Welcome to MN APTA’s MN Moving Forward newsletter! We are excited for the newsletter’s new look and would love to have new contributors as well. If you are interested in writing an article, please contact Mary at mlweddle@stkate.edu.

Fall conference is just around the corner– don’t miss out! Online registration closes on Sunday, October 2nd, but you are welcome to come to the conference and register the day of. Go to www.mnapta.org to find out more or call the chapter office at 651-635-0902 with any questions. We’ll see you in Duluth.

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A Message from the MN APTA President, Craig Johnson
APTA Member Since 1978

Alignment is a very important part of treatment in most of the clinical settings in which we practice physical therapy. As the experts in movement we assess movement and function, and establish a plan that will include aligning skeletal structures, movement of trunk and limbs, direction of force, and coordination of neuromuscular systems. Think for a moment on how challenging it is to manage and influence these variables and how important it is in order to have successful outcomes.

Now apply the concept of alignment to an organization like MN APTA. Alignment, like in the physiological realm, is challenging to manage but is important in order to be successful. Think for a moment about the chances for a successful outcome in the clinic without alignment; then think of our chances for successfully achieving our vision (organizational outcome) without proper alignment. Reaching our vision is impossible without alignment.

A task force on committees is seeking ways to align committees with our strategic plan. Tim Adams, our Executive Director is leading a task force of Lisa Dutton PT, VP Governmental and Regulatory Affairs; Paul Niemuth PT, VP Practice and Professional Affairs; Barb Wiegand PT; Greg Santema PT; Kathy Cieslak PT; Jan Haley PTA; Rebecca Vogsland PT and Beth Stegora PT. One main focus of the task force is to align the activities planned by the committees with the strategic plan. The task force will make recommendations to the board in September. The board will decide what recommendations to adopt and Tim will work with committees on carrying out the recommended plan.

Aligning committees with our strategic plan will help committees better understanding the purpose and role they play within the chapter and allow them to provide better programs and benefits to members. Alignment would bring committees together to jointly work on projects supporting another’s plans and activities in order to move us towards achieving our vision. This would promote a stronger sense of purpose and mission within the committee and chapter. We all are motivated to increase our efforts when we can see that our volunteer work makes a difference in the larger world of our profession.

Communication and coordination are key supports to this effort of alignment. Right now the key points of communication are the newsletter, committee involvement, dialogue with members, fall and spring conferences, emails, website pages, and community pages on the website. We need to use these tools and make them a part of our daily professional interactions.

The next six months will bring dynamic changes to our chapter! It is an exciting time to be a member and become active on a committee. Please talk to fellow members and your board about your ideas and concerns. See you all in Duluth at MN APTA Fall Conference, October 7-8.

Bear Tracks Walk/Run
Join MN APTA for our annual Baer Tracks Walk/Run. The race takes place on a fast, scenic, and certified course along beautiful White Bear Lake and includes a 5K Walk/Run, 10K Run, and Kids’ Run. Sign up today at www.mnapta.org.
Minnesota PTs Attend World Confederation for Physical Therapy in Amsterdam

This past June, Minnesota was well represented at the World Confederation for Physical Therapy (WCPT) in Amsterdam. In this article, five PTs who attended share a few of the highlights of the conference.

Lisa Dutton, PT, MN APTA Vice President for Regulatory Affairs
APTA member since 1985

The aspect of WCPT that had the most impact on me was the opportunity to interact and learn from physical therapists from around the world.

In a poster discussion session on inter-professional education, I learned about national initiatives related to inter-professional education and patient safety in Canada, the use of high-fidelity simulation to foster inter-professional team work in the UK, and the implementation of an online format to bring together 1000 students in 14 different disciplines for multiple experiences over 3 years at another University in the UK.

I attended a platform session on self-referral/direct access. In addition to hearing from individuals in the UK, USA, and Germany, I learned that after 5 years of self-referral in the Netherlands, they found that patients who were self-referred had fewer treatments and were less often taken into treatment. In addition, younger patients were more likely to take advantage of self-referral than those over 60. Similar findings have also been documented in the UK.

At one of the poster sessions I talked with a therapist from the UK about the physical therapy program where she taught and changes they were facing relative to degree level, student preparation and ability to move between countries, and the future impact of student debt for students in the UK. I also talked with therapists from Australia and New Zealand about how they are approaching issues related to continuing competence and another therapist from Norway about an international clinical experience.
Imagine sitting in a room of 25 physical therapists and being the only one in the room from the United States...that was part of what I experienced at the WCPT conference. I spoke directly with PTs from the Netherlands, of course, but also from Australia, France, England, Canada, Brazil, South Africa, Italy, Ireland, Switzerland, New Zealand, Japan, Denmark and Croatia (and those are only the ones I remember...I’m sure there were more!). It was such an honor to be there, representing my school and our association, and I only wish I’d had more time to hear about the way that PT is delivered in those other countries.

I was surprised to learn that we are one of only a handful of countries who utilize PTAs as formally trained support personnel. I was happy to be able to do a presentation on the role of PTAs in service delivery in the US. I also discovered that many countries are facing serious shortages of PTs (for example, South Africa has a population of 50 million, and has only 1,000 PTs). Although it might not feel this way to us on a day to day basis, PTs and PTAs in the US are truly fortunate to have the resources we need – education, personnel, equipment and financial support – to provide physical therapy services in the manner we choose!

Enhance your practice today with the online Transitional Doctor of Physical Therapy program at The College of St. Scholastica

Achieve degree parity with entry-level physical therapy practitioners, improve patient outcomes and enhance your practice! Our program is offered 100% online, so you can earn your degree without disrupting your career or your life.

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“This program is one of the most worthwhile endeavors I have ever completed. I have truly earned the title ‘Doctor of Physical Therapy,’ and I am grateful to St. Scholastica for providing an excellent education at an incredibly reasonable cost.”
- Tracy Collins, St. Scholastica tDPT Program Alum ’11

Learn more at go.css.edu/MNAPTA or call 888-593-0855
WCPT 2011 in Amsterdam was my second consecutive WCPT conference. Along with the pleasure of visiting Amsterdam, the conference for me was an exciting opportunity to meet therapists from throughout the world. I enjoyed presenting a poster outlining the work I do with therapy students in Honduras and discussing international learning experiences with others.

One of the most interesting discussion panels that I attended was entitled, “Evidence based exercise prescription: raising the standard of delivery,” and was chaired by Marilyn Moffat. A central question to the discussion was “Are therapists experts in exercise prescription”? Many in the audience argued that therapists are not the most recognized experts when it comes to exercise prescription, citing that professionals such as exercise physiologists have greater recognition in the field. Many others made the claim that therapists are the experts when it comes to tailoring exercise prescription in the rehabilitation setting and that exercise has always been a central intervention in the profession. What was interesting is that many in the audience, who felt like they were experts in exercise prescription, recognized that they had additional education or experience in exercise prescription outside the standard physical therapy curriculum. Perhaps this suggests that therapy schools and clinical instructors should revisit the breadth and depth of training in exercise prescription. The discussion got me thinking so much that I just had to reflect on the topic while sipping malted beverages with colleagues at outdoor cafes that were peppered along the narrow streets of Amsterdam. I would encourage others to consider attending WCPT 2015 in Singapore!

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**New Professionals Wine Tasting Event**

If you are a student or in your first 5 years of practice, please join us for the casual event geared toward networking for new professionals. The evening will include a wine tasting, hors d'oeuvres and time to socialize with fellow new professionals as well as talk one on one with MN APTA Board Members. Each person will receive either 8 samples of wine or two glasses of wine. Please feel free to bring a guest- in fact we encourage it!

**Date:** Saturday, October 15th, 4:00-6:00 PM  
**Location:** Northern Vineyards, Stillwater MN  
**Price:** $10.00 for APTA members  
$22.75 for Nonmembers and Guests 
Admission cost will be waived for nonmembers who join APTA the day of the event  
**Register:** [www.mnapta.org](http://www.mnapta.org)
Denise Wise, PT
APTA Member Since 1982

My experience at WCPT this year was enlightening, rejuvenating, and fun. What struck me most about this year’s conference was the education it provided. I admit that poster sessions are not always a priority for me, but I devoted a half day to reviewing posters at WCPT. The quality of work presented from countries across the world was astounding. The topics ranged from fall prevention to the efficacy of “toning” shoes. It is truly impressive to see differences in practice across the countries, but most impressive are the similarities physical therapists share worldwide. By far, the common denominator we share is caring and compassion for our patients with the goal of improving function and quality of life which was evident in the posters I reviewed.

Continuing education seminars also offered insight to the universal factors of our profession. For example, on average people in managerial positions attend 27 hours of meetings per week with the majority of those present contributing very little; the need for qualitative research to be considered “science” for publication in peer reviewed journals; volunteerism abroad as a source for professional growth and development; and the benefits of international service learning for students.

These are but a few of the highlights from the educational offerings. My only regret is that I did not arrive in Amsterdam two days prior to the start of the conference so that I could adjust to jet lag. The next world conference will be in Singapore in 2015. My plan is to arrive a few days early to adjust to the time/day difference and extend my stay in Singapore for several days after the conference to be a tourist. People ask me if it is worth it to attend WCPT. My response is a definite yes – because it is always good to observe and learn about our differences and to appreciate our similarities as physical therapists and citizens of the world.

Neuro Evening Series:
Topics in Traumatic Brain Injury Rehabilitation

This evening series will feature elements of rehabilitation for the patient with traumatic brain injury, from coma level to higher level patients with cognitive impairments. Each evening will present the latest research on the brain injury population and how to integrate this information into focused, effective and evidence-based practice.

Emerging Consciousness
Speaker: Michelle Peterson, DPT, NCS
October 11, 2011 6:30pm-9:00pm

Treatment of the Agitated Brain Injury Patient
Speakers: Elizabeth Ironside, DPT and April O’Brien, SLP
October 18, 2011 6:30pm-9:00pm

Incorporating Cognitive Rehabilitation into Treatment Across Disciplines
Speaker: Don MacLennan, SLP
October 25, 2011 6:30pm-9:00pm

Register today at www.mnapta.org
University of Minnesota Residency Program is Credentialed

The American Board of Physical Therapy Residency and Fellowship Education has announced that the University of Minnesota Geriatric Clinical Residency Program in Minneapolis has successfully achieved credentialing as a geriatric residency program.

A credentialed residency or fellowship program promotes standards of quality and consistency in the teaching and practice of physical therapy. Through their voluntarily participation and adherence to the requirements of the credentialing process, these programs confirm to potential residents or fellows their commitment to providing quality learning experiences by meeting established criteria. Additionally, completion of the credentialing process is an affirmation to the public at large of the Program’s commitment to the protection of the consumer of physical therapy.

The University of Minnesota Geriatric Clinical Residency Program will be recognized during Opening Ceremonies at the 2012 Combined Sections Meeting in Chicago.

Congratulations!

MN APTA Professional Spotlight: E. Andrew Wood
Submitted by Beth Stegora, PT, APTA Member Since 2006 MN APTA Membership Committee

What is your current work setting? I have just taken a new position at Olmsted Medical Center as an injury prevention consultant working out of occupational health and rehab services.

Could you describe areas of special interest or accomplishments in your PT career? During my career I pioneered the health and wellness programs at General Mills. This included developing wellness programs for corporate employees, sales and manufacturing. Several onsite fitness facilities were constructed that included onsite physical therapy services. In addition, corporate wide ergonomics and MDS injury prevention policies were put in place which contributed to one of the lowest injury rates in the food industry.

What hobbies or other interests do you pursue? I am a competitive cross country skier and coach for the Rochester Nordic Ski team. My wife and I also have 2 very large organic gardens on our farm. In the fall you will most likely find me in pursuit of upland game, wild turkey and deer. When time allows we enjoy rides in my ‘41 Jeep.

Why you are a member of the APTA? I am a member because of the opportunity for professional networking, continuing education and getting the latest in the field. Some of our best friends are in the APTA!
Representative Keith Ellison Hears his Constituents
Submitted by Stephanie Vandover, PT
APTA Member since 2002, Federal Key Contact

Every voice counts! That is what Representative Keith Ellison (5th District) reiterated at a recent open house at his office attended by a small group of physical therapists. Grassroots advocacy really can be as easy as sending an e-mail to your member of congress! At a meeting with one of Rep. Ellison’s local staff members this spring, we were informed that Ellison’s DC office, as well as many others, tally the number of letters, e-mails, and calls received each day on each issue. The issue(s) that seem to be the most popular among constituents get looked at more closely by Rep. Ellison and his staff. This type of advocacy lets members of congress know what constituents really care about and ultimately will allow action to be taken on an issue.

That is how Rep. Keith Ellison has become a co-sponsor of the three priority pieces of legislation that affects physical therapy and our patients this session. Additionally, he was a co-sponsor of all four legislative issues pertaining to physical therapy last session. Rep. Ellison is a current co-sponsor of the Repeal of the Therapy Cap, the Student Loan Repayment Program, and a new bill this session, Protecting Student Athletes from Concussions.

There have been some very dedicated PT/PTA constituents who have contacted Rep. Ellison’s office this year. Their efforts exemplify how easy it is to form a relationship with our members of congress in order to make a difference. This spring a group of constituents visited Rep. Ellison’s local district office to meet with a member of the staff. It was an extremely successful meeting that took a short amount of time and made a huge impact! In June, another successful constituent meeting in Rep Ellison’s DC office sealed his support of priority issues he has supported in the past. This meeting also allowed the opportunity to discuss a new piece of legislation regarding student athletes and concussions.

While it is truly a rush to visit Washington, DC to discuss issues near and dear to our profession and our patients, many times all it takes is a simple e-
Medicare B in Minnesota Offers eNews to All Providers
Submitted by Kathleen Picard, PT APTA member since 1977
Appointed WPS Carrier Advisory Committee Member

Wisconsin Physician Services (WPS), the Medicare Part B Carrier in Minnesota is pleased to offer the convenient services of our WPS Medicare eNews to all providers in our jurisdiction. WPS Medicare eNews is an electronic newsletter (listserv) sent to you via e-mail. When you subscribe, WPS Medicare eNews will bring the latest Medicare news directly to your e-mail box, free of charge! You may unsubscribe at any time and, as with all aspects of the WPS Medicare publications, privacy is valued; your personally identifiable information will never be disclosed, given, sold or transferred to any third party.

WPS Medicare eNews announces the posting of the following:
- Time-sensitive national and local Medicare news
- Medicare program changes
- Policy updates, including new, retired, and revised policies
- Training events (including seminars, teleconferences, webinars, and on demand trainings!)
- Communiqué newsletters
- Specialty- and service-specific educational articles
- Much, much more!

It is important to note that the Centers for Medicare & Medicaid Services (CMS) requires Medicare contractors (including WPS Medicare) to increase provider subcribership to their listservs every year. In addition, CMS has instructed that every Medicare provider (including physicians, nurses, and billing staff) should be subscribed to eNews. It is a common misconception that only one provider in an office can be subscribed to WPS Medicare eNews; CMS and WPS encourages and expects ALL Medicare providers to subscribe to eNews.

Sign up today! Visit the website at [http://www.wpsmedicare.com/listserv](http://www.wpsmedicare.com/listserv) to subscribe (it only takes a minute). And if you know a co-worker or another Medicare provider who is not receiving WPS Medicare eNews, let them know that they’re missing out on a very informative educational resource!

Upcoming Continuing Education Courses

**Neuro Evening Series: Topics in Traumatic Brain Injury Rehabilitation**
Tuesdays, October 11, 18, and 25, 6:30pm-9pm - Bethesda Hospital, St. Paul
- **Emerging Consciousness**
  Michelle Peterson, DPT, NCS (Oct 11)
- **Treatment of the Agitated Brain Injury Patient**
  Elizabeth Ironside, DPT and April O'Brien, SLP (Oct 18)
- **Incorporating Cognitive Rehabilitation into Treatment Across Disciplines**
  Don MacLennan, SLP (Oct 25)

**The Temporalmandibular Joint (TMJ): Anatomy/Physiology, Evaluation and Treatment**
November 18, 7:30am-5:30pm - St. Mary’s Innovis Healthcare Therapy Center, Detroit Lakes
- Lori Steinley PT, MS

**Saunders Approach to Spinal Traction**
December 3, 8:00am-12:30pm - University of Minnesota, Minneapolis
- J. Skip Olson, PT, CIE
MN APTA New Professional Spotlight: Andrea Hokanson
Submitted by Beth Stegora, PT, APTA Member Since 2006 MN APTA Membership Committee

What is your current work setting? I started the Fairview Outpatient Orthopedic Residency on August 1st.

Could you describe areas of special interest or accomplishments in your PT career? I am interested in orthopedics, manual therapy and exercise, and the promotion of healthy activities. My accomplishments include being chosen as the student speaker for the 2010 St. Catherine University White Coat Ceremony; making a presentation at 2011 MN APTA Spring Conference; and being nominated for the APTA Mary McMillan Scholarship.

What hobbies or other interests do you pursue? I enjoy running, yoga, camping, reading, and traveling.

Why you are a member of the APTA? I continue my membership to support continued promotion of the field of PT and it provides me with a way to meet other professionals.

Strategic Plan Update
Submitted by Craig Johnson, PT, MN APTA President, APTA Member Since 1978

Professional Standard for Practice: The Minnesota PT Licensing Board is planning on promulgating rules on clinical education which will include required education on ethics and jurisprudence. The plans were stalled during the government shut down. Delivering education on ethics and professionalism will occur in 2012.

Scope of Practice: The Governmental Affairs Committee is lead by two very capable and effective leaders. Kathleen Picard, PT, who just stepped down from the MN APTA Board, chairs the State Governmental Affairs group which will have its strategy meeting in September. Eva Norman, PT, is the MN APTA Federal Liaison and leads the Federal Governmental Affairs group for MN APTA.

Payment for Physical Therapy services: This fall APTA will hold the annual State Government Affairs Forum. MN APTA is sending two representatives: Anne Johnson, PT, for governmental issues, and Kathleen Picard representing us on payment issues. Continuing to move forward on this pillar, the board is working on coordinating legislative and payment advocacy to mirror the APTA model. (See Message from the President in this newsletter.) We have significant building to do in regards to member involvement and strategy.

Professional Development/Quality Care: Conference and Continuing Education Committees have planned great education opportunities for the year. Check them out on the website www.mnapta.org. We are moving towards effective education planning during the remainder of this year and into 2012. (See Message from the President in this newsletter.)