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FREQUENTLY ASKED PRACTICE QUESTIONS: INSIGHT FROM THE PENNSYLVANIA PRACTICE ACT AND APTA SCOPE OF PRACTICE

Mary Ann Wharton, PT, MS | Chair, APTA Pennsylvania Practice & Research Committee

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PAYMENT SPECIALISTS UPDATE

Thomas M Howell, PT, MPT | APTA PA Payment Specialists

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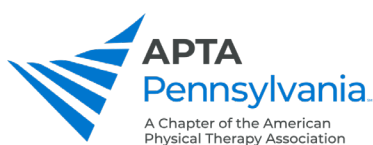
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PRESIDENT'S MESSAGE

As I prepare my first update to the membership, I would be remiss if I did not take personal privilege and thank multiple people. Please recognize that I am only mentioning the tip of the iceberg, as it truly takes a village to accomplish all of the initiatives.

- First, I want to thank the membership – speaking for the board of directors; we appreciate your trust in APTA PA in representing the profession.
- I appreciate the time I spent with Colleen Chanler as Vice President – it was a ride.
- All of the volunteers who have “stepped up” to the plate. For the many hours that are dedicated to serving the community and the profession.
- Our Board of Directors as they dedicate personal time to the district, state, and national actions
- All of the speakers who have provided excellent education to our members.
- During this period, we transitioned executive directors – thank you to Allison and Janita for past service, and now poor Tricia Long has to deal with me.
- Our legal and lobbying team, as it has been a period of turbulence in both legislation and insurance challenges.
- To all of our volunteers, thank you for your service
- This just touches the surface of PT/PTAs who deserve recognition but THANK YOU

During the year, we have had some significant accomplishments that deserve highlighting.

- Kent Culley was nominated by APTA PA and awarded honorary membership to the APTA.
- Special Olympics resumed, and APTA PA was again, first and foremost, a leader for this event – Thank you, Kara, and your entire team.
- Go Baby Go Cars again brought smiles to deserving children and families
- PAC fundraisers were successful in support of legislative actions
- Pennsylvania admirably represented everyone in Washington DC for the Leadership Congress and the House of Delegates.
- We hosted our conference in Pittsburgh last October – it was nice seeing friends again!!
- District events – use of both in-person and technology. We had multiple speakers, and all members had the opportunity to obtain many of the contact hours required for licensure (as a reminder, this is a licensure year – remember to get your contact hours)
- Student involvement
- I have had the opportunity to visit multiple Colleges and Universities and speak with students – I even went to Slippery Rock and was back on the campus where my college career started (Thanks, Nancy!!)
- Students getting the flavor of involvement by being observers to the board and delegates
- Students represented Pennsylvania at APTA's leadership Congress in Washington DC

Legislative Update

On my second day as President, Paul Welk emailed me that my “honeymoon” was over as the Pennsylvania Chiropractor Association submitted legislation to the Pennsylvania House of Representatives. I, and the President of POTA, Chrissey Dreashner, met with the Chiropractor association, and to this point, there has been no further movement on this

Other legislative actions that have kept many of us bustling are;

Compact Licensure.

- As of this report, the Governor's office is holding this action back. The rationale is FBI clearance is battier to licensure
- We surveyed all PT/PTA programs in Pennsylvania.
- We had a 90% return rate, and the results are that almost all PT/PTA programs require FBI clearance. This information has been presented to the state agency.

SB 485

The legislators requested that we split the direct access portion of the bill so that only dry needling is active.

As of this writing, the bill has cleared the committee and is being considered on the Senate floor.

SB 1160/61

Expansion of scope for the athletic trainer

APTA PA has sent letters to the legislators voicing our opposition

As of this report, the bill was voted out of the Senate Consumer Protection and Licensure committee.

We began stakeholder meetings in August.

As of this report, we are working with the legislature on language related to AT scope

APTA PA requests that you consider contacting your Pennsylvania legislators. You are the experts as movement specialists. Please be attentive to updates.

Reimbursement Updates

Providers accepting Highmark insurance learned of a significant cap on services. APTA PA was provided a 72-hour notice before Highmark notified individual PT/OT/Chiropractor practices

We are actively reaching out to multiple practices and large rehabilitation organizations.

With Jon Moran representing you to APTA, we are assisting a national response to CIGNA's cap of billing codes per session

Operation update

- Our membership has slipped during the pandemic – if you are speaking to PT/PTAs who let their membership lapse, please review the actions both APTA and APTA PA have done to support the profession
- With the decreased membership, our revenues have also decreased – the board recognizes our fiduciary responsibility and is addressing costs during this rebuilding period

As we prepare for our October MovePA meeting at Kalahari Resort Conference Center, we hope to see everyone as we begin to get our lives back to normal. I know I am looking forward to seeing current and future friends. Please feel free to reach out to me either in person or by email with anything you feel is appropriate to progress the profession.

Thank you for your service to patients, students, and the profession.

Sincerely,
Scott Voshell, PT

UPDATES FROM APTA PA

TREASURER'S REPORT

Submitted by: John Tawfik, PT, DPT, CEEAA, GCS | APTA PA Treasurer

While our organization has experienced membership contraction over the past couple of years, our financial state is resilient. APTA PA strives to fulfill its mission at the association, the profession, and the societal levels. From legislative advocacy, offering the highest quality education during district/SIG meetings and annual conferences for members' professional development, payment, regulatory and advocacy activities addressing PT scope and payment issues, and continued investment in DEI ADAPT Scholarships and Special Olympics.

Year over year, APTA PA realized a 19% reduction in overall revenue in 2021 compared to 2020 (\$448k and \$553k, respectively). Expenses totaled \$535k at the end of 2021 compared to \$388k in 2020, a clear indication of the resumption of planned activities that were postponed or canceled in 2020 due to the pandemic. Total APTA PA assets as of 6.30.22 stood at \$1.188M, a reduction of approx. \$220k compared to the end of 2021 (see fig 1). This reduction in overall asset valuation is primarily due to market performance affecting the value of the investment portfolio, combined with a notable reduction in dues and non-dues revenue for the first half of 2022.

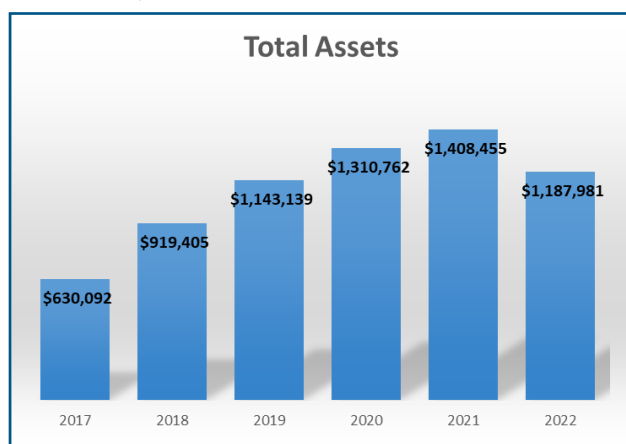


Figure 1

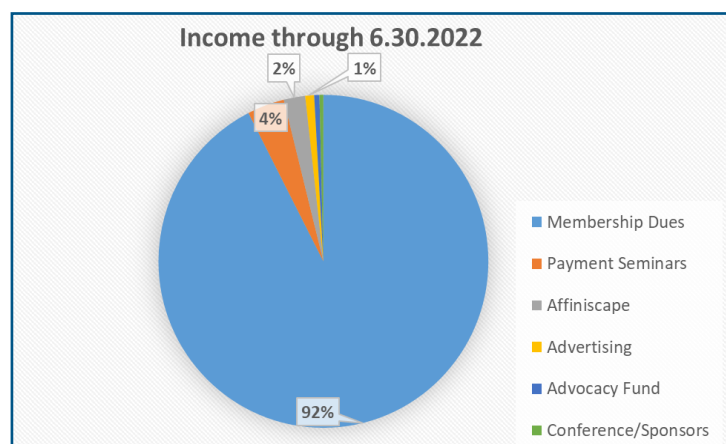


Figure 2

Excluding market performance, through the first half of 2022, APTA PA revenue was \$195k compared to \$254k at the same time in 2021. The investment portfolio depreciated by \$111k and was valued at \$1.043M by the end of Q2 2022. Total expenses in the first half of 2022 were \$219k, with member services accounting for nearly 86 cents on the dollar (Chapter Ops, Governance, Professional Services, Conferences, and Website/Technology Development). The next two figures (Figures 2 and 3) show the breakdown of revenue and expense categories.

While the financial picture of APTA PA looks less bright than in past years, this treasurer remains very confident in the resilience of our organization. This can only be possible through the efforts and volunteer efforts of so many members. It also aided sound decisions by the board to leverage technology and realize some cost savings where possible. For example, the January 2023 board meeting will take place virtually, and the annual newsletter will be made available digitally. These efforts maintain the same level of service and move the organization forward while considering fiscally responsible alternatives. In addition, the APTA PA investment portfolio leverages a balanced strategy using Wellington Index Fund with 50% stock allocation and 50% Bonds/Cash Reserves. This strategy is focused on the long-term financial sustainability of the association in order to serve the members for years to come. With the recent downturn of the market performance, the organization can withstand the reduction in value portfolio while remaining prepared to reap the benefits of return on investment in the long term. This treasurer looks forward to meeting as many members and prospective members as possible during the MovePA conference in Kalahari. In the meantime, I'd like to take this opportunity to renew my gratitude for earning the trust of members by serving as the APTA PA treasurer and being part of this great profession. Onward together, seeking to transform the lives of our patients.

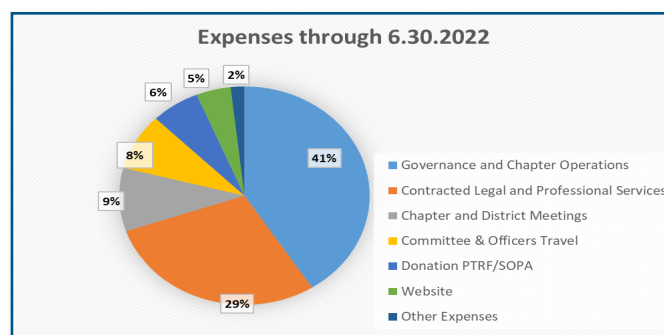


Figure 3

A MOMENT OF GRATITUDE

Submitted by: Ken Erb, PT | APTA PA Vice President

Every year I take the last two weeks of December to reflect on what I learned over the past 12 months, and I start to prepare for the coming year. I take this time to try to pick one word that I can focus on for the coming year. 2020 was Humility (how ironic is that one). 2021, Patience. 2022 has been Gratitude. I have that year's word engraved on a (\$30) ring and wear it as much as I can to remind myself what I'm working on. What an amazing year it has been, living in a state of Gratitude. My wife, kids, faith, family, friends, and colleagues come in to focus daily.

Today I'm also so grateful for the leadership at APTA-PA. The intellectual strength of our board of directors, executive committee, and all of our component leaders is something that we can all be grateful for. I'm humbled every time I get on a call or go to a meeting. Being around intellectually strong people who combine a willingness to serve with a passion for the profession is striking. I'm grateful for our chapter office and dedicated legal counsel who advocate for us and really go above and beyond what we are paying them for. How many other organizations can boast of having a leading legal mind who is also a licensed member of their profession?

When I was considering how I was going to use this space, though, I really wanted to thank one group in particular, and that is The Membership. I am so grateful that each person who is receiving this message made the decision that the Profession of Physical Therapy is something worth fighting for. I cannot tell you how much I appreciate the PT and PTAs who draw a line in the sand every day in the name of professionalism. As we fight our battles, whether they are legislative, for payment, or against over-regulation, we can always point to the committed members of APTA-PA as the Gold Standard. Every one of you speaks of dedication and professionalism with your hearts and your hands on a daily basis with your patients or students. While every Physical Therapist has made the decision to devote his or her time and energy to their patients, APTA-PA members have decided that Physical Therapy is more than just a job, it is a time-honored tradition worthy of more. We have decided that the profession is worthy of our resources, and I am once again grateful that each member sees the financial cost of membership as being so worth it. I am awed by those who donate their only non-renewable resource; his or her time.

Thanks to each of you. It is my hope that I can honor your dedication through service and encourage any member who has questions or needs something from its leadership to reach out to me at any time. I am blessed to serve at the pleasure of The Membership.

CONFERENCE & CONTINUING EDUCATION COMMITTEE

Submitted by: Colleen Bradley, PT, DPT | CCEC Chair

On October 14-16, 2022, the PPTA will be hosting our annual Move PA State Conference at Kalahari Resorts and Convention Center in Pocono Manor, Pennsylvania.

Are you tired of all the online education and not getting to learn on-site with your colleagues? Have you ever seen the Pocono's in the fall? Do you have friends or family who would like to share in a fun-filled and educational weekend? Then the PPTA MovePA Conference has a great deal for you. Not only has the education committee lined up quality education that would be reason enough to come up and join us, but we will also be hosting several opportunities for you to have fun and network with your peers. In addition, this year's location also offers a chance to get some time in at the Kalahari Water Park as part of your hotel reservation. If you register for the conference and hotel before September 19th, we have secured an amazing price of \$189.00 +tax for your hotel room which includes passes for the water park. On Saturday night, there will be the "Swinging Safari" PAC event that will include fun activities for kids and adults alike.

Currently, we have more than 30 direct contact hours and 20 general hours to choose from, with too many highlights to mention here. Please visit the [conference website](#) to get the course descriptions and speakers. One highlight I would like to mention is that our keynote speaker to start off our conference is Nancy Kirsch, PT, DPT, PhD. Dr. Kirsch's address will focus on Ethics in Physical Therapy: A Case Report. We have designed this lecture so that it will fulfill the ethics requirement for licensure for the 2020-2022 cycle.

Dr. Kirsch will be addressing many current hot topics. So I challenge you to think about the questions below and ponder how confident you feel in addressing these topics should they arise in your clinic:

- *I know we are a hands-on profession, but what if someone thinks I am putting my hands where they should not be? How do you protect yourself? What are my ethical obligations to my patients? My profession?*

OR

- *You want me to do a Telehealth visit? Can I do that ethically? Is it legal? Can I do it from anywhere...Mt Everest, the beach? Does it matter where my patient is?*

OR

- *I can't help but notice some billing irregularities that are occurring. You know you may not be ultimately responsible, but you are not quite sure what you should do, if anything... I know what you would like to do... pretend you didn't notice. Is that an option?*

If any of these questions pique your interest, I urge you to join us on October 14th as we kick off this amazing conference.

If you are interested but you know you are unable to attend this year, please make plans to join us next year at The Lancaster Marriott on Penn Square, Lancaster, PA, on November 3-5, 2023. The education committee is committed to highlighting the amazing talent and knowledge we have here in Pennsylvania, so if you are interested in being a speaker at an upcoming conference or event or if you know someone you think has an interesting topic your peers should hear, please sign up at the link below and tell us your area of expertise and one of the education committee will be in touch later this year after this year's conference.

We look forward to seeing you in the Poconos!

CHIEF DELEGATE'S REPORT

Submitted by: Robin Dole, PT, DPT, EdD | APTA PA Chief Delegate

"We cannot be mere consumers of good governance, we must be participants; we must be co-creators." - Rohini Nilekani ([watch her TEDx talk on the importance of books here](#))

Greetings Colleagues! I hope you are enjoying the start of the Fall season.... And everything [pumpkin spice](#)! Another House of Delegates has come and gone, and your APTA PA Delegation represented you well in Washington DC this year. With this digital newsletter, I thought it might be most helpful to provide a summary of various events and activities of the delegation, as well as provide you with links to where you can find additional details. Happy reading and surfing!

Combined Districts Webinar on House Motions – July 2022

Now that the House of Delegates session has moved further into the summer in recent years, it has not worked to have a discussion of the upcoming motions to the House at each district's May meeting. Kudos to the [District Directors](#) for their great work in coordinating a **Combined Districts Webinar** that brings us all together to review and discuss motions. This year the webinar was in July, and our fantastic student observers to the APTA PA delegation helped introduce the motions to be heard at the House. The event appears to have worked well, and we hope to continue it in the future. Currently, this event is tentatively scheduled to occur in June 2023 ahead of the 2023 House of Delegates in July 2023.



APTA House of Delegates – August 2022

APTA PA sent 19 delegates and one alternate delegate to the proceedings this year, and we were joined by one of our student observers who served as a student usher and another student observer who attended a special series of Student Leadership events as part of the Leadership Congress at APTA Headquarters in Alexandria, VA. [APTA posts a "re-cap" of the events of the Leadership Congress and the House of Delegates on its webpage.](#) I encourage you to visit this link and take a look at the motions that were passed this year. Also, take note of the very special recognition of Honorary Membership in APTA bestowed upon our long-time friend, colleague, and wise legal counsel - **J. Kent Culley!**

New Delegate Cycle starts in October 2022

I trust that you voiced your support in the most recent delegate elections, and for that, we thank you! Delegates are elected by district and serve as a collective group to provide a voice for our Pennsylvania Chapter in national governance. We will again have 19 delegates (including the Chapter President and Chief Delegate) for the [2023 House of Delegates and Leadership Congress](#). Congratulations to all those delegates and alternate delegates that were elected to serve again, as well as those new delegates and alternate delegates that will join us this cycle. [Click here for a list of all our delegates and alternates.](#) If you ever have a question, concern, or idea for a motion for the House, please reach out to your [Chief Delegate](#) or any member of the APTA PA delegation. Are you a member and thinking of serving as a delegate? Are you a student and would like to be a student observer to the APTA PA delegation? Please reach out to your [Chief Delegate](#) to learn more!! Everyone is welcome!

FEATURE ARTICLE

FREQUENTLY ASKED PRACTICE QUESTIONS: INSIGHT FROM THE PENNSYLVANIA PRACTICE ACT AND APTA SCOPE OF PRACTICE

By: Mary Ann Wharton, PT, MS | Chair, APTA PA Practice & Research Committee

Physical therapists and physical therapist assistants encounter a myriad of dilemmas and concerns as they provide physical therapy services in their everyday practice. Some of these concerns have obvious answers that can be found in the Pennsylvania Physical Therapy Practice Act 110 [PTM - Physical Therapy Practice Act.pdf \(pa.gov\)](#)¹ and accompanying regulations in Chapter 40 [49 Pa. Code Chapter 40. State Board Of Physical Therapy \(pacodeandbulletin.gov\)](#)², but frequently, there are gray areas with no definitive or obvious answer. Similarly, it is often difficult to find solutions to these dilemmas in APTA documents and publications. This article will address several of the most frequently asked questions from physical therapists, physical therapist assistants, students, and practice managers that were posed to the Practice & Research Committee Chair in the past year.

Physical Therapy Referral FAQs:

Can a PT evaluate a patient without a referral?

- The Practice Act **is silent** about whether you need a referral to **evaluate** a patient. Since the law is silent, it would be up to your professional judgment as to whether you evaluate a patient prior to obtaining a physician referral to treat that individual. Other important considerations would be whether the payer for the individual you evaluate would reimburse for that service without a physician referral. For example, Medicare, Medicaid, and Worker's Compensation have requirements related to authorization and payment for their services. Additionally, commercial insurers may have policies requiring referrals to evaluate and treat. You would have to know the plan requirements for the individual patient.

What are the referral requirements to treat a patient?

- Section 9 of the PA Practice Act 110 states that a PT cannot **treat** human ailments except by the referral of an individual licensed as a physician, a physician assistant, or a certified nurse practitioner practicing

pursuant to a collaborative agreement with a physician by a licensed dentist or podiatrist for the treatment of a condition that is within the scope of practice of dentistry or podiatry.

- PTs who have met the criteria and received a Direct Access certificate of authorization may treat a patient without a referral for up to 30 days from the date of the first treatment.

May a physical therapist accept a referral from a nurse midwife?

- If the nurse midwife is a certified nurse practitioner practicing under a collaborative agreement with a physician, they would meet the criteria for referring a patient to a physical therapist. Not all midwives meet the stated criteria. Nurse Midwives who are not certified nurse practitioners or midwives who are not licensed nurses would not meet the criteria to refer a patient for physical therapy services.

May a physical therapist accept a referral from a chiropractor?

- Chiropractors are not authorized to make referrals to physical therapists in Pennsylvania as per the Act 110 regulations.

How frequently must a physical therapy referral be renewed?

- Again, the Practice Act is silent and does not specify a timeframe for the renewal of a referral. As stated in a previous question, payers may have requirements related to reimbursement.

PTA Scope of Practice FAQs

Can a PTA provide treatment to a patient that is being seen under Direct Access?

- The Practice Act is silent on whether you can refer treatment of a Direct Access patient to a PTA. Chapter 40 regulations, Section 40.61 (a) (4) (c) does state, "A

certificate holder may not delegate the care of a patient being treated without a referral to a physical therapist who is not a certificate holder.”

Is a PTA permitted to perform mobilizations?

- Chapter 40 regulations, Section 40.53 (b) states, “A physical therapist may not assign or delegate to a physical therapist assistant.....functions which require the formal education or training and the skill and knowledge of a licensed physical therapist, including the following functions: (7) Mobilization.” Additional guidance can be found in APTA’s House of Delegates Position Statement, “INTERVENTIONS PERFORMED EXCLUSIVELY BY PHYSICAL THERAPISTS” [InterventionsPerformedExclusivelyByPTsHOD_P06-18-31-36 \(apta.org\)](#)³, which states, “Selected interventions are performed exclusively by the physical therapist. Such interventions include, but are not limited to, spinal and peripheral joint mobilization/manipulation and dry needling, which are components of manual therapy; and sharp selective debridement, which is a component of wound management.”

I am a PTA working in a nursing home. Am I permitted to perform patient screenings?

- Chapter 40 regulations, Section 40.53 (e) states, “A physical therapist may not assign or delegate to a physical therapist assistant.....screenings to determine the need for the following: (1) Primary, secondary or tertiary services. (2) Further examination or intervention. (3) Consultation by a physical therapist. (4) Referral to another health care practitioner. Section (f) states, “For purposes of this section, screening is defined as determining the need for further examination or intervention, or both, by a physical therapist or for referral to another health professional.”

Practice while holding a Temporary License in PA FAQs

Are there any restrictions for a recent physical therapist graduate practicing with a temporary license?

- The Practice Act 110, Section 6 (g) states, “Issuance by the board of a temporary license shall permit the applicant to practice physical therapy only while under the direct on-premises supervision of a licensed physical therapist with at least two years of experience.” The same language is included in Chapter 40, Section 40.22.

Can a physical therapist holding a temporary license treat Medicare patients?

- The Medicare regulations [CMS Manual System](#)⁴ state: “a qualified physical therapist (PT) is a person who is licensed, if applicable, as a PT by the state in which he or she is practicing....has graduated from an accredited PT education program and passed a national examination approved by the state in which PT services are provided.” The temporarily licensed PT must have graduated **AND** passed their national licensing exam to be permitted to enroll in Medicare and begin treating Medicare beneficiaries. In Pennsylvania, a temporary license is only issued to a therapist who has met the criteria for licensure in PA and is eligible to take the national licensing examination. The temporary license expires upon the failure of the first exam or within six months of the time of issuance. The temporary license converts to a permanent license when the applicant passes the licensing exam. Therefore, the PT holding a current, temporary license in PA would not be eligible to treat Medicare patients until they have passed the licensing examination and are fully licensed PTs.

Does a PT have to co-sign the notes written by a physical therapist holding a temporary license?

- There is no language in the Practice Act or Chapter 40 regulations that require a co-signature for documentation. There may be payer considerations.

Telehealth FAQs

I am treating a patient via telehealth who is a PA resident but will be out of state for two weeks and wants to continue therapy Can I still provide care via telehealth in this situation?

- The APTA website [Telehealth in Practice | APTA](#)⁵ has guidelines on the provision of telehealth services across state lines. The guidelines recommend that therapists review the state law and regulations in the state where the patient is temporarily residing, as state laws and regulations differ in their governance over telehealth. As per APTA: “It is commonly accepted that a physical therapist can use telehealth to consult with other physical therapists; however in general, the physical therapist who provides the intervention must be licensed in the state in which the patient is receiving care, known as the originating site. It’s best to check your state’s licensure and consultation provisions.” APTA provides a link to “State Actions Permitting PTs To Provide Telehealth Services”⁶ <https://www.apta.org/your->

[practice/practice-models-and-settings/telehealth-practice/billing-and-coding/state-actions-permitting-pts-to-provide-telehealth](#) . This link contains a downloadable chart that has state-by-state information specific to telehealth service regulations and links to current state laws, regulations, executive orders, policies, and guidance governing telehealth for physical therapy. Some of the links give information specific to out-of-state licensed PTs' authorization to provide telehealth services to a client in their state.

Can I continue to use telehealth as a method of practice when the Pennsylvania waiver expires?

- The Pennsylvania Department of State [Telemedicine FAQs \(pa.gov\)](#) 7 has issued the following comment on the use of telehealth by licensed healthcare providers, including physical therapists: "There is no statute in Pennsylvania that explicitly authorizes the use or disallowance of telemedicine in Pennsylvania..." and "In general, there is nothing that would prohibit licensees from using telehealth... so long as doing so complies with the standards of acceptable and prevailing ...practice..." PTs and PTAs can find evidence on [APTA's Telehealth webpage](#) to support the use of telehealth as an acceptable method of practice delivery that meets the Professional [Scope of Practice](#)⁸ criteria. There are numerous articles discussing the use of telehealth, and there is also a certificate course for therapists.
- There is information on the current status of both the national and Pennsylvania Public Health Emergency declarations and waivers specific to telehealth, including a link to a Pennsylvania Department of State position statement posted on the APTA-Pennsylvania website homepage and on the Practice and Research page. Information will be updated as new guidelines are released.

When faced with practice concerns and dilemmas, physical therapists and physical therapist assistants should consider the situation from the jurisdictional, professional, and personal scopes of practice as defined by APTA.

- The jurisdictional or legal scope of practice is articulated in the Pennsylvania Physical Therapy Practice Act 110 and the Chapter 40 regulations. These laws and rules govern the physical therapist's license and the physical therapist assistant's certification to practice in the Commonwealth. The State Board of Physical Therapy is empowered to enforce the tenets of the law and regulations.
- The professional scope of practice, as defined by APTA, "is grounded in the profession's unique body of knowledge, supported by educational preparation, based on a body of evidence, and linked to existing or emerging practice frameworks." Guidance can be found in documents such as the Guide to Physical Therapist Practice, the Standards of Practice, Clinical Practice Guidelines, the Code of Ethics for Physical Therapists, Standards of Ethical Conduct for the Physical Therapist Assistant, and Core Values for the Physical Therapist and Physical Therapist Assistant.
- The personal scope of practice consists of activities for which an individual physical therapist is educated and trained and that he or she is competent to perform. Principle/Standard 6 in the Code of Ethics for the Physical Therapist and Standards of Ethical Conduct for the Physical Therapist Assistant provides recommendations for enhancing expertise and competency through lifelong acquisition and refinement of knowledge, skills, abilities, and professional behaviors. Specifically, this Principle/Standard encourages critical self-assessment and reflection on changes in practice, education, health care delivery, and technology and encourages therapists to evaluate the strength of evidence and applicability of content presented during professional development activities before integrating content or techniques into practice.

In conclusion, the APTA-Pennsylvania Practice and Research Committee is available to answer questions and provide insight, guidance, and references related to practice concerns but is **not permitted to provide legal advice or to interpret the Pennsylvania PT Practice Act.**

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UPDATES FROM APTA PA

ETHICS COMMITTEE REPORT: WELCOME TO ETHICS 2022

Submitted by: Stephen Carp, PT

“The first step in the evolution of ethics is a sense of solidarity with other human beings.”

- Albert Schweitzer

The Ethics Committee is responsible for fostering ethical practice in physical therapy as defined in APTA's Code of Ethics. The committee shall educate the Membership and the public regarding ethical practices in physical therapy, shall provide a visible presence for the Membership, the public, the insurance industry and legislature regarding activities to prevent and curtail unethical practices in physical therapy, and shall be responsible for hearing ethical complaints against members in accordance with APTA's Procedural Document on Disciplinary Action. It is made up of four members with one serving as Chair. Concerns, questions or requests for assistance should be emailed to: ethics@apta.org.

OVERVIEW OF HEALTHCARE ETHICS

What is healthcare ethics?

Health care ethics (aka “medical ethics” or “bioethics”), at its simplest, is a set of moral principles, beliefs and values that guide us in making decisions about our personal medical care and the medical care of others. At the core of health care ethics is our sense of right and wrong and our beliefs about rights we possess as human beings and duties we owe others. This is often referred to as our “moral compass”. Thinking proactively and utilizing reflection in-action and reflection post-action about the ethical aspects of health care decisions helps us make current and future choices that are right, good, fair and just.

What are the core principles of healthcare ethics?

Our ethical responsibilities in a given situation depend in part on the nature of the decision and in part on the roles we play. For example, a patient and their family play different roles and we, as healthcare providers, owe different ethical obligations to each stakeholder in the patient's care. In the U.S., four main principles define the ethical duties that health care professionals owe to stakeholders. These include:

Autonomy: to honor the patient's right, in consultation with advisors and family, to make their own decision

Beneficence: to help the patient advance his/her own good

Nonmaleficence: to do no harm

Justice: to be fair and to treat similar cases and stakeholders in similar ways

What is decision-making capacity?

Patients with decision-making capacity (DMC) have the right to refuse any treatment, even one that is life-sustaining. They also have the right to choose between treatment options based on the principle of informed consent. Generally, only when a patient lacks DMC does their Advance Directive or health care proxy have a role in medical decision-making. For these reasons, it's very important to determine whether a patient has DMC, which sometimes is a difficult determination to make, especially in cases of delirium or progressive dementia. DMC is not the same as “competence,” although those terms are often used interchangeably. Competence is a legal term that is determined by a judge and it is typically an all-or-nothing assessment. In other words, a patient is either competent or incompetent. (All adults are presumed to be competent unless declared otherwise by a judge.) Decision-making capacity, on the other hand, is a clinical determination made by a medical professional in collaboration with the patient. Ethical concerns emerge when the patient cannot participate in the decision-making process.

Right to Refuse Treatment

Every competent adult has the right to refuse unwanted medical treatment. This is part of the right of every individual to choose and it applies even when refusing treatment means that the person may die. The right to refuse treatment applies to those who cannot make medical decisions for themselves, as well as to those who can; the only difference is how we protect the rights of people who cannot make decisions for themselves. A person might decide against having a recommended treatment for any number of reasons.

Some people for religious reasons do not want to receive blood transfusions. Others decide that they don't want a recom-

mended treatment because it is too risky or expensive or because even if the treatment works, there is little or no chance it will get them back to a quality of life they could enjoy or accept. Many people do not want life-sustaining treatments like ventilators or feeding tubes if these treatments are only going to prolong the dying process.

Withholding and Withdrawing Treatment

Thanks to recent breakthroughs in medical science and technology, health care practitioners now have a variety of machines, devices, and treatments available to keep people alive when an important body system stops working properly. Examples include breathing machines, feeding tubes, CPR and dialysis machines. Even medicines like antibiotics sometimes serve as a life-sustaining treatment. These technologies can be true life-savers when used temporarily on a person

WHAT IS BUSINESS ETHICS?

What Does Business Ethics Mean to Me as a Physical Therapist?

Business ethics is the study of appropriate business policies and practices regarding potentially controversial subjects including corporate governance, insider trading, bribery, discrimination, corporate social responsibility, and fiduciary responsibilities. The law often guides business ethics, but at other times business ethics provide a basic guideline that businesses can choose to follow to gain public approval.

- Business ethics refers to implementing appropriate business policies and practices with regard to arguably controversial subjects.
- Some issues that come up in a discussion of ethics include corporate governance, insider trading, bribery, discrimination, social responsibility, and fiduciary responsibilities.
- The law usually sets the tone for business ethics, providing a basic guideline that businesses can choose to follow to gain public approval.
- Physical therapists need to be very concerned about business ethics. Depending on our work situation, we may be impacted by corporate governance rules, the trading of equities, hiring rules and regulations, third party and government sponsored insurance billing, purchasing, and financing.



Bioethics Glossary (adapted from <https://med.stanford.edu>)

Animal Rights Advocacy: The moral position which holds that animals other than human can have rights.

Autonomy: Self-rule, capacity for mature, uncoerced and therefore mentally competent decision-making; not the same as a liberty or right to choose this or that specific action, since this mental capacity is the prior condition of possibility of any competent decision.

Beneficence: doing well by someone; well-meaning intent and behavior.

Business ethics: Business ethics is the study of appropriate business policies and practices regarding potentially controversial subjects including corporate governance, insider trading, bribery, discrimination, corporate social responsibility, and fiduciary responsibilities. The law often guides business ethics, but at other times business ethics provide a basic guideline that businesses can choose to follow to gain public approval.

Competence: Capability of a mature person to reason and to choose autonomously.

Complicit Moral Agency: agreement in action or intent between two or more moral agents.

Conflict of Interest: A mind-state of having competing goals or intentions.

Harm Principle: Moral maxim which holds that one is not free to cause harm to others.

Involuntary: That which is imposed upon a person despite that person's objection.

Justice: Fairness or treating all equally.

Justification: Supporting reason for an action or decision which renders it morally acceptable.

Moral Agency: Capability of discerning right and wrong.

Moral Injury: Moral injury is the damage done to one's conscience or moral compass when that person perpetrates, witnesses, or fails to prevent acts that transgress one's own moral beliefs, values, or ethical codes of conduct.

Natural Law: a source of law that arises out of human nature itself, innate, inborn, and which determines species characteristics, like moral agency or capacity to understand and think.

Non-Voluntary: That which is chosen on behalf of an incompetent person.

Palliative Care: Comfort care for those in pain, pain management, hospice care, etc.

Physical Sentience: The capacity to feel physical touch or to experience discomfort/pain.

Rationality: Capability to reason or organize thoughts.

Self-consciousness: Awareness of one's identity, knowledge that one's self endures over time.

Speciesism: A moral theory which only applies to humans.

Social Justice: Social justice is fairness as it manifests in society. That includes fairness in healthcare, employment, housing, and more. Discrimination and social justice are not compatible.

Supererogatory: Heroic or lofty behavior which goes beyond duty or obligation.

Utilitarianism: That moral theory which holds that actions are good or bad depending on their consequences.

Viability: The physical state of being able to remain alive unattached to another human being.

Virtue: A habit of doing good.

Voluntary: That which is chosen freely.

***“In law, a man is guilty when he violates the rights of another.
In ethics, he is guilty if he only thinks of doing so.”
- Immanuel Kant***

Ethics Tickler (the Ethics Committee's response will be found in our next quarterly issue)

You are an outpatient physical therapist working in a private office and a mother comes into your office with a 17-year-old child who is complaining of knee pain which began during a “twisting” incident in a soccer game. Upon entering the treatment room, you ask the boy and his mom for permission to examine the child. You immediately notice multiple dark bruises over both legs. You raise the back of the boy's shirt and you see similar marks on his back. You ask the mother where the bruises came from and she tells you that they are from a procedure she performed on him known as “cao gio,” which is also known as “coining.” The procedure involves rubbing warm oils or gels on a person's skin with a coin or other flat metal object. The mother explains that cao gio is used to raise out bad blood and improve circulation and healing. When you touch the boy's back with your stethoscope, he winces in pain from the bruises. You debate whether or not you should call Child Protective Services and report the mother.

Do you have an ethics concern or question?

If so, the Ethics Committee of APTA PA is here to serve you. Summarize your concern or question and de-identify potential confidential information such as names, places of employment, and information related to an involved agency or company (except your name and email contact information – do not send your work email address; that could be identifiable as your place of employment!) and send the inquiry to ethics@aptapa.org. We will do our best to generate a personal reply to you within 72 hours. The Committee prides itself on our confidentiality. We will never disclose any information to any agency or person about the email sender.

NOMINATING COMMITTEE REPORT

Submitted by: Jane Oeffner, PT, DPT, MBA

The Nominating Committee has realized great success toward the accomplishment of goals in 4 main areas during the first half of 2022:

- 1) Engage and educate members of all nominating committees
- 2) Streamline materials on BaseCamp, ensuring accuracy and consistency
- 3) Increase the presence of the nominating committees and the open positions to membership through marketing efforts
- 4) Create full and diverse slates for two elections.

The members of the district nominating committees joined the state nominating committee members in three meetings, which afforded all the opportunity to learn more about their roles and responsibilities, review the available resources, and support one another in their efforts to procure nominations. We are excited to bring a solid slate of nominees for Delegate and PTA Caucus Representative to the membership this summer and for the offices of Secretary, Nominating Committee Member, and the newly created PTA Board of Director member this Fall, so please VOTE!! We are always looking for new talent and leadership, so look around or in the mirror and then give us a shout! Enrich your professional life, develop new skills and make new friends and colleagues ... get involved!



GET INVOLVED WITH YOUR CHAPTER

APTA PA's success relies heavily on its volunteer leaders. Give back to your Chapter – and develop your leadership skills – by volunteering with APTA PA! We are utilizing the APTA Engage platform to solicit for volunteer positions with the Chapter. To access:

1. Visit the APTA Engage website – **engage.apta.org** – and log in using your APTA account credentials (NOT your APTA PA credentials).
2. Click on “Opportunities” on the main page.
3. Under filters, select “Pennsylvania Chapter” under “Components” and apply filter.
4. Review any open opportunities and apply!

POLITICAL ACTION COMMITTEE REPORT

Submitted by: Robin Zappin, PT, Ed.D | Committee Chair

It has been an active year legislatively. In January the Chiropractic association introduced an Chiropractor Assistant bill. After a stakeholder meeting between APTA PA and POTA this action has been dormant. Our fourth Trimester proclamation has also been delayed as the sponsor, Senator Muth, has not been attempting to move this through the legislative process. Below please find a timeline of legislative actions we have been monitoring or actively pursuing.

SB 1160 & 1161

Expansion of Athletic Trainers' Scope of Practice

April 2022

Senators Muth and Baker introduced a Senate Bill (SB 1160 & SB 1161), which will increase an athletic trainer's scope of practice. At the time the bill was introduced, the bill would allow the following:

- Athletic trainers manage and provide care of injuries to any "individual" and not just physically active persons (the legal description for an athlete)
- Athletic trainers to assess, manage, treat, rehab, and recondition all "individuals" (not just physically active persons) (whose conditions are within the professional preparation and education of a licensed athletic trainer) (the legal description for an athlete)

June 2022

Senate bill 1160 & 1161 was placed on Consumer Protection & Professional Licensure committee agenda with no stakeholders meeting prior to consideration. This procedure is highly unusual. The bill received a unanimous yes and moved to the Senate.

August 26, 2022

APTA PA representatives met with legislative directors for Senator Tomlinson (chair of the licensure committee), Senator Boscolla (minority chair of licensure committee), and Senator Baker (co-maker of the bill). The conversation focused on amending the language that defined the scope of practice for the AT.

September 21, 2022

Language within the SB 1160 & 1161 was updated prior to the third consideration. While the language changed, in APTA PA and POTA's opinion there was no change in the intent.

SB 1160/61 was heard and passed

Next, the bill will now move to the House of Representatives, and if "considered" three times and then subsequently voted upon. If passed, without amendment, it will then move to the Governor for potential signing.

***It is critical that we reach out to our Representatives and express our concern for the public's safety if this bill is passed. Talking points can be found on the ATPA PA website.**

SB 485

- Dry Needling clarification
- Originally was a combination of Dry Needling (DN) and expansion of direct access



- The bill was split, and only the DN portion was moved
- The bill was moved unanimously from the committee to the Senate floor
- Effective September 21, 2022, SB 485 has had 2 considerations on the Senate floor. As of today, there has been no additional movement
- If not passed, it will be reintroduced next term

Compact Licensure

- APTA PA did a survey of all PT/PTA programs in Pennsylvania
 - Overwhelming the PT/PTA programs require FBI clearances for all students
 - This information has been introduced to the Pennsylvania administration
- Multiple professions are also approaching the administration about this action
- The commissioner is updating the computer system and working toward this action

Regulations

Pennsylvania State Board of Physical Therapy continues to support the following regulatory changes

- Allowing students to take the NPTE prior to graduation
- Allowing contact hours for the managing of student clinical education

As of the September 2022 SBPT meeting the progress through the regulatory process is approaching the period of public comment in the Pennsylvania Bulletin.

PRACTICE & RESEARCH COMMITTEE

Submitted by: Mary Ann Wharton, PT, MS | Committee Chair

I want to begin this report by thanking my Committee members for their diligence in working on the Committee projects that focused on practice, research, and education with the goal of providing meaningful and timely information to our members. Pam Pologruto, Brooke Klatt, Melissa Myers, Tammy Frey, Alex DelPalazzo, Kim Wyncarz, and give freely of their time and expertise to bring our projects and initiatives to fruition, and I can't thank them enough! I would also like to acknowledge our new Board Liaison, APTA-President Scott Voshell, for his unwavering support of our projects, his sage advice, and his humor that brought some levity to otherwise serious business meetings.

This year, the Practice & Research Committee again focused on "Transforming Clinical Practice" and "Using Research to Build Clinical Skills." We expanded initiatives begun last year and added new projects designed to focus on our theme. The following is a summary of our projects:

- **"Transform Your Clinical Practice: Using Research to Build Clinical Skills."** A group of talented speakers presented an 8-hour educational track sponsored by the Practice and Research Committee at the 2021 MovePA Conference. Paul Rockar kicked off the track with an introduction session, "The Research Path: From Start to Finish. This was followed by "Steps to Quickly Find Best Evidence, Interpret & Apply it to Your Patient," presented by Mary Ann Holbein-Jenny. Three additional sessions focused on applying specific CPGs in clinical practice: Alex Haddad addressed "Applying the Total Knee CPG in the Clinic." Hallie Zeleznik and colleagues presented "High-Intensity Gait Training to Improve Walking Capacity and Performance Following Stroke and Other Neurologic Injuries" and "How to Use New and Emerging Evidence Based on Lessons Learned from COVID 19 for Practice Changes When No CPGs, Systematic Reviews, or Meta-Analyses Exist". Each session was well attended, and the feedback was excellent.
- The Committee will sponsor another 8-hour educational track, "Transform Your Clinical Practice: Using Best Evidence to Build Clinical Skills," at the 2022 MovePA Conference in Kalahari. Sessions 1 and 2 are: "Applying the Low Back Pain CPG in the Clinic" by Patricia Crane, PT, DPT, MBA. Board Certified Clinical Orthopedic Specialist, and "Applying the Hip Fracture CPG in the Clinic" presented by Kathleen Kline Mangione, PT, PhD, FAPTA, and Joseph Ladesic, PT, DPT, Board Certified Specialist in Geriatrics and Orthopaedics. The final two sessions, presented by Hallie Zeleznik, PT, DPT, Board Certified Neurologic Clinical Specialist, will address the theme, "Are We Still Underdosing? Session 1 will focus on "Applying Intensity Training Parameters for Healthy Adults and Athletes, Patients with Heart Failure, and Older Adults," and the follow-up session will emphasize "Applying Intensity and Training Parameters for Patients with Neurological Conditions including Stroke, Spinal Cord Injury, MS, and Parkinson's Disease."
- **Platform and Poster Presentations:** 10 researchers presented Platform Presentations, and 20 presented Poster Presentations at the 2021 MovePA Conference. From these, "Imposter Phenomenon and Ambiguity Tolerance Among Practicing Physical Therapists" received the Best Research Report," "Utilizing the AM-PAC to Determine Physical and Occupational Therapy Frequency of Care for Patients Admitted with Acute CVA" received the Best Special Interest Report, and "Describing Mobility of a 'Happy Hypoxic' Patient" received the Best Case Report Award.

- **2022 Spring Poster Webinar Series:** 18 mini-webinar sessions based on abstracts that were presented as platforms and posters at the 2021 MovePA conference provided members and nonmembers an opportunity to earn up to 18 continuing education contact hours.
- **Practice Spotlights:** Six handouts and three videos that address clinical topics are posted as a member benefit on the PRC webpage. There have been over 1700 total page views, providing evidence that this initiative is a valuable member service.
- **Collaboration with Pediatric Special Interest Group:** The Pediatric SIG and PRC are planning a Spring 2023 joint webinar that will address issues and concerns in pediatric physical therapy.
- **Practice Updates:** Weekly updates that address current practice alerts, advocacy requests, new clinical practice guidelines, articles of interest, current courses, podcasts, videos, and special events continue to be posted for members in the APTA-PA Weekly email blast and on the PRC webpage.
- **Practice Alerts:** Updated information on the Pennsylvania Licensing waivers in response to the ongoing Public Health Emergency has been posted on the website and included in email notifications.
- **APTA-PA Research Grant:** The 2022 APTA-Pennsylvania Research Grant was awarded to Julie M. Orlando for her study, "The Effects on Children and Parents of Educating Parents About Ways to Play with Babies." Michael Steimling, the 2021 Research Grant awardee, completed his study, "The Relationship of Pelvic Floor Muscle Activity and Running Biomechanics in Health Nulliparous Females," and Lindsay Carroll, the 2019 awardee, completed her research, "Validation of the Single Leg Squat Test for Use in Individuals with Chronic Ankle Instability." Both researchers will be presenting their studies as part of the Platform and Poster presentations at the 2022 MovePA Conference.
- **APTA Foundation for Physical Therapy Research Collaboration:** Ongoing partnership continues with the Foundation for Physical Therapy Research to promote and advertise information on research grants, programs, and opportunities of interest to members. The PRC submitted, and APTA-Pennsylvania Board approved a \$1500 grant to the Foundation for the purpose of funding PODs Scholarships which support research for candidates enrolled in professional doctoral study.
- **Support physical therapy-related research projects:** Survey participation requests that meet the criteria are posted on the PRC webpage to facilitate therapist engagement in ongoing PT research.
- **Wellness initiative:** Committee members continue to work on the plan to transition the wellness information posted on the website from consumer-oriented information to clinician-oriented information.
- **Practice inquiries:** PRC Chair continues to respond to inquiries related to practice issues.

FEATURE ARTICLE

PAYMENT COMMITTEE REPORT

By: Thomas M Howell, PT, MPT | APTA PA Payment Specialists

HELLO FROM THE PAYMENT COMMITTEE

2022 has seen your APTA-PA Payment Specialist team go through some growing pains and personnel changes. As of this printing, the Payment Committee has two Payment Specialists, Thomas M. Howell, PT, MPT, and Deborah Alexander, PT, DPT, CHPC, PMP, MED, ATC, CSCS. We report to the APTA-PA President.

PAYMENT COMMITTEE = MEMBER BENEFIT

As a PT or PTA member of APTA-PA, you or your support staff may contact the APTA-PA Payment Committee Payment Specialists for current information on payment and regulatory issues impacting your practice. In this role, the Payment Specialist serves as a resource, directing members to resources on the APTA and APTA-PA websites surrounding common payment issues impacting physical therapists **We require that you include your APTA-PA member number and member name, or the number of the APTA-PA member you represent with your email.** The Payment Specialists, as needed and appropriate, reach out to payers to discuss payment issues being experienced by our members in an effort to provide a resolution, alert the payer to the issue, and/or assist in rectifying the issues. APTA-PA members are encouraged to reach out to the Payment Specialists on payment and regulatory questions or issues. The best manner to reach the Payment Committee Payment Specialists is via our NEW email: payment@aptapa.org



Your questions will be reviewed and responded to via email and/or phone, dependent upon the question details. The Payment Specialist role serves the APTA-PA members as a value-added service offered. If you are not an APTA-PA member but would like to have access to our Payment Specialist resource, we encourage you to become an APTA member today.

HOW TO KEEP UP WITH REGULATIONS AND PAYMENT ISSUES = PAYMENT BLAST

APTA-PA offers members a value-added benefit to payment and regulatory issues impacting physical therapists. The Payment Committee publishes the PAYMENT BLAST every other Friday as breaking payment, and regulatory changes are announced by various payers. If you are an APTA-PA member, you should be receiving the Payment Blasts automatically in your email.

Never miss an issue: Payment Blasts are also archived on the APTA-PA Payment webpage!

APTA-PA PAYMENT WEBPAGE

The APTA-PA Payment Committee and the APTA-PA office regularly update the "Payment" Tab on the APTA-PA webpage, allowing providers to readily find resources and hyperlinks to many of the common payment and regulatory questions experienced by physical therapy providers. The webpage is divided with one section providing common APTA/National, which provides coding, billing, fee schedule, practice, and Medicare policy and another section of the APTA-PA Payment web page provides additional resources regarding PA-specific payers, such as Workers Compensation, PA Auto, Highmark, Aetna, Geisinger, Medicaid, etc.

PAYMENT WEBINAR/SEMINARS

A perfect storm of personal and professional issues prevented us from putting on our annual Fall Live seminars. At the time of the printing, the Payment Specialists are considering offering a free Payment Town Hall in Q4 2022 for members. Stay tuned for an announcement. Our intention is to return in person in the Spring (usually April) of 2023.

QUICK SUMMARY OF PAYMENT NEWS FOR 2021-2022:

- Telehealth Payment Update
- Advocacy
- Federal Programs Update:
 - PTA News
 - Proposed and Final Rules
 - KX modifier and Thresholds
 - PA Medicaid
 - Commercial Updates- Major news
 - Aetna
 - Highmark
 - Cigna

TELEHEALTH PAYMENT UPDATE

Please Check out the Practice and Research page for information on where PA stands on PT telehealth practice. The Payment Committee will continue to update the Telehealth Payer Chart, which has information on each insurer's policy for telehealth services and payment. On the Federal side, APTA continues to push for the permanent addition of PT/OT to allow providers to be reimbursed for telehealth services. At this time, we can still practice telehealth under Medicare as the Public Health Emergency (PHE) was extended through October. If and when the PHE is ended (by the Secretary of Health and Human Services), telehealth will remain allowable for 151 days.

ADVOCACY

We support the APTA-PA efforts both locally and nationally to advocate for PA and national issues, many of which involve payment policy. This year we are facing payment cuts in Home Health and Outpatient. APTA's advocacy to stop the cuts is a priority issue for the Association. The APTA-PA and APTA websites provide resources for members to utilize when contacting their legislators. We encourage members to review these resources when conducting therapy advocacy.

FEDERAL PROGRAM UPDATE

PTA NEWS

As of Jan 1, 2022, Federal programs (CMS) and Humana commercial and Medicare programs started enforcing the PTA Differential payments. Clinics should be well versed in applying the modifiers at this point and have a plan to cover the payment reduction while still supporting PTA services. As of this writing, Cigna has announced plans to implement the PTA Differential for commercial plans effective Oct 15, 2022. The APTA is actively fighting Cigna's plan and has posted advocacy updates and resources.

CMS FINAL AND PROPOSED RULES – Please note: All the Rules summaries are available to members on the APTA webpage. CMS also publishes "Fact Sheets," which summarize the Proposed and Final Rules. The Rules themselves are published in the "Federal Register." **Many of the proposed rules are now final; however, we have still published some of the proposed rule highlights as many of these proposals were expected to be in the final rule. Please review the final rules in your area of practice to see what changes are expected in 2023 from CMS.**

Summaries of the Proposed and Final Rules are available on the APTA website as well as in Archived Payment Blasts. Rules coming out November 1, including the Home Health and Final Physician Fee Schedule (PFS), will be reviewed in the first Blast following release. We have opted not to post summaries in the newsletter this year since that information is available in depth with just a few clicks on the Association's websites.

Please note the major themes projected in the 2023 Final and Proposed Rules involve payment cuts which the APTA is fighting. An additional advocacy focus is to change OP PTA Supervision under Medicare in Private Practice to "General Supervision," which is allowable under all Federal programs regardless of setting. This does not change PA Practice Act

PTA Supervision regulations which may be more restrictive. As a reminder, you must follow the most restrictive regulation, which may come from the PA Practice Act, State Law/Regulation, Federal Law, or CMS regulation. With Supervision, we recommend you always check the PA Practice Act and Rules first to make sure you are following the most restrictive regulation.

2022 KX MODIFIER AND THRESHOLDS:

Though it is late in the year, we always clarify what is regulation for the KX modifier:

- CMS retained the KX modifier but amended the language from “caps” to “thresholds” for 2022. The KX modifier must be applied when the payment reaches \$2150 for combined PT and SLP and \$2150 for OT.
- CMS retained the \$3000 threshold for Medical Review.
- At the time of publication, the Final PFS rule may be out, and the 2023 threshold amounts, which are indexed to inflation, will be posted. Please check out the Payment Blast, APTA, and APTA-PA webpages for the updates

PA MEDICAID

After a relative period of quiet after the state phased in the Community Choice Medicaid program, we have begun to hear of some problems with these managed care Medicaid programs, run by commercial insurances. Highmark Wholecare, formerly Gateway Medicaid, is one of the programs with problems that we have been contacted about. If you are experiencing problems with payment from any Medicaid program, please contact us at payment@aptapa.org

COMMERCIAL INSURER UPDATES

Where are the Commercial insurers headed? We have been reporting on the move by insurers to have third-party claims management companies take over managing claims processing and the pre-authorization process. We have seen this extended to Home Health as well in 2022. The payers report cost savings as a reason for this implementation, but the bottom line is that there has been an explosion of these companies. This shift has been what we call a “Back to the Future” movement in which we are seeing the administrative burden, especially with pre-authorization, increase, taking us back to regulations we fought so hard to eliminate years ago. In PA, we have seen Magellan, American Specialty Health (ASH), Aim, and others, take over claims management and pre-authorizations. Chapters are fighting back with the support of their members and overturning pre-authorization requirements. Also, there is a bill in US Congress (H.R. 3173/S. 3018) that would reduce the burdens imposed with pre-authorization in Medicare Advantage programs, many of which have a negative impact on timely patient services. Look for more fighting back from the Association in 2023 to combat these changes.

Some brief commercial insurer updates:

AETNA

We are still burdened with denials for the 180-day evaluation payment limit, which Aetna re-implemented in 2022, requiring an appeal to be paid. If your appeals are denied for evaluations being conducted and billed with a reason code of 180-day, please contact us at payment@aptapa.org.

HIGHMARK

We have been working hard to oppose the recent Highmark payment cut announcement impacting Private Practice clinics, what Highmark calls bundling, which limits payments of 97000 series codes to \$92/day maximum or \$120 if an eval or re-evaluation is done with treatment. At the time of this writing, APTA-PA representatives have been meeting twice a month to formulate and update our plan to fight this policy, take action on our plan, and handle the problems that have occurred with the transition. Please look for updates in the future Payment Blasts.

PAYMENT

CIGNA

As of this writing, the APTA was fighting Cigna's plan to enact the PTA Differential for commercial plans on October 15, 2022. This applies to only Cigna plans that are not managed by American Specialty Health (ASH). Hopefully, by this publication, that effort was successful in stopping Cigna from rolling out the Differential this year. Cigna has also announced its intention to move to a 4-unit max per day across various plans, although plans managed by ASH already had this limitation.

2023 looks to be a major year of Chapter and member advocacy in payment issues. Your Payment Committee will continue to work towards helping members navigate the difficult maze of payment!

SAVE THE DATE

2023 APTA PA ANNUAL CONFERENCE



Oct. 6-8, 2023

MARRIOTT LANCASTER AT PENN SQUARE | LANCASTER PA

MEMBER BENEFIT: CONTACT THE ETHICS CHAIR

**DID YOU KNOW MEMBERS
CAN ASK ETHICS-RELATED
QUESTIONS TO OUR ETHICS
COMMITTEE? SEND YOUR
QUESTIONS TO ETHICS
COMMITTEE CHAIR AT
ETHICS@APTAPA.ORG.**

**FIND THE FULL APTA PA
ETHICS COMMITTEE LIST ON
OUR WEBSITE:
[APTAPA.ORG/
ETHICS-COMMITTEE](https://APTAPA.ORG/ETHICS-COMMITTEE)**



DISTRICT UPDATES

NORTHCENTRAL DISTRICT

Submitted by: Aaron Barner, PT, DPT | North Central District Director

Greetings from the APTA-PA Northcentral District. We have had another very exciting year. Exciting in the fact that we have an amazing, talented group of officers who are working



to help promote and support not only the district and the state but the profession itself. We were also excited to be able to offer both in-person and virtual district meetings this year, reaching more professionals across the district and the state than ever before. This sharing of information can only help us all connect more and become better clinicians and educators. Topics and presentations from the NCD this year included a Multidisciplinary Approach to Concussion Management, Penn College PTA student poster, and Pelvic Health presentations. Special thanks to all of those who shared their expertise.



The NCD also hosted our 11th Annual Golf Tournament on August 27, 2022. As this event continues to grow, we like to offer our sincerest appreciation

for all our sponsors, donor, and 80+ golfers who make this a fun, successful event year after year. We couldn't do this event without our volunteer PT's and PTA's, as well as the amazing PTA student volunteers from Pennsylvania College of Technology who help run our putting contest, auction tables, and charity putt tent. We are humbled and feel extremely fortunate to historically be able to donate over \$2000 to APTA-PA efforts. Because of the amazing outpouring of support, we were also able to make a \$500 donation to Camp Victory, a completely handicap-accessible camp in Millville, PA.

Our main goal in the coming year will be to help boost engagement and participation within the profession and

organization. If there are ways you would like to help or if you have ideas for topics for district meetings, please contact us. As we look toward the future and ways to better serve



our members and the profession, we have decided to start a grassroots "NCD Connection Initiative" to help distribute important information from the district and the state about upcoming events, continuing education opportunities, and important legislative issues impacting the profession. We will be reaching out to identify liaisons soon to be the contact persons between us and their organization and co-workers. If you live in Bradford, Centre, Clinton, Columbia, Lycoming, Montour, Northumberland, Potter, Snyder, Sullivan, Tioga, or Union county and are interested in helping with this initiative or looking for other opportunities within the Northcentral District, please email us at NCD@apta.org or reach out to/like us on Facebook at APTA PA Northcentral District.

NORTHEAST DISTRICT

Submitted by: Kristen Karnish, PT, MPH, D.Ed | North East District Director

I hope this newsletter finds you and your families healthy and safe! We appreciate each of you and your continued service in helping your patients and clients to move forward each day!

The NED has continued our mission to serve PTs, PTAs, and students throughout Carbon, Lackawanna, Lehigh, Luzerne, Monroe, Northampton, Pike, Susquehanna, Wayne, and Wyoming counties by providing member benefit and support. We are grateful for our members who generously shared their time and expertise with informative CEU presentations, including Jennifer Elinich & Allison Ross presenting 'Interprofessional Education and Collaborative Practice'; Susan Barker presenting 'Effects of Physical Therapy on Symptoms of Depression'; Todd E. Davenport presenting 'Energy System First Aid for People with Long COVID: Principles and Practices for Physical Therapists'; and Stephen Carp, Marlee Dillon & Mary O'Malley presenting Humanism and Immigration Medicine: The Norristown Immigration Clinic. The NED Student liaisons organized and hosted a webinar 'The Truth About Icing Injuries and Other Tissue Healing Concepts' presented by Sherif Elnaggar.

The NED is home to several educational programs, including 4 DPT (DeSales University, Misericordia University, Moravian University, and the University of Scranton) and 4 PTA (Johnson College, Lackawanna College, Lehigh Carbon Community College, and Penn State University-Hazleton Campus). We were privileged to host a webinar to spotlight three pro-bono clinics run by DeSales University, Misericordia University, and the University of Scranton to highlight the fantastic services provided for adults and children in our region who are uninsured

or underinsured.

Our board is composed of 12 dedicated individuals who volunteer their time, talents, and ideas to support our district. New to NED leadership this year include Barbara Baran, nominating committee, and Colin McLaughlin, meeting planner. We thank the outgoing student liaison, Christian Huckfeldt, from the University of Scranton and are seeking a new liaison to work with current student Samantha Polvolko from Misericordia University. We thank our delegates, Kay Malek, Greg Colvin, John Tawfik, and Kelley Moran, for their representative voice and the extra time they spend to advance our profession. We always have room for new people and new ideas, especially as we develop our future goals and opportunities.

Our education opportunities continue this fall. Please refer to our website for specifics on presentation topics and meeting locations. We are always looking for people and organizations to support our mission of sharing quality education opportunities for our members. If you know of anyone willing to host or provide an educational program for a future NED meeting, please contact any NED board member. We will be happy to help organize and prepare the session.

District meetings are held six times annually (March, April, May, September, October, and November) on the 2nd Tuesday of the month. We welcome and encourage your presence and participation. Please visit our page on the APTA PA website or go directly to <https://www.aptapa.org/northeast-district> to learn about our educational and scholarship opportunities, legislative and advocacy issues, and general support of our profession in Pennsylvania.

NORTH WEST DISTRICT

Submitted by: Jennifer Green-Wilson, PT, MBA, EdD | North West District Director

Our leadership team has been re-gaining momentum and energy through collaborative discussions and activities! We participated in the Chapter-wide-All-District virtual HOD meeting on July 19th. How fun to *connect* throughout our Chapter while discussing current issues and future opportunities faced by our profession. Then on July 28th, we offered a complimentary Hybrid Continuing Education program, *Therapy Implications for COVID-19 Along the Continuum of Care*; this two-hour CEU program was presented by Drs. Ashley R. Greenthaner, PT, DPT, and Alice Simmons, PT, DPT. Relevant, timely content, so well-presented - thank you, Ashley and Alice, for helping us stay informed!

Now and for the next several months, we are seeking applications for the annual Donna Boucher Award, which provides financial support for students who reside in the geographic region encompassed by the Northwest District enrolled in entry-level PT and PTA educational programs. As a long-standing and contributing member of the Northwest District, Donna believed strongly in supporting students preparing for a career in Physical Therapy and served as a mentor to many. Individuals receiving the award may utilize the funds to support attendance at professional meetings and/or purchase textbooks and other required materials for their educational program.

Congratulations to Corey Bessetti, SPT, from Gannon University, who will serve as a Student Usher in the HOD in Washington, D.C., in August! Congratulations to Kenzie Grenell, SPT, also from Gannon University, who is serving as a Student Observer for the HOD.

Our District is hosting an in-person Student Social in September at a stress-free venue as another way to continue to reconnect. We are hoping to relax, build relationships, and have some fun!

As always, the Northwest District invites “all hands on deck” to lead our team and engage creatively in conversations, advocacy, programming, and fundraising to ensure our best possible future within APTA PA and beyond. Please reach out to the District leadership team at any time!

SOUTH CENTRAL DISTRICT

Submitted by: Sue Gerhard, PT, DPT, | South Central District Director

Another year has flown by, we continue to demonstrate strength, perseverance, kindness, awareness of DEI, and flexibility as we support our members, our community, and our patients. As therapists, we continue to mask up and meet in person and virtually. As an organization, we offer opportunities for continuing education, collaboration, and meetings virtually and in person. We have met at universities and supported student research programs. We continue to advocate and communicate legislatively. We are stronger and more creative. We are brave and committed to excellence. We continue to show up, mask up (if indicated) and CARE for our community and colleagues. I am proud to be part of our strong adapting team, organization, and community.

I am excited to announce that our District leadership is changing. Elections are this October and November for District Chair, District Secretary, and Nominating Committee. Elections were completed this Summer for Delegates. If you have ever considered taking a more active role in Leadership, now is your opportunity. At MOVE PA, we will have our annual membership meeting on Saturday afternoon. Within a week of that meeting, the polls will open electronically. Please be sure to vote and make your voice heard. Your voice is important and valuable.

I would like to thank and honor each of our members. You are integral to providing optimal care to our patients, raising the standard for practice (not ‘just cheap CEUs’) in the Commonwealth, and continuing to strive to Practice PT (the science of healing and the art of caring) at the TOP of our license. As members, we strive for excellence (we do not have room for enlightened mediocrity) – our patients deserve better, and we DO better!

I would like to specifically name the leaders that have kept the SCD moving forward over the previous year. Maria Poppe –



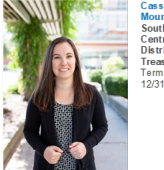
Program Committee

Paula Johnson Membership -Committee Chair

Vanessa Lee -Nominating Committee

Delegates – Justin Mierzwicki, Tom Glumac and Andy Zang

Thank you each for your time commitment and dedication to our Profession.

	<p>AnnMarie Sautter Southcentral Vice Chair Term ends: 12/31/24</p>	
	<p>Amy Humphrey South Central District Secretary Term ends: 12/31/22 571-242-0009</p>	
		<p>Cassandra Mountz South Central District Treasurer Term ends: 12/31/2</p>

SOUTH EAST DISTRICT

Submitted by: M. Alex Haddad, PT, DPT, PhD | South East District Director

The Southeast District has been continuing to work hard to deliver for our members, our profession, and the five counties that we call home. Here are a few examples of how:

- We are evolving our business meetings to feature the District's diverse voices and talents in different ways. The Emerging Entrepreneur is a five-minute feature that highlights a district member business owner PT who shares their successes and challenges in business ownership.
- Our September meeting provided 1.5 hours of free evaluative CEUs to member and non-member PTs and PTAs from one of our own, Lisa Hoglund, sharing her expertise as a content-expert CPG author. You will also see several district talents sharing their knowledge in other venues, especially at the MoveOn conference, with several educational tracks presented by members.
- We are also fortunate to have SED member, Brigitte Cuffia, speak for the chapter in November for the combined district virtual ethics course.
- We are continuing to make intentional investments in the District's leadership ranks and active committee members that are called to meaningful service. Our advocacy chair, Carolyn Murphy, was supported by the SED to attend the Public Policy and Payment Forum during APTA's Leadership Conference in Washington, DC, this past August. Our realized gain is the knowledge and relationships she will bring back to the District.
- Capitalizing on the energy and creativity of the Minority Affairs Committee, we are evolving the MAC liaison position for the SED. Chanele Criswell will be leading our effort to identify new and better support existing local community partners and allies to APTA PA's shared mission and vision.

These are just a few highlights of our work, as available space limits a full accounting here. If you want to know more, look for our district E-newsletter published prior to our business meetings, attend a district meeting or event, or reach out to anyone on our [leadership team](#). We would especially love to hear your feedback and how we can do better – SED@aptapa.org.

WEST CENTRAL DISTRICT

Submitted by: Shannon Scanlan, PT, DPT | West Central District Director

As 2022 is nearing a close, we, as your district leadership, have spent time evaluating the changes in the atmosphere of activities across the state that were forced upon us due to COVID. Even prior to the pandemic, we were working on providing hybrid models of attendance for our district events so that we could reach more of you who were limited in your ability to travel to in-person meetings. This digital option became our only option, and we were shocked to see some large numbers in attendance at our district meetings. With the ability to join meetings all across the state, the attendance at these digital offerings now represents higher importance on content. We have been blessed to start meeting in person again, but we continue to offer virtual options for attendance.

Despite transitioning to in-person meetings, our largest attendance continues to come from the virtual world. While we are pleased that we continue to reach people, it has forced our leaders to consider if our membership values the in-person meeting any longer. In this digital format, it is easy to become disengaged. We miss you and miss seeing your faces! We believe there is nothing that will ever replace the ability to network in person. But we want to provide the best service for our members. We will continue to have these conversations among our leadership as we are planning for the upcoming year and welcome all member feedback so that your needs are represented and respected.

We have worked to provide ongoing quality content at district meetings. We have worked with the other districts this year to provide a joint course to fill the needs for Ethics and Law credits, which is being held virtually on November 15th as a fundraiser for the PAC. We hope you join us to fulfill your needs for licensure, as well as to support our PAC, which has been fighting a multitude of important fights this year.

Thank you all for your membership! It is so important to the work of the Association. As always, let me know how we can better serve YOU! We hope to see you in 2023!

**WE HAVE NO IDEA
EXACTLY WHERE THE
FUTURE WILL TAKE OUR
PROFESSION, BUT WE
MUST REMAIN NIMBLE
AND WILLING TO
INNOVATE.**

FIND US ON SOCIAL MEDIA

2020 taught us that connection is everything!
Stay connected with APTA PA by following us
on social media:



@APTAPennsylvania



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SPECIAL INTEREST GROUP UPDATES

GERIATRIC SPECIAL INTEREST GROUP

Submitted by: Erin Reddinger, Chair; Stephanie Young, Vice Chair; Nanami Mano, Secretary

The Geriatric Special Interest Group continues to provide education and resources for those who have a passion for working with older adults. Membership is free to all physical therapists and physical therapist assistant members of the APTA PA.

This year we have held two Webinars for contact hours. The first in January was entitled "Intensity Matters" by Hallie Zeleznik PT, DPT, Board Certified Neurologic Clinical Specialist. The second webinar was held in March entitled "Busting the Myths and Misunderstandings of Maintenance Therapy" by Ellen R. Strunk, Cindy Krafft, PT, MS, HCS-O, and Judy Stein, Executive Director of the Center for Medicare Advocacy.

We are also looking for speakers for two webinars in 2023 as well. Please reach out if you have any interest in presenting a webinar for the SIG or with any topic ideas!

We are excited to be partnering with the Acute Care

SIG for conference programming this year: Pulmonary Optimization: Breathe and Move, presented by: Colleen Chancler, PT, MHS, PhD, Sue Gerhard, PT, DPT, and Rebecca Smith, MOT, MS, GCS, CCS. Please see Move PA Conference Programming and Register here! [Pennsylvania Physical Therapy Association \(aptape.org\)](https://www.aptape.org)

The Geriatric SIG Business Meeting will be held at the MovePA conference on Sunday, Oct. 16 at 7:30 a.m, in Suite 10. Please join us as SIG members to share your ideas for upcoming events/webinars!

As always, we value any suggestions or ideas/comments you may have to improve our SIG and meet the needs of the members. Each of our contact information can be found on the SIG Website through aptape.org. Anyone who has an interest in becoming more involved with our SIG, please don't hesitate to contact us! We appreciate all that you do for our patients and profession.

PEDIATRIC SPECIAL INTEREST GROUP

Submitted by: AnnMarie Stauffer, PT, DPT | Pediatric SIG Secretary

Welcome to the APTA-PA Pediatric Special Interest Group 2022 Newsletter. The Pediatric SIG leadership consists of three volunteers, Karen Leppert, Pediatric SIG Chair; Mark Drnach, Pediatric SIG Vice Chair; and AnnMarie Stauffer, Pediatric SIG Secretary. The purpose of the APTA-PA Pediatric SIG, as stated on our website, is to provide a means by which physical therapists, physical therapist assistants, and students may meet, exchange information/ideas, identify issues, and provide a means by which members having a common interest in a special area of physical therapy may confer, and serve as a clinical resource for all APTA Pennsylvania members and the SIG itself. In addition, they respond to areas of concern related to PT SIG members, and advocate and advance the needs of SIG members, consumers, and members of the Chapter relative to the SIG's area of interest. Membership in the PT SIG is FREE and open to all active and affiliate members in good standing within the APTA Pennsylvania chapter.

We are all here to assist our members who share an interest in providing evidence-based care to the pediatric population in all settings: NICU, Acute Care, Early Intervention, Schools, and Outpatient. To find out more information about our SIG, access our resources, or join

our SIG, please visit <https://www.aptape.org/Pediatric-SIG>.

The Pediatric SIG has been busy providing resources, educational opportunities, and interactive sessions for members this year. Our webinars have included the topics of "Enhancing Participation for Children and Adults with Medical Complexity Across the Lifespan", a Pediatric Round Table in February where we discussed "State of the Evidence Traffic Lights 2019: Systematic Review of Interventions for Preventing and Treating Children with Cerebral Palsy" and "Hot Topics in Pediatrics-Early Intervention, School-Based and Outpatient". We were part of the cross-discipline state-wide committee, including the Pennsylvania Occupational Therapy Association (POTA), updating the "OT/PT School-Based Guidelines."

Move PA 2022 has a variety of pediatric topics and will be held in Kalahari Resort and Conference Center in Pocono Manor this year, October 14-16th, 2022. If you are looking for optimum value for your membership dollars, consider attending Move PA annually to get your CEU's: <https://www.aptape.org/movepa>

We would like to congratulate the newly certified Pediatric Clinical Specialists in our SIG! These members

are Cassandra Plows, PT, DPT, PCS of the NED, Christina Dehoff, PT, DPT, PCS of the SCD, Kristin Reed, PT, DPT, PCS of the SCD, Helen Milligan, PT, DPT, PCS of the SED, and Jenna Darr, PT, DPT, PCS of the SWD. Thank you for your professional dedication to building a community that advances the profession of physical therapy to improve the health of society.

We would also like to offer our congratulations to some PA Pediatric SIG members whose work has been published in the Pediatric Physical Therapy Journal this year. Jennifer Price, PT, DPT, and her colleagues at Lebanon Valley College published "The Effect of an Overnight Summer Camp on the Quality of Life for Individuals Who Require Ventilatory Support" in July 2022. Kimberly D. Wyncarz, PT, PhD, MPH of Moravian University, and Joseph Schreiber, PT, PhD of Chatham University (and others) published "The How and the Why of Including Children: Experiential Learning in Teaching Physical Therapist Students" in July 2022. Mark Drnach, PT, DPT, MBA, PCS was an editor for Tecklin J., Pediatric Physical Therapy 6th ed. 2021, and also authored the chapter "Transitioning to Adulthood". In addition, he authored "Productivity is More Than a Unit of Service"

American Physical Therapy Association, Pennsylvania *Practice Spotlight* in July 2022.

We plan to continue with more webinars and round table discussions finishing up 2022 and into 2023. We encourage all of our members to become involved in our SIG and in the APTA-PA. We are always looking for suggestions for conference and webinar topics. We know that there are many of you throughout the state that have done the research, presented at national conferences (APPTAC, CSM, Innovations, etc.), authored articles or book chapters, or otherwise contributed to our profession. Please email us any and all updates related to the professional accomplishments of you or your colleagues. We would like to recognize you in future communications and would love for you to present your information to us at a webinar or at Move PA. Please nominate your peers for our SIG award <https://www.aptapa.org/awards>

If you have co-workers who are not APTA-PA members, please share this newsletter with them and encourage them to join the APTA and become involved in our profession.

PTA SPECIAL INTEREST GROUP

Submitted by: Ann Lowrey, B.A., PTA | PTA SIG Chair

What a year we have had! We first want to thank you for doing everything you do for your patients. A huge thank you to the PTA members for your membership. A shout out to all PTAs for your advocacy efforts! It is greatly appreciated!

The 2021 Annual Conference will go down in history with the unanimous passing of the motion to have an elected PTA Director on the APTA PA Board of Directors. 2022 brings us the opportunity to vote for the first PTA ever to hold this position.

2021 House of Delegates passed an RC allowing two PTAs from the PTA Delegates to vote during the House of Delegates. This is monumental! Your voice is being heard.

<https://www.apta.org/apta-and-you/leadership-and-governance/pta-caucus>

APTA PA sponsored HPA's LAMP Leadership 101 and 201 this past year. It was held in Pittsburgh with great attendance! We had four PTAs attend and benefit from the incredible educational opportunity. We are looking forward to their leadership in PA.

<https://www.aptahpa.org/page/LAMP>

APTA's PTA Advanced Proficiency was achieved by four PTAs in PA over the past year. PTA members can receive this recognition for advanced proficiency and skill in eight different clinical areas. Visit <https://www.apta.org/for-ptas/pta-advanced-proficiency-pathways> for more information!

Take some time to visit the PTA Special Interest Group (SIG) page at <https://www.aptapa.org/physical-therapist-assistant-sig>

We review this often for updates and appreciate your input concerning what you would like to see there.

Over the past year, we have been busy collaborating with all of the Special Interest Groups to bring our members improved communication and be more accessible to our membership. You may not know this, but we meet every month, keeping our members' interests and needs at the forefront of our planning. Your input is always beneficial to us!

During this year's APTA PA Annual Conference, we hope

you will support our PTA SIG-sponsored courses. Much effort is put forth to bring valuable information to you, and from the PTA SIG, we like to have PTAs presenting content valuable to PTAs! If you may be interested in presenting for 2023, check in with us during the conference!

I would personally like to thank Jenn Novik and Noelle

Almond for their great work in the PTA SIG. There is no way one person could have accomplished all we have done in the past year.

Your professionalism and leadership are amazing and very much appreciated!

STUDENT SPECIAL INTEREST GROUP

Submitted by: Rachel Parshall, SPT – SIG Chair

The Future of the Practice

The APTA PA Student Special Interest Group (SSIG) is a student-led group that hosts events aimed at engaging student physical therapists (SPTs) and student physical therapy assistants (SPTAs) to provide voices to those feeling unheard, unseen, or underrepresented, advocate for the profession, and participate in game-nights or other social activities throughout the course of the year. We strive to make our events as accessible and barrier-free as possible for students or others who are interested, as we understand the difficulties many of us face as students. The SSIG has continued to grow larger each year, and we appreciate everyone who attends our events in an effort to learn more or spend time with other students! Building trust with one another and harboring relationships among students continues to be our main goal, and we understand the importance of remaining active in our professional organization to make the changes we want to see moving forward. Your voice and opinions matter, and we are so proud of how far you have come as a student.

Events and Collaborations

We would like to thank everyone who has participated in our events so far this year! Your stories and experiences continue to shape the profession, and we appreciate your vulnerability and transparency while speaking at our events:

Wine & Cheese Game Night & Mid-Year Game Night

The Catalysts for Change – Black History Month Edition: I. Coles, H. Green, P. Johnson, R. Marco, Y. Tekeste

Students x National Athletic Training Month –C. Brand, C. Clark, T. Glabus, Z. Schrader, K. Soboleski

Private Practice Q & A – J. Brown, J. Dominguez, C. Greenawalt, B. Kist, B. Maloney

The Catalysts for Change – Asian American Pacific Islander Heritage Month Edition: G. Angreji, T. Philip

The Catalysts for Change – LGBTQIA+ Pride Month Edition: S. Hoban, I. Porter, A. Urian

Advocacy Dinner & Webinar: S. Silar, S. Voshell

We would love to hear from you!

We are still growing as a Special Interest Group, and we are continually looking to add new members to our board! We hope to see you at one of our events in the future, and you can follow our social media pages here:

- Instagram: @aptapa_ssigg
- Facebook: APTA PA Student Special Interest Group

To our 2022 graduates, we would like to congratulate you on your achievements and commend you on continuing to strive in your programs! Best of luck to all students moving forward, we wish you all the best!

INTERESTED IN JOINING A SIG?

All Special Interest Groups (SIGs) are FREE for active members to join. SIGs provide a means by which physical therapists, physical therapist assistants and students can meet, exchange ideas/information, identify issues, and serve as a clinical resource for all APTA PA members and the SIG itself.

Current SIGs include:

Acute Care

Geriatric

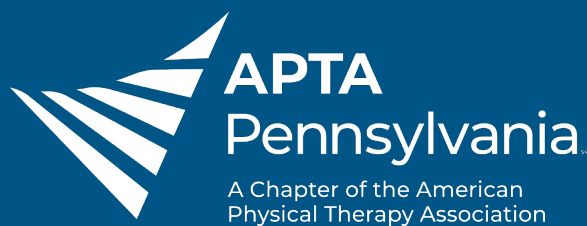
Neurology

Pediatric

Physical Therapist Assistant

Private Practice

Student



Visit [APTAPA.org/special-interest-groups](https://www.apta.org/special-interest-groups) to join as many SIGs as you choose.

COLLEGE & UNIVERSITY UPDATES

ALVERNIA UNIVERSITY

The Alvernia University DPT Program is busy preparing for reaccreditation this academic year. The Program wishes to congratulate the Class of 2022 on graduating from the Program on May 14, 2022. A special congratulations to the following award recipients: Academic Excellence Award: Kayla-Ann Bain, Academic Achievement Awards: Joshua Burrier, Devyn Haring, Aspire Award: Jaime Calvin, Clinical Excellence Award: Joshua Burrier, Clinical Reasoning Award: Devyn Haring, Student Rebecca L. Craik Excellence in Critical Inquiry Award for a study entitled, *"Physical Therapists' Knowledge of and Experience with Health Literacy"* by Taylor Foster, Cody Hart, Michela Lewis, Rachelle Ross, and Principal Investigator and Advisor Dr. Robin Zappin, PT, EdD. External award winners are Clinical Excellence Award: Inpatient CI's at Tower Health, Rebecca L. Craik Excellence in Critical Inquiry Award: Dr. Joshua Cleland for his substantial contributions to the profession, and Service Award: Dr. Rudy Ruth for his substantial support of the DPT Program.

The Program continues to offer pro bono services to the local community in a "clinic without walls" model where physical therapy care is provided by students under the supervision of licensed physical therapists both during in-class lab experiences, which includes interprofessional care and at the Alvernia Health & Wellness Center on Liggett Ave. This student-run center has provided care for hundreds of underserved individuals since its inception in 2015 and is endeavoring to expand its list of services. For more information, contact: Phone: 610-796-3044, Email: AUHWC@alvernia.edu www.facebook.com/AU.ProBonoPT/AUHWC. Faculty and students of the Program are preparing to once again provide global pro bono physical therapy services in Belize in January 2023.

The DPT Program enthusiastically welcomes our newest core faculty member, Dr. Julie Axelrod, PT, DPT, to our team. Dr. Axelrod has been involved as an associated faculty member in our Program for several years. She will participate in the clinical practice courses and teach in the practice management, foundation science, and practice pattern tracks of the Program. Welcome, Julie!

COMMUNITY COLLEGE OF ALLEGHENY COUNTY

APTA PA NEWSLETTER
PHYSICAL THERAPIST ASSISTANT PROGRAM
COMMUNITY COLLEGE OF ALLEGHENY COUNTY
BOYCE CAMPUS

Summer 2022

Congratulations to the nine students from the Class of 2022 that graduated on Thursday, May 19th.

The PTA Program faculty and students would like to congratulate Alysse Dambrot, Class of 2022 SPTA President, on being selected as a 2022 recipient of the Mary McMillan Scholarship. Alysse will be recognized at a ceremony on Sunday, August 14th, in Washington D. C. at the Honors & Awards Ceremony. Alysse was a 2021 recipient of the APTA PA Student Leadership Award.

The PTA students had a busy spring semester and participated in several service-learning activities:

For Women's History Month in March, the SPTA held their 15th annual "Spring Clean Out Your Closet" service project,

collecting clothing and shoes. SPTA Class of 2023 Officers Dylan Florentine, Shawn Klocek, Julie Smith, and Kiki Serra coordinated and supported the “Spring Clean Out Your Closet” clothing drive donating over 1,000 pounds of clothing items. Clothing was sorted into men’s, women’s, children’s, and business attire. The students distributed the women’s clothing to Treasure House, men’s clothing to Light of Life, and the children’s clothing, linens, and miscellaneous items to the Free Store. The men’s and women’s business attire were donated to the newly established CCAC Boyce Campus Clothing Closet.

Melissa Sell, Class of 2021, coordinated the service project with the Allegheny County Boyce Park Ranger Max Bader and first and second-year members of the SPTA to participate in the Boyce Park Clean-Up Day. This project began in the fall of 2021, and students continue to participate in fall and spring clean-up days.

Kiki Serra, Treasurer SPTA, Class of 2023, organized a fundraiser to raise money and awareness for Pittsburgh Action Against Rape (PAAR) with Mercurio’s in Fox Chapel. PAAR provides resources such as education, training, legal advice, and therapy regarding sexual abuse. 1 in 4 girls and 1 in 13 boys experience child sexual abuse at some point in childhood. The organization has a 24-hour helpline and also offers medical support. They’re the only organization in Allegheny County solely devoted to the issue of sexual violence. The SPTA Club event raised \$200.00 for PAAR



Julie Smith, SPTA Secretary, Class of 2023, is an Observer at the Pennsylvania Delegation, where she learns about the governance process of the APTA and the PTA Caucus.

The SPTA was recognized for their Community Involvement during the Student Life & Engagement Awards presentation on Thursday, May 5th, to highlight the achievements of the CCAC Faculty and Student Clubs. Carol Stokes received the CCAC Boyce Campus Student Organization Advisor of the Year Award. Julie Smith, SPTA Secretary Class of 2023, received the Student Life & Engagement Officer of the Year Award, Elizabeth Calvert, SPTA Educational Liaison Class of 2023, received the Student Life & Engagement Outstanding Student Leader, Alysse Dambrot, SPTA President Class of 2022, received the Student Life & Engagement CCAC Service and Dedication Award and received All PA New Century Workforce Scholarship, Kiki Serra, SPTA Treasurer Class of 2023, received the Student Life & Engagement Student Impact Award, and Shawn Klocek, SPTA Vice-President Class of 2023, received the Student Life & Engagement Engaged Student

DESALES UNIVERSITY

The 2021-2022 academic year was a pivotal one for successful outcomes and recognition of the DeSales Doctor of Physical Therapy Program. In spring 2022, we submitted a Self-Study report to CAPTE and experienced a positive site visit in June in optimistic anticipation of an affirmative decision for 10-year re-accreditation later this fall. Our 2020 and 2021 graduate classes brought national recognition to the university as one of 19 DPT Programs in the nation with a 2-year, consecutive average of 100% first-time pass rate on the National Physical Therapy Examination. In August 2022, we welcomed our 8th incoming class to our beautiful suburban campus, providing them with an enhanced learning environment in our state-of-the-art clinical simulation center, pristine anatomy laboratory, and newly renovated Will’s Hall, featuring a large dedicated DPT classroom, modern student-lounge facility, conference and study spaces, and opportunities to interact with students in the new Speech and Language Pathology program who share this building with us. In the Gambet Center, several inter-professional educational activities were conducted with faculty and students from the Physician Assistant (PA) and nursing programs, with the assistance of faculty-trained standardized patients simulating various musculoskeletal and neurologic cases. As we move forward

into the 2022-2023 academic year, new case scenarios are being developed to include SLP students and faculty. Our dedicated research laboratory facility was enriched by the purchase of Noraxon EMG and 3D motion capture systems, and a new dual DPT/MBA degree program was approved to be launched this fall.

SERVICE

Over the past year, the faculty developed a model plan for the DeSales DPT Pro Bono Clinic Network with the goal of providing our students with additional integrated clinical education experiences beyond that which we currently offer in our clinical reasoning curricular track. This fall, we are partnering with Bethlehem Emergency Sheltering to offer pro bono services to the homeless population in Bethlehem and the surrounding community. In the spring of 2023, we anticipate the opening of an on-campus, student-run, faculty/alumni supervised clinic offering physical therapy care to the poor, underserved, and/or underinsured throughout the Lehigh Valley. Working under the supervision of Dr. Stephen Carp, our students continue to work with students and faculty from 11 other universities providing care at the Norristown Immigration clinic. Additionally, a broad spectrum of service-learning

activities was organized and sponsored by the DPT Student Association (DPTSA), addressing food insecurity by preparing meals for soup kitchens and stocking local food pantries, crocheting blankets, and collecting toys for infants and children in the NICU and local hospitals, and supporting Special Olympics, the Miracle League, and numerous community service fund-raisers. The DEI and Minority Affairs committees of the DPTSA coordinated with students from the PA and nursing programs to present several informative webinars raising public awareness about DEI issues in healthcare.

To support the continuing education needs of physical therapists and physical therapist assistants in the region, the program offered a series of on-site CEU courses, including a two-day symposium on caring for patients with limb loss, an APTA Credentialed Clinical Instructor course, an Academy of Pelvic Health course, and a cadaveric anatomy course on the wrist and hand presented by DPT faculty members, Dr. Christos Karagiannopoulos and Dr. Cameron Bassett. A Certified Stroke Rehabilitation Specialist course, another cadaver anatomy course on the back, and a level-one Academy of Pelvic Health course are scheduled for this fall.

RESEARCH

Faculty and students also accomplished a number of research-initiative outcomes. Our students excelled in their 3-year research curriculum, with 100% of their projects and case history reports disseminated at our Annual Research Symposium in October 2021. Several faculty-mentored student projects were presented as posters or platforms at the MovePA Annual Conference, with one receiving the award for the best research project, and several others were accepted for APTA Combined Sections Meeting in San Antonio.

All DPT faculty contributed to the body of knowledge through conference presentations or distinct publications in various primary sources. Dr. Sean Griech and colleague Dr. Julie Skrzat were co-editors and co-authors of a book entitled *Case Studies Across the Continuum: A Physical*

Therapist's Perspective, in which some of our other faculty contributed chapters, including Dr. Ethan Hood (on CVA from atrial fibrillation), Dr. Stephen Carp (on normal pressure hydrocephalus), and Dr. Suzanne Migliore and co-author Dr. Karen Warenus (on cerebral palsy). Dr. Christos Karagiannopoulos co-authored an article with Dr. Griech and Dr. Brian Leggin that was published in the *International Journal of Sports Physical Therapy*. He also contributed a chapter on proprioception re-education in a book on rehabilitation of the hand and wrist and co-authored the latest AAOA Clinical Practice Guidelines on the Management of Distal Radius Fractures. Dr. Stephen Carp contributed a chapter entitled "COVID-19 and the Future of Healthcare" in *Yes, Francis. Ways to Help in the Post-Pandemic World*, and his student research group had an abstract published in the *International Journal of the Alzheimer's Association*. Dr. Ethan Hood co-authored an article with colleague Dr. Dennis Klima for *Topics in Geriatric Rehabilitation* on post-stroke effects on power production. Along with the book and journal article previously mentioned, Dr. Sean Griech also published with colleague Dr. Todd Davenport in *Cardiopulmonary Physical Therapy Journal*. Clinical Associate faculty, Dr. Stephen Kareha, co-authored an article in the *Journal of Osteopathic Medicine* on a novel movement system screen for primary care providers. New faculty member Dr. Cameron Bassett successfully defended his doctoral dissertation and presented a poster on obturator nerve neurodynamics at the American Association of Clinical Anatomists conference. Dr. Jennifer Howanitz and Dr. Kay Malek have faculty-mentored student projects that will be presented as posters at the Education Leadership Conference in October in Milwaukee.

ALUMNI

The program congratulates our alumni members who successfully passed their board certification examinations in several specialization areas: Brittany Gummerman and Jessica Watson (geriatrics), Sherif Elnaggar (sports), Patrick Kilduff (neurology), Therese Jordan (pediatrics), and Joseph Farabaugh, Edward Milisits and Quintin Davis (orthopaedics).

HARCUM COLLEGE

Congratulations to the 24 members of the graduating Class of 2022! Congratulations to every PTA and PT student in the state that graduated and passed their board exams. You are truly the definition of perseverance and grit!

This year's PTA Pinning Ceremony was held on May 5th. Congratulations to our award winners in the graduating class: Leila Coyle, Tara Fisler, Jeanny Inthavong, Bria Miles, Ashley Nazario, and Allison Rindone.

Students continued the tradition of celebrating PT month in October 2021 by putting together a food drive for the local food pantry located at St. Mary's Church in Ardmore, Pa.

Registration is now open for our **8th Annual PTA Clinician Appreciation Day** on Saturday, October 22, 2022, at www.harcum.edu/ptaday2022. We invite you to attend and earn up to eight CEUs. FREE registration is available if you were a CI to one of our students this 2021-22 academic year. This event is in recognition of the dedication of our clinical instructors as a thank you for their ongoing support of our students and program. If you are interested in hosting one of our students for the upcoming academic year, please reach out to smadary@harcum.edu.

Congratulations to:

Class of 2022: **Derek Schlosser** and **Jeanny Inthavong** were awarded the Devin Gold scholarships (in honor of PTA student Devin Gold who passed in October 2020). **Elle Durkac** and **Jessica Schmidt** received Harcum Trust scholarships.

Heidi Fuhr, PTA, (Class of 2013) on earning her APTA Advanced Proficiency in Orthopedics.

Many thanks to:

Program Director **Jacki Klaczak Kopack**, PT, DPT, for serving as a Southeast District Representative to the APTA House of Delegates.

Bria Miles (Class of 2022) for serving as the Southeast District Student Observer.

Jenn Novik, PTA, MBA (Class of 2013) for serving APTA Pennsylvania in her various roles as PTA SIG Secretary, SED Secretary, and on the Finance Committee.



LACKAWANNA COLLEGE



Lackawanna College PTA Program Updates from AY 2021-22

The Lackawanna College PTA Program had a busy year both in the classroom and in the community! Second-year PTA students created videos for the Boys

and Girls Club of NEPA discussing the importance of good posture during the school day. The students were also able to present this information in person to the ARC of NEPA. First-year PTA students donated items for The Jared Box Project and helped to create fun activity boxes that were donated to children in area hospitals.

This year was a great year for interprofessional and intraprofessional education events, and both cohorts were able to participate in these valuable experiences. Second-year PTA students worked with DPT students from the University of Scranton to discuss the importance of good team communication and examine how poor communication can affect patient outcomes. This cohort also worked with OTA students from Lackawanna College to show how these professions work together to treat a patient following a stroke to local high school students

who are interested in healthcare. First-year PTA students participated in the NECPA IPEC with healthcare students from multiple programs in PA and reflected on a podcast from the *New York Times* regarding eldercare in skilled nursing facilities. Marywood University also hosted the PTA students for an interdisciplinary discussion of the role of various healthcare professionals along the continuum of care. It was wonderful to interact with others both in-person and virtually through all of these events!

There was much to celebrate this academic year! Multiple first-year students were inducted into the Phi Theta Kappa Honor Society, and multiple second-year students received marks of "with distinction" on the Web CPI for their final clinical experiences. The staff of the PTA program submitted two abstracts to APTA ELC for 2022, and the Division of Health Sciences was thrilled to receive an Anatomage Table that will be integrated into the curriculum for the upcoming academic year.



LEBANON VALLEY COLLEGE

PROGRAM NEWS

The Commission on Accreditation in Physical Therapy Education (CAPTE) 'reaffirmed accreditation' for Lebanon Valley College's Doctor of Physical Therapy Program [for a period of ten years] at its Spring 2022 meeting following the August 2021 site visit. We would like to thank everyone from the institution and the community who made this possible!

Lebanon Valley College's Physical Therapy Program Hooding Ceremony was held on Friday, May 13, 2022, with a Commencement Ceremony on Saturday, May 14, 2022. We are excited to announce that 47 esteemed LVC graduates

received their Doctor of Physical Therapy degree in May.

STUDENT AWARDS

ACAPT National Physical Therapy Student Honor Society awardees: Dr. Taylor Heggan, Dr. Annie McClain, Dr. Kate Mowrey, Dr. Alexandria Riggins, and Dr. Zachery Schoenly

Pro Bono National Honor Society awardees: Dr. Rachael Erdman, Dr. Rachel Felicione, Dr. Alexandria Riggins, Dr. Elizabeth Schultz, Dr. Alida Steenkamer, Dr. Pearl Weber, Dr. Tianna Yanoscak, Dr. Lillian Zenner, and Dr. Lyndsey Zulkosky

2022 Academic Excellence Award: Dr. Heidi Grove

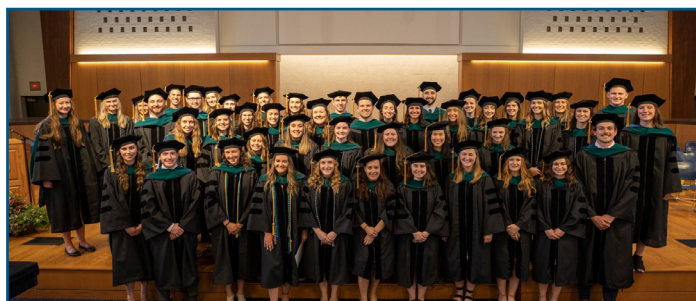
2021 Leadership Award: Dr. Lyndsey Zulkosky

2021 Roger Nelson Research Award: Dr. Pearl Weber

2021 Distinguished Student Award: Dr. Annie McClain

FACULTY NEWS

Lebanon Valley College welcomed three new faculty members in 2022: Dr. Joseph Hribick, Dr. Joshua Prall, and Dr. Charles Salvo.



Joseph R. Hribick, PT, DPT, DSc(c), COMT, FAAOMPT, accepted a full-time faculty appointment as Clinical Assistant Professor of Physical Therapy after a year as a visiting professor. Dr. Prall earned a Bachelor of Health Science and a Doctor of Physical Therapy from Lebanon Valley College (2009 & 2011), fellow status in the American Academy of Orthopedic Manual Physical Therapists upon completing the North American Institute of Orthopedic Manual Therapy (NAIOMT) Fellowship Program (2021), and is currently enrolled in the Doctor of Science in Physical Therapy from Andrews University. Dr. Hribick also earned his Certified Manual Physical Therapist (CMPT) and Certified Orthopedic Manual Therapist (COMT) credentials from NAIOMT (2017 & 2020). In addition to orthopedics and manual therapy, Dr. Hribick has expertise in executive management and a decade of experience as a physical therapy private practice clinic director. Dr. Hribick will be teaching clinical examinations as well as the musculoskeletal course series.

Joshua M. Prall, PT, DPT, EdD, MS, OCS, accepted a full-time faculty appointment as Assistant Professor of Physical Therapy. Dr. Prall earned a Bachelor and Master of Science in Exercise Science from Bloomsburg University (2007 & 2020), a Doctor of Physical Therapy from the University of Scranton (2014), and a Doctor of Education in Curriculum & Instruction from Indiana University (2020). Dr. Prall also earned his Orthopedic Certified Specialist (OCS) credential from the American Board of Physical Therapy Specialties (2021). In addition to orthopedics, Dr. Prall has expertise in occupational health and ergonomics. Dr. Prall will be teaching biomechanics and kinesiology as well as the clinical interventions course series.

Charles J. Salvo, PT, DPT, PhD, MS, GCS, accepted a full-time faculty appointment as Assistant Professor of Physical Therapy. Dr. Salvo earned a Bachelor's and Master of Science in Chemistry from Rensselaer Polytechnic Institute (2010), a Doctor of Physical Therapy from the University of Scranton (2014), and a Doctor of Philosophy in Strategic Leadership and Administrative Studies from Marywood University (2022). Dr. Salvo also earned his Geriatric Certified Specialist (GCS) credential from the American Board of Physical Therapy Specialties (2018). In addition to geriatrics, Dr. Salvo has expertise in home health. Dr. Salvo will be

teaching administration and management as well as the professional issues course series.

STAFF NEWS

Lebanon Valley College welcomed three new staff members in 2022: Dr. Christina Freshman, Janelle Fulk, and Matthew Doeing.

Christina J. Freshman, PT, DPT, CCI, GCS, CEEAA accepted a part-time administrative appointment as Assistant Director of Clinical Education of Physical Therapy. Dr. Freshman earned a Bachelor of Science in Life Sciences from The Pennsylvania State University (2009) and a Doctor of Physical Therapy from Thomas Jefferson University (2011). Dr. Freshman also earned her Geriatric Certified Specialist (GCS) credential from the American Board of Physical Therapy Specialties (2016). Dr. Freshman also earned her Certified Clinical Instructor (CCI) and Certified Exercise Expert of the Aging Adult (CEEAA) credentials from the APTA (2013 & 2019). Dr. Freshman will be assisting with teaching the geriatrics course content.

Janelle M. Fulk accepted a full-time administrative appointment as Administrative Assistant of Clinical Education in Physical Therapy. Ms. Fulk earned a Bachelor of Science in Business Education from Shippensburg University. Ms. Fulk brings extensive organizational, customer service, and management experience to the PT department. Ms. Fulk will be assisting Dr. Jennifer Price, Director of Clinical Education, and Dr. Freshman, Assistant Director of Clinical Education, with all aspects of physical therapy clinical education.

Matthew J. Doeing accepted a full-time administrative appointment as Administrative Assistant of Physical Therapy. Mr. Doeing earned a Bachelor of Science and Arts in Biology and Religious Studies from Elizabethtown College (2013), a Diploma/Certificate in Interreligious Studies from the Pontifical University of St. Thomas Aquinas in Rome, Italy (2016), and a Master of Arts in Theology from Providence College (2019). Mr. Doeing brings extensive scientific, organizational, and customer service experience to the PT department. Mr. Doeing will function as the lead office manager of the physical therapy department at Lebanon Valley College.

LEHIGH CARBON COMMUNITY COLLEGE



PT-PTA intraprofessional team experience

There is growing evidence supporting the importance of healthcare professionals' collaborations to improve the quality of patient

care at all different levels, whether it be between two disciplines, such as medicine and nursing, or within the same profession, such as physical therapy.

Lehigh Carbon Community College (LCCC) physical therapist assistant program organized an event with Moravian university physical therapy program students on Mar 18, 2022. The topic of the event was the PT-PTA team. The event focused on how students from two areas but



within the same profession of physical therapy can learn from each other. This intraprofessional learning experience helped students to understand the value of working in

a team with the hope that it will help them in their real-life working as clinicians collaboratively.

In this event, second-semester PTA students teamed up with second-year PT students at Moravian University. They were first introduced to the faculty and then divided into groups with a ratio of 2 PT students to 1 PTA student. All groups then discussed different case scenarios presenting legal,



ethical, and collaboration of care challenges. The faculty of both programs facilitated the discussions and helped students clear “muddy points” that they encountered while trying to understand the dilemma. The event was held at the Moravian university’s state-of-the-art orthopedic lab.



At the end of the event, PTA students toured the university, which was guided by the university’s ambassador students. The faculty of both programs decided to host a similar event in the fall at LCCC.”



MESSIAH UNIVERSITY

Submitted by: Amy Humphrey, PT, DPT

We had an amazing year this past year at Messiah University. First of all, we graduated our inaugural cohort of DPT students on May 14, 2022! With this momentous achievement also came the wonderful news that we are officially an accredited university under the Commission of Academic Physical Therapy Education.

Faculty and students have been very active in research over the past year. The class of 2022 presented their research topics with their mentors at our first annual Messiah DPT research symposium in May. Faculty disseminated the following research products:

- **Vanessa Lee:** “Early Mobility for a Patient with a Right Ventricular Assist Device with an Oxygenator: a Case Report” was published in the *Journal of Acute Care Physical Therapy* in June
- **Mike Lehr** published “Comparison of Manual Therapy Techniques on Ankle Dorsiflexion Range of Motion and Single Leg Balance Performance” in the *Journal of Bodywork and Movement Therapies*
- **Mike Lehr and Borko Rodic** published an article in the *Journal of Medical Education and Training* entitled “Script Concordance Testing (SCT): Development of a Novel SCT Assessing Clinical Reasoning for Lumbar Spine Management.”
- **Dongjiao Zhao** presented his research on “Comparing Students’ Learning Outcomes and Satisfaction in Online and Face-to-Face Anatomy Education” at

the 6th annual Learning with Innovative Technology Conference in July 2021

- **Karen Burket** presented a poster entitled “Pilot Study: DPT Student Self-Efficacy with Integumentary Experiential learning” at CSM 2022
- **Paula Johnson** presented at CSM on her research examining student perceptions of provider feedback and feedback culture in part-time clinical experiences using the Feedback in Medical Education Instruments.

We would like to offer several faculty and students accolades for their achievements and for their service to our profession this past year as well. **Karl Bergmann**, Director of the Messiah University DPT Program, is currently participating in the APTA Fellowship in Higher Education Leadership Program. **Amy Humphrey** was honored with the IPTE Alumni Distinguished Achievement Award from her alma mater, Widener University. **Paula Johnson** will be serving as a task force leader on the National Equity, Diversity, and Inclusion Commission. After completing the fellowship program through NAIOMT, **Mike Lehr** and **Borko Rodic** were both recognized as a Fellow in Manual Therapy (FAAOMPT) at the annual AAOMPT conference. **Mike Lehr** was appointed Continuing Education Coordinator and has facilitated a partnership with NAIOMT to provide a variety of post-professional educational opportunities to the surrounding clinical community. Messiah University DPT students **Matt Kirchner** and **Adrienne Maday** (both from the Class of 2022) received an award for Academic Excellence, and **Josannah Rosario** (2022) received the Distinguished

Student Award from the Messiah University DPT program. We would also like to recognize **Dan Codrington** (2022) for his service as the student representative for the South Central District of APTA PA for the past two years. **Anastasia Hester** (2023) is currently serving as a student representative to the APTA PA board of directors. **Cameron Clark** (2024) and **Rony Roman** (2024) are currently serving

as Central Pennsylvania Representatives on the APTA PA Student SIG board as well.

We have great plans ahead, and we look forward to what the next year will bring us. Please stay connected with us and follow us on our Facebook or Instagram page, Messiah University Doctor of Physical Therapy Program.

MISERICORDIA UNIVERSITY

Greetings from Dallas, PA, where Misericordia University continues to be active with research, service, and APTA activities involving faculty and students.

Achievements:

Congratulations to the Class of 2021, who graduated in December and proceeded to take the NPTE in January. We are proud of their ability to navigate the pandemic and their PT education successfully!

Faculty and students continue to be active in a variety of research efforts. All students perform research in collaboration with a faculty mentor and present their outcomes in a variety of venues. We welcomed our clinical educators to the 8th Annual Misericordia DPT Research Symposium, which was held in November 2021. Students presented their research topics to MU clinical instructors and other community PT partners in a 2-day CEU event. The 2022 DPT Research Symposium is in the planning stages for this November.

Student Research Poster Day was held in May 2022, which allowed research to be shared with the campus community. Students and faculty have also presented their research products at many regional, state, national and international conferences in the last year, including APTA Combined Sections Meeting (CSM), APTA-PA MovePA, the International Society of Physical and Rehabilitation Medicine (ISPRM), and the American Congress of Rehabilitation Medicine (ACRM).

Dr. Melissa Cencetti, PT, DPT, EdD, recently had her research published in the Internet Journal of Allied Health Sciences and Practice. The article is titled "Clinical Reasoning in PTA Students: A Survey of PTA Program Directors."

This year we welcome DPT3 students Emily Connell, Garrett Murray, Grace Nikolski, Alyssa Pratti, Marissa Prince, Sarah Reeder, Kelly Saroka, and Claire Winton as members of the American Council of Academic Physical Therapy (ACAPT) National Student Honor Society (Delta Phi Tau). These students are recognized for exceptional student achievements in academics, research, service, and leadership.

Congratulations are in order for faculty members, Dr. Kelley Moran and Dr. Maureen Rinehimer. Dr. Kelley Moran was promoted to Professor in February 2022. Dr. Rinehimer was honored with the APTA-PA Humanitarian Award in October 2021 for her service to others locally and internationally through a variety of organizations and was also promoted to Associate Professor in February 2022.

We also congratulate DPT2 student Kaitlyn Weatherby

who represented Team USA as a member of the Deaflympics Swim Team in San Paolo, Brazil, where she medaled in several events.

Service:

The DPT program continues to provide services to support the Misericordia mission of mercy, service, justice, and hospitality. The Misericordia Pro-Bono Clinic provides physical therapy services year-round to adults and children in the community who are uninsured or underinsured. The pro-bono clinic, under the mentorship of Dr. Maureen Pascal and Dr. Maureen Rinehimer, continues to see adults and children via in-person and telehealth visits.

The student Physical Therapy Club remains active in Misericordia and local community service events, including a student food drive to benefit the campus food bank, sponsorship of a local family for Thanksgiving dinner, and the Scranton ½ Marathon.

The inaugural MU Physical Therapy camp was held in June of this year. Our DPT1 and DPT3 students served as counselors and hosted rising high school seniors. The goal of this 3-day residential camp was to introduce students to the PT profession with a focus on social determinants of health and their impact on diverse communities.

Women's History Month provided an opportunity to share the life and work of Mary McMillan with students, faculty, and staff at the "Eight Women Who Changed the World" event.

The Misericordia DPT program is eager to connect with and inform both students and alumni. Follow our Facebook page: Misericordia University Physical Therapy Department.



NEUMANN UNIVERSITY

Faculty News:

Deborah Wojcik has been a faculty member at Neumann University since 2017, teaching the cardiopulmonary and exercise physiology content of the curriculum. In December of 2021, she successfully defended her capstone project, "Telehealth in Southern New Jersey: An Analysis of Primary Care Telehealth Visits in Burlington and Camden Counties." Her work earned her the Best Capstone Award for the Radford University Health Science Program for 2021. She received her Doctor of Health Science degree in December of 2021.

Student News:

Congratulations to the 31 students who graduated from the Neumann University DPT Program in the Commencement Ceremony on May 14, 2022. Eight students were named to the ACAPT Honor Society, Andrew Boudoris, George Gradwell, Scott Hess, Jeremy Pashak, Matthew Robinson, Ryan Sexton, Ryan Strain, and Maria Waterfield.

Congratulations also to the following individuals who received special awards during the 2022 Recognition Ceremony for their support of Neumann University and the Physical Therapy Profession:

Michael A. Walters, PT, CSCS – Clinical Instructor of the Year

Nicholas Leister, PT, DPT, Class of 2018 – Neumann DPT Program Alumnus of the Year

Lindsey Didion and Maria Waterfield – Neumann DPT Program Service Award

Most of the current third-year class participated in "Life Rolls On," an adaptive surfing program held each summer on the beaches of Wildwood, New Jersey. This year the program was held on August 7, 2022, just at the end of the summer semester. Twenty-five DPT students were able to participate. The program allows individuals with disabilities to experience the fun and thrill of riding a surfboard.

EqUIPT Program

Neumann University was one of the physical therapy programs to receive funding from the American Physical Therapy Association – PA to improve minority representation in both physical therapy schools and the Physical Therapy profession. To address this challenge, the Physical Therapy Program at Neumann University developed the EqUIPT Program, Equity for the Under-Represented in Physical Therapy. The EqUIPT Program has started several initiatives to achieve its goals of increasing the percentage of minority students in the program and improving the retention of these students.

First, a program of peer mentoring was created to match current students with alumni. Students connected with alumni through online meetings and informal gatherings. Then each student chose a mentor who could assist with not only studying strategies but also navigating the difficulties of an intense academic program.

Second, a peer tutoring program was created where upperclassmen held multiple online review sessions for students currently enrolled in some of the more challenging courses in the curriculum, including gross anatomy and neuroscience. Participation in these review sessions led to improved performance for the students but also improved the level of comfort with the material for the tutors.

Finally, a summer scholar program was created to help better prepare a minority undergraduate student or a recent graduate for the rigors of post-graduate education. The scholarship allows the candidate to participate in the biomechanics & kinesiology course as well as portions of the gross anatomy course. It also provides a peer mentor, support in studying for the GRE, and support in applying to a physical therapy program in the upcoming year. The first summer scholar for Neumann University was Shannon Nixon. Shannon completed her courses this summer and is in the process of applying to physical therapy programs for the 2023 calendar year.

PENN STATE UNIVERSITY SHENANGO

Submitted by Gizelle Dean, PT, DPT, and Jennifer Jewell, PT, DPT, GCS

PROGRAM NEWS

Despite the ongoing pandemic, the Penn State Shenango Physical Therapist Assistant Program provided in-person education through the academic year 2021-2022. PTA students participated in several diversity, equity, and inclusion events on campus. They designed innovative health care products and presented their ideas to a group of campus community members. PTA students learned about the history of the profession and the

American Physical Therapy Association and participated in various professional advocacy efforts. The enhanced use of electronic medical records and patient simulation was integrated into the curriculum. The academic year culminated with participation in mock job interviews, building and/or perfecting LinkedIn profiles, and the design of individual elevator pitches.

STUDENT NEWS

Kylynn Boley, Ethan French, Rachel Maynard, and Jeanna Morgan, Class of 2022, were recognized for their service in the Physical Therapist Assistant's Club. Brooke Brown,

SPTA, was a recipient of the Three Rivers Academic Consortium Clinical Education Scholarship. Collaborating with Teaching Professor Jennifer Jewell (Penn State Shenango PTA Program) and Associate Teaching Professor Pamela Pologruto (Penn State Fayette PTA Program), Brooke Brown, SPTA presented a platform session titled "Clinical Education Student Performance Assessment Tools: A Comparison to Ignite Change in PTA Education" at the 2022 Combined Sections Meeting. The 2021-2022 academic year culminated with an inspirational student commencement speech by Rachel Maynard, SPTA.

FACULTY NEWS

Jennifer Jewell, PT, DPT, GCS, was an active participant in scholarly endeavors during the 2021-22 academic year. At ELC 2021, Jewell co-presented a poster titled "Student Perceptions Related to Preparation and Completion of Clinical Education During a Global Pandemic" as well as an educational session titled "Habit or Thoughtful Choice? : Clinical Performance Assessment of PTA Students."

During CSM 2022, Jewell co-presented numerous projects, including two platform presentations ("Perceptions of PTA Students on the Preferred Length and Degree of Entry-Level PTA Educational Programs" and "Clinical Education Student Performance Assessment Tools: A Comparison to Ignite Change in PTA Clinical Education") and one educational session ("Teaching and Networking Communities: An Incubator to Enhance Professional Connections and Social Capital").

In addition, Jewell and fellow PTA Program faculty from Penn State Fayette, Pamela Pologruto, were awarded a Teaching Transformation and Innovation Grant from the

Schreyer Institute for Teaching Excellence. The grant project culminated with a national presentation at the ITLC Lilly Conference titled "From the Ground Up: Creating a Culture of Simulated Patient Experiences." She also co-authored two publications in the past year. In November 2021, "Student perceptions of clinical education in the age of the COVID-19 pandemic" was published in the Journal of Health and Allied Sciences. "Transformation of the Physical Therapist Assistant (PTA): A Survey of Current Practice and Education" was published in the Internet Journal of Allied Health Sciences and Practice in January of 2022.

Jewell is the current chair of the PTAE SIG of the APTA Academy of Education.

Gizelle Dean, PT, DPT, was a co-presenter at the 2022 Combined Sections Meeting for a poster titled, "Predictors of Physical Therapist Assistant Education Program Completion and National Physical Therapy Examination Success." During the 2021 ITLC Lilly Conference on Enhancing Online, Onsite, and Hybrid Teaching and Learning, Dean was a co-presenter of "Writing About Teaching (Together): Implementing Virtual Writing Communities Under COVID-19." Dean received the "University College Teaching Award" for excellence in instruction and for making a positive, lasting impact on students. Additionally, she received the "Most Outstanding Club Advisor" for her work with the campus Physical Therapist Assistant Club. Dean is active in the local Medical Equipment Recycling Program, whose mission is to provide refurbished medical equipment to local patients who lack insurance coverage or the means to purchase the necessary medical equipment.

PENNSYLVANIA COLLEGE OF TECHNOLOGY

Pennsylvania College of Technology Physical Therapist Assistant Program

APTA Pennsylvania 2022 Fall Newsletter

The Pennsylvania College of Technology Physical Therapist Assistant students had a busy academic year in the classroom and in the community. Last spring, the Penn College PTA and Nursing programs collaborated to create an Interprofessional Education (IPE) experience for students. The IPE is centered on the treatment of patients who have had a stroke. The faculty developed a case scenario about a mock patient who had a CVA, and students worked in small groups to have thoughtful discussions led by facilitators. Nursing students provided a presentation regarding the medical management of the patient, while PTA students demonstrated and instructed nursing students on safe bed mobility, transfers, and gait training. The successful IPE focused on teamwork, roles and responsibilities, communication, and the importance of collaborative interdisciplinary healthcare.

For the second year in a row, second-year students provided their rehabilitation research poster presentations

virtually during the April 2022 APTA Pennsylvania Northcentral District meeting. This year's meeting had over 40 registrants, and the participants were able to earn free continuing education units for viewing the live presentations. Poster topics included physical therapy interventions for patients with amputees, chronic pain, and cardiopulmonary issues. The students' posters and prepared remarks were expertly produced and broadcast via webinar by Penn College instructional media specialists.

As part of their year-long service-learning project, PTA Class of '22 students participated with the YMCA SUPERSTARS program led by Diana and Amber Logan at the Eastern Lycoming YMCA in Muncy, PA. SUPERSTARS





is a movement class where participants with diverse abilities develop motor skills, coordination, stamina, and strength through drumming and dancing. The PTA students

coordinated a special day for the SUPERSTARS where participants drummed, danced, sang, and made a craft. There was even a conga line! Then the students returned in small groups to volunteer with the SUPERSTARS during their regularly programmed Saturday morning classes. At the conclusion of the semester, the PTA students invited the first-year PTA students, Penn College administrators, and Mrs. Logan to their final presentation, where they

reflected on the experience and showed a class-created video of the impactful experience.

In addition to their service-learning project, the students returned to Trailing Pines Tree Farm in Muncy, PA, to participate in a spring tree planting as part of the Chesapeake Bay Foundation's Keystone 10 Million Trees Partnership. In collaboration with the PTA Class of '23 students, the students planted 170 tree seedlings for conservation. The PTA program has helped to plant seedlings for the past three years on the farm, which is owned by Paul Huffman, a Penn College alumnus ('87).



PENNSYLVANIA WESTERN UNIVERSITY



California University of PA PTA Program had an exciting 2021-2022 academic year. The program graduated 16 students in May 2022. This group of students participated in several community events, including collecting for the Veteran's Leadership Program, assisting with the Science Olympiad, acting as peer mentors for other PTA students, and educating high

school students about health careers. The Outstanding PTA Student Award for the Class of 2022 went to Miss Kaitlin Shanafelt (pictured below), who was recognized for her outstanding performance in the classroom and in the clinic. Additionally, PTA faculty continue to be active within the University. Jodi Dusi, MPT, PhD; Scott Hargraves MA, DPT; and Aimee Maruniak, PTA, BS, MS, were awarded a PASSHE Faculty Professional Development Council grant to explore the enhancement of PTA education. Congratulations

to Professor Maruniak, who has matriculated to the dissertation phase in Special Education at Slippery Rock University, and special thanks to her for completing her third year as Three Rivers Academic Consortium Co-chair. Congratulations to Dr. Scott Hargraves, who was elected chairperson of the Department of Allied Health and who completed his Master of Arts degree in Education, Training, and Instructional Technology. This past academic year, Dr. Hargraves also served as director of the Vulcan Learning Center, where he organized tutoring services and support services for undergraduate students. Please note that California University of PA has officially changed its name to Pennsylvania Western University (PennWest) due to



its integration with Clarion and Edinboro. PennWest California will continue to be the site for the PTA program.

UNIVERSITY OF PITTSBURGH

The inaugural class of the hybrid option of the Pitt DPT program successfully completed the 1st year in the program, including three immersions, in which the students came to Pittsburgh for 8 to 10 days in length for each immersion to learn, practice, and demonstrate competence with examination and treatment skills necessary for practice as a physical therapist. Our Pledge ceremony was jointly held by the 80 students in the

residential and hybrid options for the DPT program on February 8th at the William Pitt Union to welcome them to the professional and to recite the Pitt PT professional pledge. Alumnus Mary Kathleen (Katie) Bunn was the keynote speaker for the Pledge Ceremony who spoke on the meaning of professionalism in physical therapy practice.



The Advanced Vestibular Rehabilitation Certificate program graduated its first cohort of 58 people from the US and five additional countries. In August, the Pitt DPT program will welcome the DPT Class of December 2024, which

includes 60 students in the residential and 90 students in the hybrid option of the DPT program.

We launched the ADaPT@Pitt (Advancing Diversity in Physical Therapy) program, which is a pipeline program to inform under-represented minorities of career opportunities in physical therapy and to help make under-represented applicants to the DPT program more competitive. With the support of a grant from APTA – PA, the first ADaPT@Pitt Summer Scholars Program was held this summer from June 5th to 10th for 12 under-represented minority undergraduate students, during which they were immersed in on-campus experiential learning experiences to introduce them to opportunities in physical therapy and to provide career development advice to be a competitive applicant for a DPT program.

Over the last year, our research portfolio included approximately \$30 million in total support with \$5 to

\$6 million in research funding in Fiscal Year 2022. New grants received by faculty in the Department of Physical Therapy this year included a grant from NIH/National Institute of Aging to investigate the effectiveness of the On the Move group exercise program to improve mobility in community-dwelling older adults (PI Brach, total amount of the award \$3 million), a grant from NIH/National Institute of Child and Human Development – National Center for Medical Rehabilitation Research to assess access to and effectiveness of community-based rehabilitation after stroke (PI Freburger, total amount of the award \$3.9 million), and a trial to inform a precision medicine approach for the treatment of chronic low back pain that compares acceptance and commitment therapy, duloxetine, enhanced self-care, and evidence-based exercise and manual therapy (PI Piva, Sowa, and Wasan; the total amount of award \$1.4 million). Additionally, two faculty received K23 Career Development grants, including Dr. Brooke Klatt for a project entitled “Factors Associated with Activity and Participation in Vestibulopathy” and Dr. Andrew Sprague for a project entitled “Graft Harvest as a Model of Tendon Injury - Trajectory of Recovery and Clinical Outcomes.” Dr. George E. Carvell, PT, retired in January of 2022, which was a loss to all of us who have learned and worked with him over his 45+ years at Pitt. We wish him only the best and hope to continue to engage his brilliant mind in moving our profession forward.

WIDENER UNIVERSITY

Institute for Physical Therapy Education (IPTE) Widener University

New Learning Spaces and Opportunities for Interprofessional Collaboration

Interprofessional learning <<https://www.widener.edu/news/news-archive/future-wideners-health-science-programs-bright-and-integrated>> at Widener is taking the tried and true practice to a new level with the expansion of health science programs in the College of Health & Human Services (CHHS) as well as investments in campus facilities. Since 2019, CHHS has launched the occupational therapy doctoral (OTD) and speech-language pathology (SLP) master's programs to its roster of powerhouse programs, which includes the nationally recognized DPT program. At Widener, interprofessional learning and engagement are built into students' academic careers at multiple levels, both academically and clinically, starting from day one.

This fall, students in the PT, OT, and SLP are being greeted by four state-of-the-art clinical laboratories, a clinical anatomy lab, six classrooms, three student gathering areas, and an administrative suite for program leaders. Most importantly, they will find an environment built to reflect the collaborative nature of their fields and the interprofessional approach to health sciences education that Widener has pioneered. The vision for the new learning spaces <<https://www.widener.edu/news/news-archive/breaking-down-silos-and-walls-create-collaborative-health-science-spaces>> was driven, in part,

by the students themselves. To see the transformation, please click on the following link: <https://sites.widener.edu/healthsciencenews/>

New Faculty

The IPTE has two new faculty additions. Todd Everett, DSc, PT, OCS, COMT <<https://www.widener.edu/about/faculty-directory/todd-s-everett>> is serving as one of our Directors of Clinical Education and will be a Clinical Assistant Professor. Dr. Everett has a Masters' of physical therapy from the University of Delaware (2003) and completed his Doctor of Science degree from Andrews University in 2016. He brings nearly 20 years of experience as a physical therapist within the Christiana Care Health Systems, and his research interests focus on the areas of orthopedics, manual therapy, and clinical education.

Adrienne N. Pinckney, PT, DPT, PhD <<https://www.widener.edu/about/faculty-directory/adrienne-n-pinckney>> will be joining the Institute as its program director. Dr. Pinckney received her MPT from the University of Delaware (2003) and her DPT degree from Arcadia University (2016). Her PhD is in Higher Education Leadership for Changing Populations from Notre Dame of Maryland University. She has 19 years of clinical experience, primarily in the outpatient orthopedic setting, and has functioned in a variety of roles in both academic and clinical education. Her research interests include examining underrepresented minority (URM) students' pursuit of PT careers, the effectiveness of pipeline programs in URM student success in gaining admission to PT education programs, and PT student

perceptions of value and self-efficacy within service-learning opportunities.

Awards

Colleen Chancler, PT, MHS, PhD, <<https://www.widener.edu/about/faculty-directory/colleen-e-chancler>>, assistant professor, was the 2022 recipient of the Lucy Blair Service Award from the American Physical Therapy Association (APTA). This award honors Dr. Chancler for her exceptional contributions to the Association and Profession. Over the course of her 35 years as a physical therapist, Dr. Chancler served the Association in a number of volunteer and leadership roles and was the immediate past president of APTA PA.

Two Widener IPTE Alumni were recognized for their professional contributions. Dr. Lynne Sturgill, PT, DPT, <<https://www.widener.edu/about/faculty-directory/>

[lynne-sturgill](https://www.widener.edu/about/faculty-directory/)> received the IPTE Distinguished Alumni Service Award for exceptional contributions of time and expertise in advancing both the mission of the IPTE and the profession through leadership in professional organizations. Dr. Amy Humphrey, PT, DPT, OCS, MTC <https://www.messiah.edu/a/academics/facultydir/faculty_profile.php?directoryID=9&entryID=2027> received the IPTE Alumni Distinguished Achievement Award for her substantial contributions in professional practice, education, and service.

The IPTE Outstanding Service Award to the Physical Therapy Profession recognizes individuals who have made an exceptional contribution of service to either the IPTE mission or have evidenced sustained efforts to advance the interests of the profession of physical therapy. This year's recipient was Dr. Mary Sinnott, PT, DPT, MEd, FAPTA <<https://cph.temple.edu/about/faculty-staff/mary-sinnott>>.

CHAPTER BENEFITS

DOWNLOAD THE APTA ACTION APP

It is critical for members to engage politically on state and national levels. One of those ways is to utilize the APTA Action app.

The APTA Action app is a powerful grassroots tool for physical therapists, physical therapist assistants, students, and patients on the go.

Available for free download in the Apple and Google Play app stores, the app includes an action center, Congressional directory, talking points, and more, including the opportunity to donate to PT-PAC.

Search "APTA Action" in your Apple or Google Play app store to download the app today! Learn more about how to utilize the app to its best potential by visiting the APTA Take Action webpage at [APTA.org/TakeAction](https://www.apta.org/takeaction).



APTA PA 2022 AWARD WINNERS

Congratulations to this year's winners below:

Chapter Awards:

Carlin-Michels Achievement

Award Norman L. Johnson, PT, DPT, DEd, MSS, MBA, LMT

Humanitarian Award Stephen Carp, PT

Service Award Kathryn E. Brown, PT, MS

Steven Kolumban Award Wendy Enck, PTA and
Marigerard H. Wardrop, PTA, BS, LMT

SIG Awards:

Acute Care Special Interest Group Award of

Excellence Kathleen McEwen, PT, MSPT

Geriatric Special Interest Group Award of

Excellence James Eng, PT, DPT, MS

Neurology Special Interest Group Award of

Excellence Shailesh Kantak, PT, PhD

Private Practice Special Interest Group Award of

Excellence Mark Aaron, PT

Student Awards:

APTA Pennsylvania Student Leadership Awards Brooke Pantano, SPT
Julie Smith, SPTA

Tom Stewart Award Mae Cody, SPT

Minority Membership Awards Ariel Cifuentes, SPT
Samaria Cozart, SPT
Priya Diptesh Patel, SPT
Elliot Mason, SPT
Rony Roman, SPT, LSVT
BIG® Certified, CPT

ADAPT Scholarship Awards Chatham University
Community College of Allegheny County
Misericordia University



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