



APTA
North DakotaSM

A Chapter of the American
Physical Therapy Association

2020

Don't forget to sign up for APTA ND's
Spring Course –

**Current Concepts in Knee and
Shoulder Rehabilitation**

Start: Saturday March 28th, 2020 8 am
End: Sunday, March 29, 2020 4:45 pm

Location: University of Mary PT
Building, 2600 E. Rosser Ave,
Bismarck, ND

What is APTA doing for you right now?

The Lymphedema Coverage Act was included and passed in the house and will be considered by the senate as part of the passage of H.R. 3.

APTA and other providers are working on the 8% Medicare cut by trying to get leads for a congressional sign on letter to CMS.

H.R. 5453, Locum tenens legislation was introduced by Rep Lujan (D-NM) and Rep. Bilirakis (R-FL) which would allow PTs to bring in another licensed PT to treat Medicare patients in the event of an absence. This bill would expand the practice to the entire nation.

A template has been designed for patients to send letters to their members of Congress on the 8% Medicare cut. This can be accessed on choosept.com in the Patient Action Center.

Because of the collective efforts of APTA members and staff, CMS took notice of the issue of using a modifier for PTA/OTA services. While it hung on to the policy that the modifier must be applied when 10% or more of the service is delivered by a PTA or OTA, the agency's final rule for 2020 backed away from many of the more problematic elements of its proposed plan.

This newsletter is brought to you by APTA ND's Member Retention and Recruitment Committee. We hope this letter finds you well and that thoughts of spring keep you going through these chilly days!

We believe strongly in all PTs and PTAs being APTA members to strengthen our profession through lobbying support and having access to the latest evidence-based practice. While there are many reasons to belong to APTA, this newsletter hopes to highlight some of the benefits you will reap along with introducing you to some great ND PTs and up-and-coming therapists.

PT in Motion, P Team, Friday Focus, and the Pulse Blog are great resources to stay up to date on the latest evidence-based practice!



[This Photo](#) by Unknown Author is

PT Spotlight

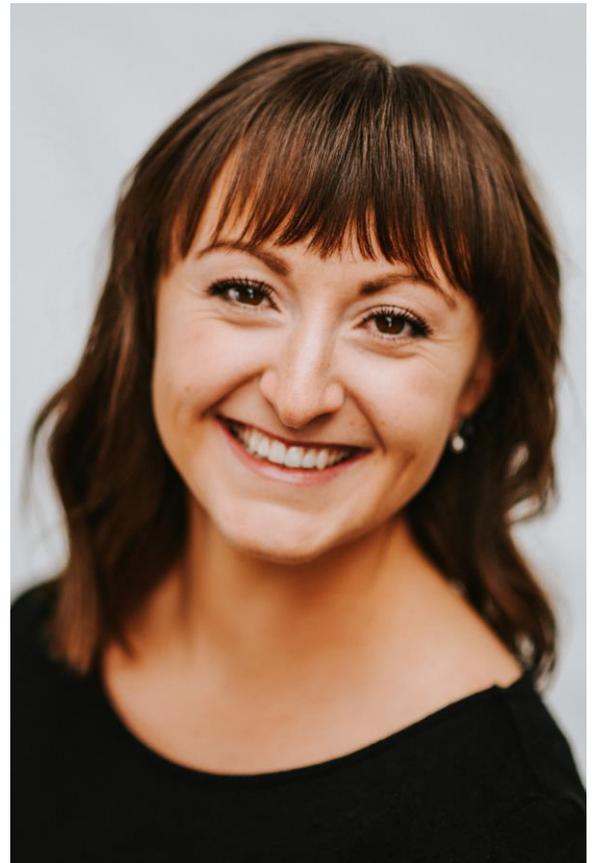
Chloe Sandberg

I'm from Frazee, MN. I did my undergraduate at Bemidji State with a bachelors in exercise science and psych minor with an emphasis in medical fitness. I graduated in 2018 from the University of Mary PT program. I married my high school sweetheart, Nathan. We have a 4 month old daughter named Leighah. I have been working at CC's Physical Therapy since graduation.

Why do you belong to the APTA? Similar to how I have the civic duty to vote, I feel it is my professional duty to belong to the APTA. This organization is who fights for us as PTs on the biggest political stages in the country. Perhaps more important than them fighting for me, I know they fight and advocate for my patients.

What advice do you have for a new grad? Clear your head space before you start working! I know money is tight, I get it; I was just in your shoes only 2 years ago. Fresh out of school, newly licensed, finally ready to make some money. But take a little break if you can. I took 2 weeks between graduation and starting work and I wish I would've taken at least a month. Go on a trip, go visit people you haven't seen in forever, go see your best friend, go stay with your parents one last time. You'll be working for the next huge chunk of your life. You just came out of a grueling graduate program; live a little before you "become a real adult!"

What's your favorite continuing education class you've attended? In March 2019 I attended Evidence in Motion's Align conference in Denver. It was phenomenal! Chronic pain is one of the leading diagnoses our patients are dealing with now. It is our duty as direct access providers to educate them on all the facets that go into chronic pain and help them understand it just isn't about "pain." I highly suggest this conference to anyone in any setting.



MEMBERS NOW HAVE ACCESS
TO MAXIMIZE PATIENT CARE
THROUGH THE FOLLOWING:
PT NOW
ARTICLE SEARCH
REHABILITATION REFERENCE
CENTER
GUIDE TO PHYSICAL
THERAPIST PRACTICE 3.0
PHYSICAL THERAPY (PTJ)
PHYSICAL THERAPY
OUTCOMES REGISTRY

Student Spotlights



Stacey Piche
**Northland Community &
Technical College**
Graduation Date: May 15th, 2020

Why did you choose PT/PTA?

I chose the physical therapy profession as I have always been interested in this field since middle school age. During that time, I dislocated one of my fingers and needed PT to get the ROM and strength back. After observing a physical therapist for a day, I began to fall in love with the profession. I initially applied into a DPT program, but as life has unexpected changes sometimes, I'm currently enrolled in the physical therapist assistant program instead.

What clinical setting would you like to work in & why? Each setting has its pro's & con's everywhere, but I would prefer working in an outpatient setting. I like getting to know my patients when treating them. I feel that I would be able to be more creative with treatment ideas. I enjoy working with both children and adults, so either age group is great! I like the more interesting cases that involve neurology, cardiology and even intensive care. So, this setting might change as I'm currently working in an inpatient clinical.

How does the APTA support you as a student and future professional? Being a member of the APTA allows me to have better access to what is going on in my practicing states in ND and MN. The APTA allows me to have a better connection with other PT/PTA clinicians and students. It allows me to be involved more in the community while having the most up to date information on new practicing techniques. Being a member as a student also has its perks when going to conferences & some CEUs are giving at discounted rates. APTA student members also save 50% off national and chapter dues at our first renewal post-graduation. APTA members also receive discounts at variety of businesses even after graduation. Being a member allows me to make a difference and have a say in what is happening in the physical therapy world. There is an important value that I continue to stay an APTA member.

If you could have dinner with anyone, living or dead, who would it be and why? The person that I most desire to have dinner with would be my Aunt Karen. I believe she is still living somewhere by the Twin Cities in Minnesota but have not heard from or seen her in 10+ years. She is my Godmother and was my favorite aunt. I miss her tremendously. I would love to be able to catch up with her and my three cousins. I remember the last time I had talked to her as if it was yesterday. I'm sad that I haven't been able to see her due to family circumstances that she does not reach out to any of my immediate or extended family anymore. If this somehow magically found a way to her; I would tell her that I don't blame her and that I love her still. XOXOXO Stacey Piche



Keely Hutchens
University of North Dakota
Graduation date: May 16th, 2020

Why did you choose PT/PTA? I was inspired to become a physical therapist during my initial observation hours where I had the opportunity to follow a patient from the evaluation to discharge. I was so intrigued by their knowledge and ability to help patients.

What clinical setting would you like to work in? Orthopedics

How does the APTA support you as a student and future professional?

As a student, the APTA provides me with resources for employment, research, and allows me to have access to the Orthopedics section. In the future, the APTA will encourage me to stay on top of issues and stay involved through advocacy. The APTA will also help connect me with other physical therapists for networking and collaborations.

If you could have dinner with anyone, living or dead, who would it be and why?

Gordon Ramsay, mostly because I think he could make an impressive dinner and I could learn some cooking tips from him.

MORE BENEFITS OF APTA MEMBERSHIP

APTA MEMBERS STRENGTHEN THEIR SKILLS, EXPAND THEIR PROFESSIONAL NETWORKS, AND FIND JOBS THROUGH THE FOLLOWING:

- STATE CHAPTERS AND 18 SPECIALTY SECTIONS
- CEU COURSES - MEMBERS SAVE 45% ON COURSES THROUGH THE APTA LEARNING CENTER.
- ABPTS BOARD CERTIFICATION MEMBERS SAVE 45% IN ANY OF 9 CLINICAL SPECIALTY AREAS.
- MEMBERS SAVE 40% ON APTA'S 3 SIGNATURE CONFERENCES WHICH INCLUDE: COMBINED SECTIONS MEETING, NEXT CONFERENCE AND EXPOSITION, AND NATIONAL STUDENT CONCLAVE.
- GAIN CLIENTS THROUGH FREE PROFILES IN FIND A PT DATABASE ACCESSIBLE BY CONSUMERS AND OTHER HEALTH CARE PROVIDERS.
- MEMBERS RECEIVE TWO EMAILS MONTHLY ON THE LATEST JOBS.
- THE HUB - WHERE MEMBERS CAN SHARE AND FIND RESOURCES THROUGH ONLINE COMMUNITIES.
- ADVANCED PROFICIENCY PATHWAYS - WHERE MEMBERS CAN IMPROVE KNOWLEDGE AND SKILLS IN 7 CONTENT AREAS.