resulted in the repeal.

Because the Department of Human Services is still charged with utilization management and because MNPTA has a strong working relationship with the Department, we are at the table as they determine criteria and methods for oversight. Prior authorization could still be imposed on some providers, but the new law no longer requires it for all services and all providers. At the same time, the law also prohibits oversight criteria and methods from impairing access to medically necessary services.

The Governor’s budget included a 5% increase in provider reimbursement under Medical Assistance (MA), effective September 1, 2014. This welcome increase will help improve access to physical therapy services, especially as more Minnesotans will become eligible under MA.

The 2% Provider Tax, which is scheduled to be phased out over the coming years with a final repeal scheduled for 2019, was at risk of returning, but that effort failed due to the advocacy of MNPTA and other provider groups. This tax, imposed to finance MN Care, could be a potential revenue source in the future.

Thanks to our ongoing relationships with key legislators, licensure bills took a back seat this session. The Health Committees chose to focus primarily on the Health Insurance Exchange,
now called “MNSure,” and reform efforts. Several licensure bills were introduced but there was little movement on any of them except those that were non-controversial.

Your emails, letters, phone calls and participation in Legislative Day made these successes possible.

Looking Forward
February 24, 2014 seems like a long time from now, but it is the date when the Legislature convenes for the start of the 2014 legislative session. MNPTA’s State Government Affairs Committee will meet again soon to review this year’s session and set its priorities for 2014. In the interim, we will continue to monitor the Insurance Exchange development and reach out to groups who have introduced bills intended for movement in 2014. The Minnesota Athletic Trainers’ Association (MATA) will have a bill, as will the Minnesota Chiropractic Association (MCA). There is an orthotics and prosthetics bill and a laser bill that may impact physical therapy as well.

Workgroups exist for each of these areas and we welcome interested members. If you’d like to join a workgroup and help shape policy, contact the association office at info@mnapta.org.

What Courses Do You Want To See At MNPTA Conferences?

By Amanda Simone, PT, MNPTA Conference Committee Co-Chair (APTA Member Since 2004) and Rachel Davis, PT, MNPTA Conference Committee Co-Chair (APTA Member Since 2004)

Do you have a great idea for a course for conference? Do you know someone who would be a great presenter or are you interested in presenting for a MNPTA conference? The MNPTA Conference Committee is always looking for new course ideas and outstanding presenters and clinicians to share their expertise at conference.

There is an easy way to submit your ideas. The request for proposals form is available through the MNPTA webpage under the "Learn" tab. All instructions and deadlines for proposal submissions are listed on the "Present a Course" link. The conference committee will only accept requests made through this online process. Submissions must be received by the listed deadline for that conference. This is a great example of how the MNPTA Conference Committee is committed to "Moving Forward" by becoming more consistent with national conference submissions and more efficient for all of our members. If you have any difficulty, please contact the MNPTA office (info@mnapta.org) for assistance.

See you in beautiful Duluth, MN for Fall Conference 2013!
Protecting Patient Access Through Grassroots Advocacy

Emma Stayduhar, SPT, College of St. Scholastica, APTA member since 2012

The Federal Advocacy Forum in Washington, D.C. is the annual highlight of the APTA’s advocacy efforts. Every two years, the APTA compiles a list of public policy priorities that represent the critical policy issues expected to affect physical therapy practice, education, and research. Guided by these priorities, the APTA’s Federal Government Affairs Committee identifies relevant legislation and mobilizes a push for co-sponsorship by senators and representatives. As a recipient of the MNPTA Student Federal Advocacy Scholarship, I had the unique opportunity of participating in the 2013 forum.

This year the Advocacy Forum organized around two major initiatives and associated legislation: (1) Inclusion of physical therapists in the National Health Service Corps via the Physical Therapist Workforce and Patient Access Act (H.R. 1252/S. 602) and (2) Repeal of the therapy cap on outpatient rehabilitation services through the Medicare Access to Rehabilitation Services Act (H.R. 713/S. 367). Over 250 APTA members from across the country (12 from Minnesota) attended the forum and met with their congressional representatives to seek co-sponsorship of these legislative priorities.

Minnesota contains 108 health professional shortage areas, underserved communities that lack sufficient access to essential medical services. The National Health Service Corps is a federal program that incentivizes medical professionals to work in these communities through loan repayment benefits. Presently, physical therapy is not included in this program. The Physical Therapist Workforce and Patient Access Act would enable physical therapists to join physicians, physician assistants, and other primary care providers in the Health Service Corps, thereby making rehabilitation services accessible to the 10 million Americans served by the program.

Repeal of the Medicare therapy cap remains a top priority for the APTA. For over 15 years, the association has worked tirelessly to reverse this policy which caps outpatient therapy at $1900. Through the process of manual medical review, services up to $3700 are reimbursable. This extension process is due to expire at the end of the year. Without passage of legislation to repeal the cap or extend the review process, physical therapists and patients face the imposition of a firm cap at $1900. Data indicate that patients who have a stroke, hip fracture, or multiple disabilities are the most likely to be impacted by the cap and thus lose access to valuable services.

While the Federal Advocacy Forum serves as an exceptional opportunity to support the profession and safeguard patient access, broad-based member engagement is the true key to success.
Evidence in Action: Chronic Low Back Pain

By Nathan Strudle, PT (APTA Member Since 2009) and Reviewed by the MNPTA Research Committee

**Topic**
Diagnostic Accuracy of Fall Risk Assessment Tools in People with Diabetic Peripheral Neuropathy

**Clinical Question**
Of 4 common clinical falls risk assessment tools, which tool best discriminates between recurrent and not recurrent “fallers” in people with diabetic peripheral neuropathy?

**Evidence**
In a cross-sectional study by Jernigen et al., 36 people with diagnosed diabetic peripheral neuropathy between the ages of 40 and 65 completed a falls history and falls risk assessment. Based on the falls history assessment within the previous 12 months, each individual was identified as a “nonfaller” (0-1 fall) or “recurrent faller” (> 2 falls). Participants then performed the Functional Reach Test (FRT), Timed Up and Go (TUG), Berg Balance Scale (BBS), and the Dynamic Gait Index (DGI) as part of the falls risk assessment using standard cutoff scores for each test to identify falls risk as reported in previous literature (FRT < 25.4 cm, TUG >13.5 s, BBS < 45/56, DGI < 20/24).

Of the 36 participants, 10 were identified as “recurrent” fallers and 26 were “nonfallers”. The statistical models showed the following modified cutoff scores to more accurately identify falls risk in people with diabetic peripheral neuropathy: FRT < 31.7 cm, TUG > 10.7 s, BBS < 52, DGI < 22. Using the modified cutoff scores in this specific population increased the sensitivities to 80% for FRT and to 90% for TUG, BBS, and DGI. Overall accuracy at predicting falls risk increased from 72.2 to 88.9% for TUG, from 75.0 to 80.6% for BBS, and from 77.8 to 86.1% for DGI. The overall accuracy decreased for FRT from 72.2 to 69.4%. Overall, TUG and DGI demonstrated the greatest diagnostic accuracy for assessing falls risk in people with diabetic peripheral neuropathy.

**Clinical Relevance**
This study’s modified fall risk assessment scores more accurately predict falls risk in patients with diabetic peripheral neuropathy. The University of Minnesota Medical Center, Fairview will be integrating these findings to guide physical therapy fall risk assessment in this patient population so that specific falls prevention treatment is efficiently administered.

**Reference**
Membership News

MNPTA Receives National Outstanding Chapter Award

The Minnesota Physical Therapy Association is excited to announce that we have received APTA’s 2013 Outstanding Chapter Award. The Outstanding Chapter Award was presented by APTA President Paul Rockar at the APTA House of Delegates in Salt Lake City, Utah. This prestigious award is presented to a chapter that has demonstrated exceptional accomplishments and has shown excellence in advancing the physical therapy profession.

We are honored to receive national recognition of the achievements of our professional association. All of our successes would have been impossible without you, our committed members. Thank you, this award was truly a group effort. We’d like to thank our Board of Directors, Committee Chairs and Members, and our all of our volunteers for dedicating their time and talents to MNPTA.

Welcome New MNPTA Members

The MNPTA is a professionally stimulating association of over 1,800 members. MNPTA membership is an invaluable investment that will pay dividends throughout your future. We welcome the following new members who joined MNPTA in May and June of 2013.

Mark Budlong          Angela Rapp
Jackie Hawkinson      Hannah Schultz
Kevin Healy           Cindy Sjurseth
Ann Johnson           Annamarie Strehlow
I-hsuan Lin           Jacob Thompson
Lindsay Olson
June Student Spotlight: Kayla Lemke, SPTA

What is your current setting?
I am currently a PTA student at St. Catherine University. I will start my second year in the fall, and graduate in May 2014. My first clinical experience was at Twin Cities Orthopedics in Burnsville.

What are some special interests/special accomplishments in your career?
Before I began the PTA program at St. Catherine University, I attended the University of Wisconsin-Eau Claire. I graduated in 2011 with a Bachelor of Science degree in Kinesiology with an emphasis in Human Performance. As a student at UWEC, I was a teacher’s assistant for two semesters in the Community Fitness program. I helped reconstruct the program, creating new activities for members to participate in. I was a leader for Adventure Girls, which is a program at local middle schools. We discussed the importance of exercise and nutrition, and encouraged the members to stay active. As a PTA student, I am interested in the outpatient setting as well as aquatic therapy.

MNPTA Members Receive National Recognition

Congratulations to MNPTA members James R. Carey, PT, PhD, FAPTA and Jennifer Halvorsen, PTA. James was selected by APTA to become a Catherine Worthingham Fellow, the highest honor a member can receive in APTA. Jennifer was one of 2 PTAs nationwide to receive APTA’s Mary McMillan Student Scholarship Award.
How are you involved with MNPTA?
I became an MNPTA member in 2012. For the 2013-2014 school year, I am a co-chair for the MNPTA Student Special Interest Group (SSIG). I look forward to all the upcoming events and meetings SSIG has to offer, as well as MNPTA Conferences.

Why are you a member of APTA?
At St. Catherine University, the PTA faculty encourages students to become members in the APTA. I have found that it is a great way to learn more about the profession, as well as stay up to date on current topics. As a member, it is a great way to advocate for our profession and stay connected with other students and professionals.

What other hobbies or special interests do you have?
I enjoy watching/participating in sports, staying active, and spending time with friends and family.

July Student Spotlight: Sarah Wehrheim, SPT

What is your current setting?
I am currently a third year student at St. Catherine University. I will be heading to Southdale Hospital in September for my acute clinical rotation and then will look forward to 2 more clinical's before graduating in May.

What are some special interests/special accomplishments in your career?
Prior to my acceptance into the DPT program at St. Kate's, I completed by B.S. in Nutrition from the University of Minnesota. As a physical therapy student, I have volunteered/participated at Bear Tracks, Bolder Options Climb 4 Kids and the Special Olympics FUNfitness program. Currently, I am the Membership Liaison for the MNPTA SSIG and I am interested in outpatient rehabilitation focusing in aquatic therapy, manual therapy and TMJ.

How are you involved with MNPTA?
I am involved with MNPTA through being an active member of the student special interest group (SSIG) and I have been blessed with the opportunity to represent SSIG by becoming the membership liaison.

Why are you a member of APTA?
I am a member of the APTA because I know the importance of supporting our profession. With the ever changing healthcare system, the APTA helps physical therapists move forward. It provides a great resource and opportunities to maintain an evidence based practice. It connects you to current research, continuing education courses, and a way to connect with other professionals.

What other hobbies or special interests do you have?
I love to volunteer, cook and I am an avid reader. I am a lover of the outdoors but I appreciate the water most of all. I love to boat, fish, and swim. I would spend all day on the lake if I could.