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**The April Evening Lecture will
be held April 25, not as listed
in the brochure**



**The Chapter Website is
under review.**
Watch this space!

The President's Column

Susan C. Abis, PT
President, NHAPTA



What is a mentor? The American Heritage dictionary defines "mentor" as "a wise and trusted counselor or teacher". The name Mentor also was used for the tutor in

Homer's Odyssey. Do you have a mentor in your life? Is there someone who affected you in his or her role as your counselor or teacher? Surely we all have at least a few in our personal lives- possibly a parent, a wise old uncle or grandparent, a teacher- perhaps a clergy person. What about in your professional lives? Who has had an effect on your life as a physical therapist? We all have a professor from our past who challenged us and made us think about clinical problems in new and exciting ways. Remember the first few months in the clinic/ hospital on your first affiliation or even your first job? The excitement of seeing the things you'd learned work on real live patients? Was there even a mentor on that first clinical experience you wanted to emulate?

Many of us remember, and possibly still work with, therapists who have lost that sense of wonder and excitement in trying new things with patients and in mentoring young therapist into the profession. How very sad that this happens along the way! When is it that a therapist loses that sense of wonder and excitement and work becomes a "job" versus a profession and a calling? Even sadder is the fact that their attitudes and mores can begin to reflect onto others coming into the profession and young therapist cease to have mentors.

How can we maintain that sense of excitement and belief in ourselves as a

profession? The best way that I know of is to join APTA *as a student!!!* The fires, which your professors and clinical instructors instill in you, will wane and die if not continually fanned. If you do not receive this mentorship through your professional work environment, rest assured- the coals which burned so brightly on your first day of work will grow cold and gray very quickly. Moreover, by becoming part of your professional association and being active in the growth of your profession - not only by assuring its continued survival, but also by serving as a mentor and example for those entering the profession!

What has APTA done for you this year? On a national level, APTA has been very active in the legislative arena. The most exciting thing to happen to date is the introduction of the PAPTA bill (Medicare Patient Access to Physical Therapist Act)- or HR 3363. This bill, introduced by Congressman Philip M. Crane (R-IL) and Congressman Earl Pomeroy (D-ND) recognizes the ability of licensed physical therapists to evaluate, diagnose, and treat Medicare Part B beneficiaries WITHOUT a physician referral. In addition, the Medicare Access to Rehab Services Act of 2001 (Senate Bill 1394), was brought forth by Senator John Ensign of Nevada, essentially will permanently repeal the caps on Part B services.

How can you help APTA in these efforts on these two critical bills? Contact your own state legislators via the web site! Click on advocacy, and then follow the directions to the legislative action center and write to your con-

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NH APTA

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SCHEDULE

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|----------|---|
| February | Legislative Bulletin / Calendar of Events Benefits of Membership |
| April | Nominations Call / Caucus Reminder / Academic Update |
| August | Reports: Caucus / National / HOD / Legislative |
| December | Election Results / Annual Meeting Report |

Membership Committee

Eric Morin, PT, membership chair

How can I make a difference in my profession? This is a question that many individuals ponder throughout their professional careers. Some individuals find comfort in putting in an honest day of work and going home. Others feel that extra effort is required to satisfy not only their personal goals, but to enhance their profession.

As physical therapist, physical therapy assistants, and physical therapy students, we have all made a commitment to a profession founded from the need to help others. We have, or are currently, taken the time to enhance our knowledge in the field of physical therapy with hours of hard work in the classroom and in our communities. If this is not enough, we find the time to push on, and grow both professionally and personally through continuing education. The unending quest to develop our skills for the good of those whom have trusted us with their care has become the expectation of our profession.

However, it seems that in our personal effort to develop our professional skills, we have failed to see the importance of developing our profession. Since December of 1998 to December of 2001, the New Hampshire chapter has seen a steady decline in general membership from approximately 450 to 386. I am not writing this letter as a method of pushing membership in your face, but I do hope that these numbers will cause you to take a harder look at the pride we reflect on our profession. Our national and state associations are not out to steal your hard earned money by charging you dues in exchange for a monthly publication. Instead, we hope to be a common place in which every therapist, assistant, and student may feel welcome to share their ideas or express their needs/problems with current work conditions and issues. Our vision is to unite New Hampshire in professional unity so that we can discuss, confront, and deal with our issues in numbers. The APTA has the hard job of both supporting and promoting our profession with the input from only a fraction of our nation's therapy community. It is your voice that will ensure our issues are heard, and your dues that create the financial resources necessary to pass laws in support of our professional security and advancement.

The NHAPTA would like to help you, but we need you to step forward so you can be heard. Our profession has endured many changes throughout time, and will continue to do so, but we would appreciate your help. We are always looking for individuals to volunteer their time and voice as a part of our committees. However, if time is an issue, we would still love to see your face and hear anything that you may have to say during one of the scheduled chapter meetings. If you have any thoughts or questions, please contact me at ECMorin@cs.com or our chapter office at www.NHAPTA.org. I look forward to hearing from you in the future.



American Physical Therapy Association
New Hampshire Chapter

The President's Column

(Continued from page 1)

gressman. APTA even has form letters available to you regarding the issues which all you need to do is sign. I should note that with the Anthrax scares of this past fall and stricter screening of regular mail, it has been known to take 8-10 weeks for your legislators to receive regular mail (especially in the Hart Senate building). Besides, email is quicker.

How has your own chapter benefited you of late? Our practice act was heard this January by the Executive Departments and Administration committee and referred to the sub-committee on licensure. After a few meetings to address amendments, this bill was placed on the consent calendar for the House of Representatives, and on February 21, 2002 was passed as amended in the House. This bill will now move to the senate, and then on to the Governor. It is our hope that when this process is finished, ALL physical therapists will possess direct access privileges here in New Hampshire and we will no longer be the only state which licenses PTI and PTlls. As part of this effort, an informational legislative fitness screening was held in Concord in January (with news segment on WNDS! - call me if you want to view the tape!), with attendance by 38 legislators and staffers, many thanks to all the volunteers who helped.

On a sadder note, I accepted the resignation of Cynthia Ramsey-Krill PTA from our board of directors. Cynthia has served for some time as the PTA liaison to NH APTA and has been an outstanding supporter of the role of the PTA here in New Hampshire and nationally. She will be sorely missed, but all should note her invaluable contributions.

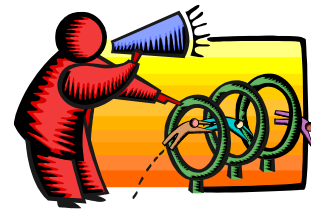
In closing, let me ask- what sort of mentor are YOU? Are you the passive sort who sits back and watches the clock-waiting for the "job" to be over for the day? OR, are you the active mentor who takes pride in their profession and works to ensure that pride in others- especially new therapists and students? Think about it.

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We Want You!



**Come and Serve your Professional
Organization!
Be a part of the leadership of
our State Chapter.**

The following positions will be available
for the upcoming term.
Elections will be held at the
November Annual Meeting.
Each position has a two-year term,
unless noted otherwise.

Secretary
Treasurer
Board of Directors (3 openings)
PTA Liaison
Delegate
Alternate Delegate
Alternate Affiliate Delegate
Nominating Committee Member
(3 years, last as Chair)

Please take a minute of your time to
consider participating in the governance of
your profession in the State of New Hampshire. You will receive
a letter in the near future as a call for nominations. We hope that
many of you will choose to "join up" for this wonderful
opportunity to serve.

For more information regarding the
specifics for these positions, please contact
the Nominations Committee Chairperson,
Paula A. Hould, at 603-668-6660 x2113 or
by email at roos29@aol.com

Chief Delegate Report

Marc M. Lacroix, PT, MBA, NHA



It's almost the time of the year for the House of Delegates. This year it is in Cincinnati, Ohio. The House of Delegates of the American Physical Therapy Association is the highest policy making and philosophy authority of APTA. There are many topics that need to be discussed this year, but before I speak to some of those, please bear with me as I discuss why the process,

which occurs before the house and during the house, is vital to the profession of physical therapy.

As many of you know, the House of Delegates is 400 plus physical therapy members of APTA elected to represent the different states and components (sections such as orthopedics). There is debate before the house through electronic bulletin boards and via email which helps to begin to shape ideas and positions. There is much debate in the house. Some of the debate no doubt seems trivial. Wordsmithing, often occurs. There can be a 20-minute discussion on the use of "Should" vs. "Shall". Although sometimes painful to sit through at times, the process is democracy at its best. The HoD-debate allows one to understand the rationale of the position or policy being debated and passed. If the delegates of the house do their job correctly and communicate with membership, it allows the membership to understand the implications and importance of the measure. Without benefit of the debate many positions seem pointless. Now back to "should" vs. "shall". We all know that we **should** eat right, exercise regularly, practice stress management and get enough sleep. If we **shall** do all of those it demands a higher level of commitment to comply.

Some of the debate this year will be on collateral membership. There has been debate in the past as to who can be members of APTA. Should non-PT/PTA academic faculty who teach PT's belong? Or non-PT/PTA directors of rehabilitation? If they belong, what are their rights of membership? Can they vote? Can they serve on committees? Can they chair committees? Can they serve on the board of directors? Can they attend chapter meetings? The debate will answer the questions.

Another topic for debate this year is whether non-PT/PTA should be allowed to attend a course containing didactic material that the person is not licensed to perform. For instance, can an exercise physiologist attend a shoulder course? If they do, will they represent themselves as performing therapy in the future? Does this pose a danger to our profession? Does it matter at all?

Last topic that I want to bring up is one of ownership of PT practice associated with autonomy. Can we as a profession be totally autonomous in our decision-making if we do not own the service we deliver? With a hospital, corporation, nursing home or other non-PT owner can we truly be autonomous or are we always going to have to modify our treatment and productivity to meet the bosses expectations and standards? We all know some excellent cases of PT proprietary and some excellent cases of for profit proprietary situations. We also know of the opposite. The question becomes, what is best for the growth and health of the profession in the next 20 years. The debate will go on. See you all at the spring caucus in your area.

< Feldenkais Ad 1/4 >

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The Chapter Continuing Education Committee is looking for a few good PTs and PTAs.

Get in on the excitement of choosing and planning speakers and programs for NH APTA's highly successful educational programs.

Currently planning a joint Tri-State conference for November 2003 with our neighbor states.

Also working on the 2003 Evening Series.

Attend the next meeting of the Committee (CEC) call the office –603/627-7970—for time & place.

Every single member of the CEC was a beginner at one time.

You could be one too!



Register Now Before It's Too Late
May 31st – June 2nd, 2002

Musculoskeletal Diagnosis & Treatment: The Lower Limb

Instructor: Paula van Wijmen, *Dip Phyt (Neth), Dip MT, Dip MDT*
Will be at Abilitations Day Rehab Manchester, NH

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Dawna Pidgeon, PT II
Dudley Weider, MD

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David Edson, PT II
Charlene Gates, PT II

12.5 Contact hours of continuing education

For questions regarding registration, please call
Larry Flaherty at Rehab Technologies, Inc

Fitness Day at the Legislature

Dave Robator, PT and Don Ash, PT, CST-D evaluate test results.

Gerry Lanoie, PT checks blood pressure.

Kristen Woo, PT conducts a balance test.

President Susan Abis, PT, checks blood pressure.

Marc Lacroix, PT, MBA, NHA explains hip motion.

Abgie Cande, MS PT tests balance.

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