MN Moving Forward

March | April 2013

Get Connected

Minnesota Physical Therapy Association
Spring Conference
April 19-20, 2013
In This Issue

- Position for Change: Deploying Knowledge
- Donations Needed for SSIG Silent Auction
- Legislative Update
- Program Spotlight: St. Catherine DPT Program
- Membership News

Join Us For Spring Conference

Registration for MNPTA’s 2013 Spring Conference is now open. This year’s Spring Conference will be held at the Earle Brown Heritage Center in Brooklyn Park on April 19th-20th. Join us to earn MN BPT Category 1 CEs, visit our sponsors at the exhibit hall and network with your colleagues at the Celebrating our Profession Awards Dinner and Toasting our Profession Wine Reception!

Learn more and register today by visiting www.mnapta.org/S13Conference.

Vision 2020: Physical therapy will be provided by doctors of physical therapy. Where will that leave you?

Be part of the vision. Earn your Transitional Doctorate of Physical Therapy Online.

Earn your doctorate with just six online classes. Continue your practice while you learn.

- Online program advisor stays with you until graduation
- Outstanding academic reputation and a long-standing tradition of excellence in physical therapy education
- Highly competitive tuition, offering some of the lowest private college rates

Apply now
Click here for more information

The College of St. Scholastica
Dedicated to Life

Paid Advertisement
A Message From the President

Position for CHANGE

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

This article includes excerpts from the talk I gave at Fall Conference in October 2012. I firmly believe that our profession holds great promise for the consumer of health care and the health care delivery system as we begin to deliver value. Our patients and the health care system will benefit the most when we reposition physical therapy, the physical therapists, and physical therapist assistants in the delivery of health care here in Minnesota.

What will this effort look like? There are four main action points where we must place our efforts.

1. Upward pressure
2. Taking risk
3. Deploying knowledge
4. Closing the loop

This article is about the third point.

Deploying Knowledge

Here’s a fascinating and troublesome fact: “Research findings are often delayed in implementation. It takes on average 17 years for research to be fully integrated into every day practice” (Balas, E. 2001, JAMA). Our profession is respected by other health care providers and other stakeholders for our history of striving to validate and describe the practice of physical therapy from a foundation of research. I have talked to some of our research colleagues and they recognize the value of being a research-based profession. A few years ago APTA had the tag line “The science of healing. The art of caring.” We must embrace research in our practices and translate this knowledge into our practice.

There was a fantastic article and presentation at the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT) in October, 2012 on “Knowledge Translation in Orthopedic Physical Therapy”. We can no longer afford to be lazy about overcoming the barriers to translating research into our practice. With our tradition of embracing research, we as a profession should lead the way.

We must read not only the research that physical therapists publish, but also read the research of all other health disciplines. For example, one researcher told me about genomic research which may inform us about patients’ positive or negative response to exercises.

Lately, more research is providing strong evidence that early intervention by physical therapists for certain conditions is effective in delivering a positive patient outcome and is effective in reducing down-stream costs.
associated with that condition. Not only must research be deployed by the clinician in the care we provide, but it must also be used to provide rationale for advocating a change in our position in the care delivery process.

What is the mantra of this age? “Knowledge is power.” Reframe that for health care: “data is power.” Do you know what the patient outcome is for an episode of care? Do you know what an episode of physical therapy costs in your practice setting? Do you know who is referring patients to you and why? Do you know what other provider services or alternative interventions cost? This is essential data for providers in today’s health care environment. Deploying the knowledge we have gained through research can substantiate a repositioning of our profession. Measuring outcomes and understanding utilization, costs, and revenue data is powerful when trying to move up in the health care delivery process.

Donations Needed for SSIG Silent Auction

MNPTA’s Spring Conference is right around the corner, which means it’s silent auction time! Each year, the Student Special Interest Group (SSIG) organizes a silent auction at the MNPTA Spring and Fall Conferences. The proceeds from the auction help to fund SSIG’s events, including student conclave and student outreach activities. This year the Student Special Interest Group will be donating half of the proceeds from the silent auction to the Minnesota Special Olympics. In addition to the financial donation, SSIG will be organizing student volunteers to do FUNfit screening for special Olympic athletes, a program developed in collaboration by the American Physical Therapy Association and Special Olympics Healthy Athletes.

Please consider donating a basket or item to the auction. All donations are welcome and those in the past have included:

- handmade items such as jewelry and scarves
- food baskets (wine and cheese, chocolate lovers, etc.)
- activity or theme baskets (beach baskets, date night activities, etc.) and
- physical therapy supplies and textbooks.

Feel free to be as creative as you would like! Please bring your donation to the MNPTA office by Wednesday, April 17th or bring it with you to the Spring Conference. Contact Caitlin Lynch, SSIG Special Events Coordinator at clynch@css.edu with any questions.

Special Olympics Minnesota
As the first Committee deadline approaches, the pressure is heating up at the Minnesota State Capitol. By March 15, policy bills must pass out of one of the committees of jurisdiction in order to stay alive. During this legislative session, MNPTA has been hard at work monitoring legislation relating to access to physical therapy, reimbursement for physical therapy services, scope of practice and health care reform, as detailed below. Please note that this article reflects the status of these issues at the time of publication.

A Department of Human Services (DHS) bill that repeals prior authorization for outpatient therapy services under fee-for-service Medicaid is the result of many months of discussion with the DHS about the problems associated with the flawed process that created unnecessary access barriers to patients (SF 654 / HF 820). Since the suspension of prior authorization, MNPTA has been working with DHS to develop a more logical and effective way to manage the utilization of therapy services, especially for patients with complex medical conditions. Under this bill, DHS will reserve the right to use prior authorization for certain services or for certain providers should there be a need to do so, based on a set of criteria that is being developed within a workgroup that includes therapy providers. MNPTA is at the table and supports the efforts of DHS. MNPTA testified at both committee hearings in support of the bill and recognized the strong partnership we developed with DHS to fix the problem. Meanwhile, the repeal bill has made it through both the Senate and House Health Policy Committees and has been referred to the Health Finance Committees.

The MN Athletic Trainers’ Association (MATA): After many months of discussion between MATA and MNPTA, the issues around a scope of practice expansion that would have allowed athletic trainers to treat non-athletes without referral remained unresolved. MNPTA used what we called “the grid” in an attempt to stimulate discussion around various patient populations that present themselves in various practice settings. The purpose was to identify which patient populations were and were not appropriate for athletic training services and to begin to identify what restrictions, if any, might make sense in those settings. Unfortunately, no progress was made in that area of discussion. In the end, MATA abandoned their efforts to expand their scope of practice (athlete to patient treatment) and instead attempted to pass a
technical update to their practice act.
The proposed technical changes were not controversial and were introduced as an amendment to a Department of Health bill in the Senate. The changes have since been removed. The proposed language ran into some trouble when introduced as an amendment to the Department’s bill in the House Health and Human Services Committee where legislators expressed concern over the process that did not allow full public disclosure before introducing the language. No House companion has been introduced to SF 858. Worried about controversy, the amendment was pulled by the Committee Chair, Representative Tina Liebling.

The Health Insurance Exchange bill has passed both the House and Senate Floor and was referred a conference committee. The Conference Committee has finished the bill, which now awaits final action on the house and senate floor. The exchange bills are bare bones and many details are uncertain.

MNPTA is carefully watching the progress and development of the exchange bill for other reasons as well. We have concerns about the appointed board which would be responsible for running the exchange. We want to assure that Board members are selected and are acting in the best interests of the consumers who will use the exchange to purchase their health insurance.

We are also watching for more detail to develop regarding the level of physical therapy benefits offered by each plan. The so-called implementation bills are SF 662 / HF 799.

The Governor has already signed into law the Medicaid Expansion that will add thousands of individuals to the program by 2016 (HF 9, Chapter 1).

Other Bills that we are tracking include:

A Department of Health bill that includes provisions that impact occupational therapists and their use of physical agents and modalities (PAMS)

A worker’s compensation bill that would increase the payments to chiropractors to levels significantly higher than what physical therapists and physicians would be paid for the same services (HF 1319).

There are two different no-fault auto bills, SF 1132 and SF 1295 / HF 13331. MNPTA has been part of a large stakeholder group talking about current no-fault issues.

Orthotics and prosthetics Bill that would mandate payment for orthotic and prosthetics (SF 1075 / HF 675)

Omnibus Health and Human Services budget (SF 1034 /HF 1231).

Bills that are being reviewed and discussed but not heard this year include:

Chiropractic practice act revision designed to modernize the definition of chiropractic (not yet introduced)

Music therapy practice act bill that would define the practice of music therapy (SF 404 / HF 849)

A laser bill that would limit the use of lasers to physicians (not yet introduced)

MNPTA will continue to monitor these issues and advocate on behalf of physical therapy. Thank you for supporting MNPTA, your involvement is what makes our advocacy efforts possible.
Program Spotlight: St. Catherine DPT

St. Catherine University PT Club

Submitted by John Schmitt, PT; APTA Member Since 1985

St. Catherine University is one of the few institutions in the nation that has both a DPT and a PTA Program in the same academic setting. Although the two programs operate fairly independently, the students do come together for several learning activities, which helps prepare both the DPT and PTA students for cooperative working relationships in the clinic.

For the past 5 years, the DPT and PTA students at St. Kate’s have joined together to form the PT Club, a social group with the goal of engaging in service to the community while having fun! Last fall they kicked off the year with a pizza party for all of the DPT and PTA students. In October they joined other students to volunteer at the Twin City Marathon with the MNPTA Student SIG, and they were also signed up to volunteer at Bear Tracks- Maybe next year! For PT Month, they posted regular updates of the “Stall Tribune”, a one page newsletter with health and wellness tips that was posted in restrooms around campus for the ultimate in multi-tasking! Learn while you…well, you get the idea. It was so popular they have continued with new editions each month since then.

In November the PT Club sponsored a kitchen utensil drive for Bridging, a local non-profit that collects donated household items to help when low income or homeless persons finally have a place to call home. It was set up as a competition between classes, and the result was over 1800 utensils and household items were collected! It amounted to several carloads, and upon delivery the staff at Bridging was “blown away!” Well done!

This winter the PT Club recruited 16 students and 2 faculty to work an afternoon at Feed My Starving Children, where they were able to package enough meals to feed 72 children for a full year! Participation in the Polar Bear Plunge for Special Olympics and Relay for Life for the American Cancer Society has also been on the agenda. The current officers of the club are meeting with first year DPT and PTA students to pass the torch to the next group of student leaders. We can’t wait to see what the PT Club will accomplish next year!
Membership News

Welcome New MNPTA Members

The MNPTA is a professionally stimulating association of over 1,750 members. MNPTA membership is an invaluable investment that will pay dividends throughout your future. We welcome the following new members who joined MNPTA in December 2012 and January 2013!

Nicholas Andreas      Gerard Donahue      Samantha Morgan
Oliver Ang            David Enneking      Brooke Murphy
Julianne Beisswenger  Katherine Fuchs     Angela Reed
John Berchem          Holly Jackson       Ashley Rundle
Mallory Broderick    Stephanie Laut      Erika Sandell
Kristi Brown          Jenna Leach         Linda Shepardson
Natalie Brown        Kelley McGowan       Michelle Sonnenberg
Anna Cox              Joshua Meuwissen     Nicole Tomczyk

Thank You for your Advocacy

On February 6th, over 200 PTs, PTAs and Students attended MNPTA’s Legislative Day. Thank you to everyone who attend and those of you who have contacted your legislators on behalf of MNPTA this session. Your voice is a powerful tool for advancing physical therapy.

Health and Human Services Finance committee chair Rep. Liebling addressed nearly 200 PTs, PTAs, and students at today's legislative day.
February Student Spotlight: Caitlin Lynch, SPT

What is your current setting?
I am a third year PT student at The College of St. Scholastica (CSS) and looking forward to graduation this May! Currently I am on my final clinical internship within a public school system, splitting my time between a birth-to-three program and an elementary school.

What are some special interests/special accomplishments in your career?
I graduated cum laude from The University of Tulsa with a Bachelor of Science in Exercise and Sport Science. I was honored to be selected by my peers at CSS as one of three class representatives, acting as a liaison between my classmates and our faculty. A fellow classmate and I were asked to write a reflection on our experience and the value of attending Combined Sections Meeting as a student, which was published in the January 2013 MN Moving Forward Newsletter.

How are you involved with MNPTA?
I have been an APTA member since 2010, attending various state and national conferences during the past three years. I am a Research Section member (since 2011) and Section on Pediatrics member (since 2012). Also I have been involved with the Student Special Interest Group (SSIG) since 2010, acting as the SSIG PT Liaison during the 2011-2012 school year and the SSIG Special Events Coordinator during the 2012-2013 school year. Lastly, this year I am serving as the Minnesota Co-Core Ambassador, keeping communication lines open between the APTA Board of Directors and the PT and PTA schools in the state.

Why are you a member of APTA?
The importance of membership has always been stressed to us as students at CSS, and initially I really just went along with what our faculty members were telling us. But as I became more involved I realized the vast extent to which the APTA works to support its members. There are countless ways to be involved in the organization and really have a voice in the direction and growth of physical therapy, and I love being a part of that.

What other hobbies or special interests do you have?
Sports and physical activity have always been hobbies of mine, from organized sports like soccer and track to slightly more extreme activities like rock climbing and completing the Tough Mudder. I love being outside and enjoying the nice weather, especially during the warmer months, and am looking forward to competing in my first triathlon this summer.

March Student Spotlight: Molly Madich, SPTA

What is your current setting?
I am a second year PTA student at St. Catherine University and will be graduating in May. Currently, I am at the Institute for Athletic Medicine - Fairview/University of Minnesota clinic in Maple Grove completing my third clinical internship in outpatient orthopedics.
What are some special interests/special accomplishments in your career?
I graduated cum laude from the University of St. Thomas in 2011 with a Bachelor of Science, majoring in Health Promotion and minoring in Community Health Education. During my time at St. Thomas, I participated in several internships and volunteer opportunities including being a physical therapy aide, a corporate health and wellness intern as well as a personal training intern. I was also a co-founder and executive board member for the Health and Human Performance Club, which brought awareness to various health related topics and professions as well as provided volunteer opportunities in both the St. Thomas and St. Paul communities.

Over the past year, I have served as a co-chair in the Physical Therapy Club at St. Kate’s where we have participated in various outreach and volunteer programs. It has been a wonderful experience to be able to interact and collaborate with SPTs, SPTAs in addition to the DPT and PTA faculty. Some of my classmates and I also published an article in the APTA: MN Moving Forward July 2012 Newsletter regarding the need for an increase in PTA education from an associates degree to a bachelors degree (Appropriate Degree Level for PTA Education – Associate or Bachelor’s Degree?).

How are you involved with MNPTA?
My first experience with the MNPTA was in 2012 at the Spring Conference and I look forward to attending the Spring Conference in April 2013 as well. I have also enjoyed participating in the Student Special Interest Group (SSIG) meetings where I have been able to develop a better understanding and appreciation for the inner workings of the MNPTA. Furthermore, I am currently a part of the SPTA Relations Committee. Our main focus is to promote the involvement and collaboration between the SPT and SPTA members in the Student Assembly and in the APTA as a whole. As a part of the monthly section for the Pulse, the SPTA Relations Committee focuses on the PTA Hub. In this section we discuss current and upcoming PTA news in addition to the utilization of PTA services and understanding the role of the PTA all in efforts to develop a better PT/PTA relationship. As my last clinical internship, I will be at the MNPTA office where I will be gathering information about the cultural barriers and disparities in specific populations that are currently underserved in regards to accessing physical therapy.

Why are you a member of APTA?
Being a member of the APTA not only keeps me up to date on the latest physical therapy news and information, but also allows me to advocate for the profession as well. I have been a member since 2012 and I look forward to continuing to support the PTA education transition and becoming more involved in the committees that the APTA has to offer. A number of the PTA faculty at St. Kate’s encouraged me to not only become a member, but to also support our profession especially as a PTA.

What other hobbies or special interests do you have?
Sports and health/fitness have always been special interests of mine. From following various sports teams to participating in sports myself, I appreciate the competitive nature in addition to the life skills that being a part of a team has to offer.