

December 2006

The President's Column

Joshua D. Brooks, PT, MPT
President, NHAPTA

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Volunteers are needed,
and appreciated.
call 497-8989

I believe there are times in every Physical Therapist and Physical Therapist Assistants profession or career when we question why we do what we do. I would like to pose the question: why do our patients do what they do everyday, week in and week out? They commit to working with us usually 1-3 times weekly, and with some of us daily, to move a step closer to their goal. It doesn't matter how hard the goal but each day: a little further, a little better.

I can't measure how big or small their goal is because it is uniquely their own. Many attack their goals from every angle whether it be strength, coordination, or some other patho-kinesiological aspect, but they do those many small and sometimes big things in some way everyday to get to where they want to be.

I wonder why those thousands of patients do this every day. Could it be because they have a vision of where they want to get to? Could it be they believe they can obtain their goal and their lives will be better for it? I think there are many, many more reasons people invested in a vision work everyday to arrive somewhere in the future better than they are today. I believe these goals that patients work so hard toward have some parallels to the Vision 2020 goal that is just 13 years away; our tentative D/C goal.

As 2006 marches to an end and I reflect back on my first year as your chapter president, I have to say it has been a busy and exciting year nationally and locally. Nationally, we worked to bring your goal to better serve your patients, the way you asked, to the national forefront by promoting them at our professional organization meetings and with NH state senators and congressman. With recent changes after these recent elections we will be reaching out to the new leadership to enable betterment of the care you deliver.

At House of Delegates, where delegates representing all of the state chapters met in Florida to work through further molding of our profession, we further defined professionalism, established women's health as a certified specialization to strive for, and worked towards common ground with all colleagues. Always remembering: a little further, and a little better.

More locally, if you look back at the themes I asked our board to meet for the year I hope you will find we did our best to match our efforts to them. I believe we were *Fiscally responsible*, *Professionally positive*, and more *Connected*. While working under an already tight budget we had to find ways to cut and not increase major spending and decrease reliance on the few fundraising avenues we have. We increased the education component of the spring caucus to keep you informed of what is going on in your profession. We raised nearly 4000.00 dollars for the scholarships and other efforts using a Physical Therapy month event. The 3rd annual Physical Therapy Wellness Workout 5k race was successful, and we had fun on an extremely windy day doing it. Lastly, we were active in our state legislature through our efforts to limit referral for

Continued on Page 4

February Newsletter
Deadline January 20th



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SCHEDULE

February	Legislative Bulletin / Calendar of Events
August	Reports: Caucus; National HoD; Legislative
December	Election Results; Annual Meeting

**OTs ACQUIRE TWO MODALITIES ,
NHAPTA HELPS!**

The Occupational Therapists in New Hampshire have expanded their Practice Act to include the usage of ultrasound and electrotherapy. A feature of the law prohibits OTs and COTAs from utilizing these two modalities until they acquire both the professional education and undergo competency testing in their use.

Unfortunately, the educational curriculum for these therapists does not include the two modalities and it will take some time to integrate them into the curriculum. A call for help from the head of the OT licensing board was answered by Carla Bickford, PT, chair of the Education Committee. Joe Gallo, PT, DSc, ATC, then at Hesser College, and Laurie Clute, PT MA, PTA program director at NHCTC-Clairmont, worked up a program that was offered at five locations statewide in the summer of 2005, and again this October, at Franklin Pierce's Physical Therapy program in Concord.

Special thanks go to Matt Garrison, Therapeutic Technologies, Inc., local distributor for Chattanooga products, for arranging loans of the machines for the use of students at these courses, and for covering the cost of printing course handout material. And thanks, as well, to Franklin Pierce - NH for providing lab space for the courses.

All in all, a win/win situation for all, thanks to the generosity and good will of those named above. NHAPTA plans to offer this course on a continuing basis when needed.



American Physical Therapy Association

You may know about Vision 2020, but do your colleagues who are not APTA members know?

What is evidence based practice, and how does it affect me?

How will I know if an evening course is postponed because of inclement weather?

Watch your mail for the 2007 Evening Lecture brochure and plan to attend. Chapter leaders will be present to answer these and other questions.

Chief Delegate Report

Marc Lacroix PT, MBA, NHA

Fall is generally a quiet time for the Chief Delegate in New Hampshire. This year however, NHAPTA-hosted the Northeast Fall Caucus of APTA. The Northeast Caucus meets twice a year. Chapter Presidents and Chief Delegates from Washington, DC and north to Maine (13 states in all) meet twice a year.

The spring meeting focuses on the upcoming house of delegates including RCs (bills) which will be heard and possible concerns and support for those RCs. It is particularly helpful for those of us in small states to learn from our counterparts in larger states who may be participating at committee level in national APTA activities and attending meetings of the national board of directors who have additional information. We are then able to pass this information on during the spring caucus meetings we hold through out the state.

The fall meeting is more philosophical. What is it we want to change within APTA? What is important to members and the profession? What direction should national APTA be going? Are the 6 tenets of vision 20-20 still relevant? How can communication be improved between APTA and its members. I can tell you some of the outcomes from these discussion have the hooked on evidence feature on national websites and have more member opportunity to learn on line and to participate electronically in providing feedback to national APTA. An example of this currently exists with the survey on what our professional designation should be. You can take the survey at: <http://www.apta.org/AM/Template.cfm?Section=Home&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=292&ContentID=33968>.

This year's meeting went extremely well and we are still receiving wonderful feedback from the participants. It was the first year we had live internet and were able to send emails and receive answers from board members of APTA while we met.

On a personal note, I want to express my sincere appreciation to Susan Abis who will not be returning to the house of delegates. Susan and I attended our first house of delegates 8 years ago and have been to all subsequent ones together. Susan served in the house and will be missed for the social aspects she brought to these sometimes dry meetings. It is believed Susan was the first NH delegate to bring forward an RC independently from the state of New Hampshire (apologies to those who may have different info) and for 2 years she chaired small states caucus while at the house of delegate. The delegation will be sure to raise a glass of her favorite beverage when in DC.

Save the Date for APTA's Advocacy Academy and PT Day on the Hill in Washington DC

Make plans today to attend the APTA's Advocacy Academy and PT Day on the Hill in Washington DC May 23-24. The **Advocacy Academy**, formerly known as the Federal Government Affairs Forum, will feature programming for students, new advocates and advanced advocacy sessions at the Omni Shoreham Hotel followed by a **PT Day on the Hill**. The **PT Day on the Hill** will provide participants an opportunity to meet with their members of Congress after being briefed on the current issues facing the physical therapy profession. Mark your calendars for the advocacy event with registration opening in early February. This year, the event will follow the House of Delegates meeting in Washington DC.

Keep updated on the latest news by visiting the advocacy section of APTA's website at www.apta.org/advocacy. Look under the **Upcoming Events** section for registration details.

For additional information regarding the Advocacy Academy and PT Day on the Hill contact Angela Chasteen at angelachasteen@apta.org.

President's Message *Continued from Page 1*

profit in the best professionally positive way, and we attempted to work with third party payers to push for fair reimbursement for all of our colleagues. I am asking the board and all of you to focus this year on 3 common themes just as I did last year. This year, I ask you all to work toward: *Push the Flywheel*, *Finding our Voice*, and *Disciplined Action*. I feel that if we work together under common themes it will help us focus our energy on the most effective means to obtain our goals.

There is something that can make us a more effective chapter for the benefit of our membership, colleagues and clients in the upcoming year. It is keeping our collective hands pushing the flywheel to continue the momentum of previous years. Continuing previous year efforts—such as staying Positive despite adversity, Connected despite time and distance, and Fiscally responsible despite the need to fund many of our wants. We need to continue making legislative connections, finding value for our colleagues to join our efforts, build membership, rethink our fundraising strategies move into other markets and find more attractive forms to deliver valuable knowledge to colleagues.

We need to *Find our NH Voice*, to know where our membership stands on practice issues, we need to focus on ways to best have your message heard by legislators and to focus the Political Action Committee (PAC) building cycle on best strategy.

We must also focus on *Disciplined Action* while we are beginning with the end in mind through the strategic planning your Chapter board has begun. I hope to build on efficient work in our committees and continue to put into action the talents we now possess on the chapter board and across the state.

I hope to continue seeing Chapter growth as we have seen in this past year and I thank you for your membership. I want to help you achieve your goals this year as we move *a little further, and a little better*.

Giving a “Leg to Stand On”

Joanne M. Desmarais, PT, DPT

In honor of National Physical Therapy Month in October, the physical therapists at Northeast Rehabilitation Hospital, in conjunction with American Prosthetics and Orthotics, held a “Leg to Stand On” collection drive for used prosthetics and orthotics. More than 100 collected items are now being distributed to organizations like the Limbs for Life Foundation (www.limbsforlife.org) that modify and distribute used limbs and orthotics to individuals in third world countries. Due to Federal regulations, the used limbs could not be recycled for use in the United States.



Donations were accepted at both the Main Campus in Salem, NH and the West Campus in Nashua, NH. The inpatient PTs even made a few trips to private homes to pick up donations from people who are homebound.

Physical therapists are dedicated to improving functional independence in all individuals. They also recognize the cost associated with reaching that independence—both financial and emotional. We are hoping that the generous donations that people have given as they outgrew their current orthotics or prosthetics, will allow other less fortunate people to reap the benefits.

Pictured (left to right): PTs Sarah Woodworth, Ted Chen, Tom Plante, Kate Bryant, Colleen Sullivan, Catherine Dennehy and Joanne Desmarais.



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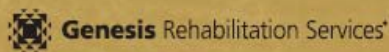
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EOE

Annual Meeting & Chapter Elections

The 2006 annual meeting of the NH Chapter was held at Frisbie Memorial Hospital in Rochester, NH on November 4th.

The results of the election of officers were:

Treasurer: Patty Larkin-Upton, PT MS

Secretary: Deb Nervik, PT, MHS, DPT

Board Members: Judy Thackaberry, PT, MPT; Derek C. Eastman, PT, MPT;
Bill Farina, PT, DPT, MBA, CHE

Delegate: Kris Terrio, PT, MSHS

PTA Rep: Janet Lehoullier, PTA

Nominating Committee: Jennifer Neveu, PT, DPT

Congratulations to all, and thanks to those who also ran, for your willingness to step forward.

The Chapter's "stars" were recognized for outstanding service:

Carla Bickford, PT Retiring Education Committee chair; half our annual budget comes in through the committee's efforts, and for hosting/arranging the annual meeting.

Judy Thackaberry, PT, MPT Incumbent Secretary, stepping sideways to BoD and to Chair the Education Committee

Sheryl Cheney, PT Stepped forward to fill the unexpired term of Laurie Clute when Laurie moved to Allied Health Professionals Board

Pam Nation, PT, MPT Early practice at Nom Com chair, when she had to fill two BoD vacancies in February, and for a great job this year.

Dana Kennedy, PT, OCS, MTC For stepping into the Gov't Affairs chair and re-energizing the committee

Erin Tullar, PT MS Chairing Fund Raising committee in her first assignment and producing over \$ 3,800.

Marc M. Lacroix, PT, MBA, NHA Organizing this year's 5K Race

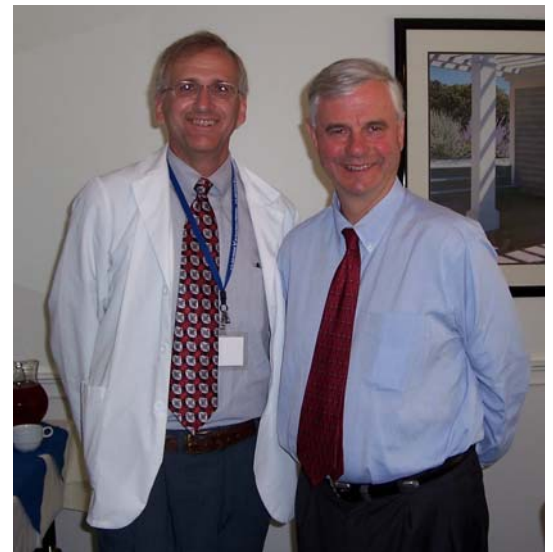
Greg Woodsum, PT Newsletter editor, stepping down after five years.

Bradley Visits PTs, Patients at Haven Health Center

Practice visits provide opportunities to demonstrate first-hand to Members of Congress the importance of physical therapy and present opportunities to discuss the impact of issues facing patients and the profession.

Earlier this year, Representative Jeb Bradley (R-1st/NH) was in Derry, at the Haven Health Center to meet with physical therapists and talk to patients. Rep. Bradley has been a supporter of preserving access to physical therapy services for seniors participating in the Medicare program. During his meeting with patients, he heard the impact physical therapy has had on their ability to regain function and return to home. In brief remarks to the staff of Haven Health, Rep. Bradley emphasized the importance of making certain seniors receive the necessary care to be able to return to home. Marc Lacroix, PT, Director of Rehabilitation at Haven Health in Derry, helped arrange the event.

If you would like to learn more about hosting a Member of Congress at your practice, please contact Michael Matlack at michaelmatlack@apta.org or Justin Moore at justinmoore@apta.org. If you would like help with promotion strategies including inviting the local press to attend the visit please contact Rachel Reiter at rachelreiter@apta.org.



Marc Lacroix, PT (L) with Representative Bradley



BREAKING NEWS!!!

Congress Passes Bill Including Extension of Therapy Cap Exceptions Process, Fee Schedule Provisions

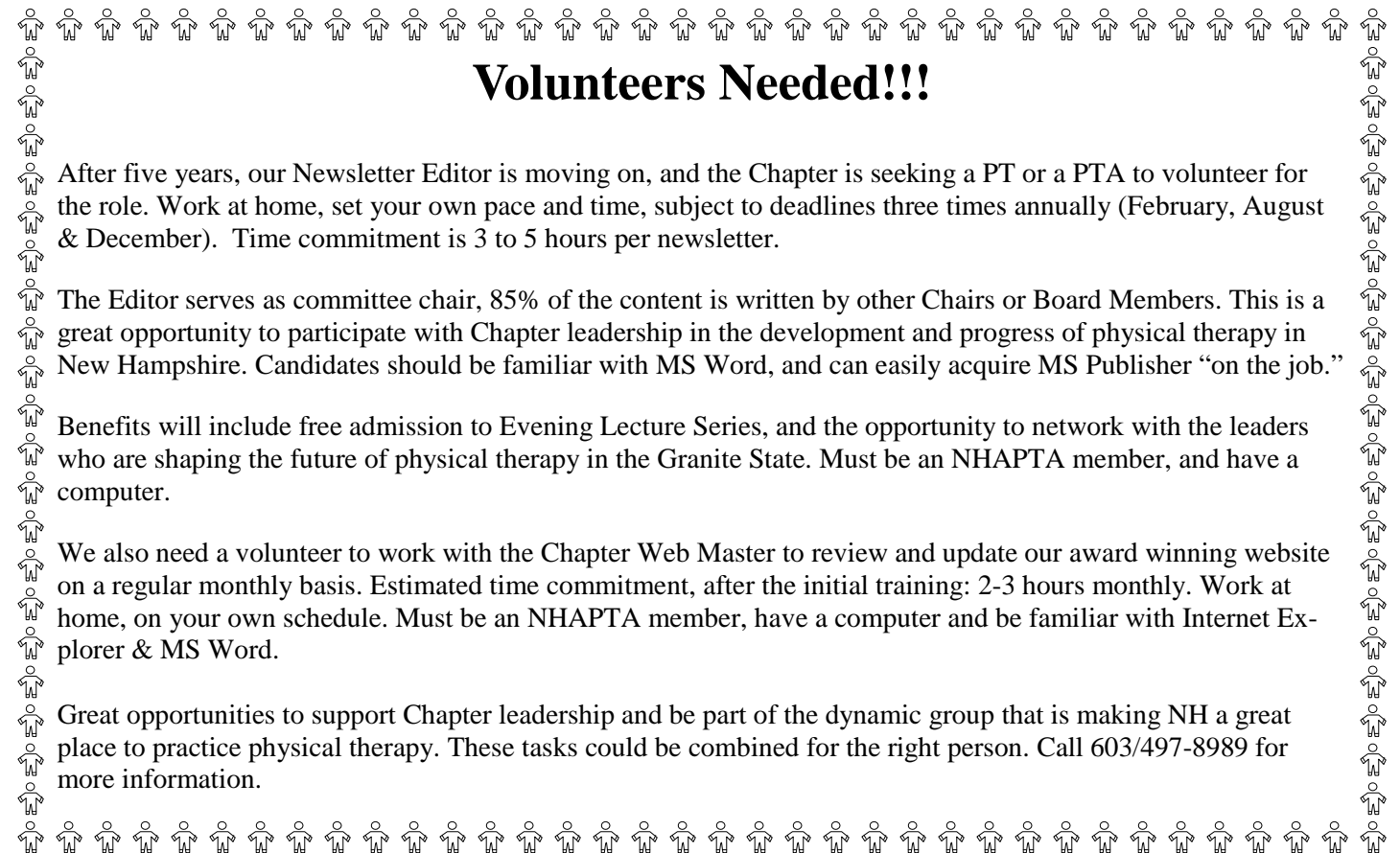
The US Senate followed the House in passing legislation by a vote of 79 to 9 this morning to extend the therapy cap exceptions process through 2007 and replace the scheduled 5.1% reduction in the 2007 conversion factor with a freeze at 2006 levels. The bill also provides a 1.5% payment incentive for providers to report on quality measures, and maintains the Geographic Payment Cost Index (GPCI) at 1.0 for the 51 localities that fall below this index for 2007. The President is expected to sign the legislation quickly.

APTA's members and grassroots have made a significant impact in voicing the need to address the therapy cap and payment cuts prior to adjournment. Thank you for your continued advocacy!

Keep Alert! Join PTeam Today

Do you want to help make sure issues impacting physical therapists and the patients you serve are a priority on Capitol Hill? You can help by joining APTA's Advocacy network, PTeam today. PTeam members receive Action Alerts and Information Bulletins on current legislation impacting physical therapists. Action Alerts provide talking points and link to APTA's Legislative Action Center where you can send a message directly to your member of Congress about an issue. Information Bulletins provide updates on issues like Medicare Direct Access, the Medicare Therapy Cap, new legislation to add physical therapists to the National Public Health Service Corp to qualify for student loan forgiveness and many more issues. PTeam members also receive a quarterly newsletter with advocacy tips and updates.

To join PTeam, visit www.apta.org/advocacy and click on the Keep Alert! icon or contact Mike Matlack at michaelmatlack@apta.org.



Volunteers Needed!!!

After five years, our Newsletter Editor is moving on, and the Chapter is seeking a PT or a PTA to volunteer for the role. Work at home, set your own pace and time, subject to deadlines three times annually (February, August & December). Time commitment is 3 to 5 hours per newsletter.

The Editor serves as committee chair, 85% of the content is written by other Chairs or Board Members. This is a great opportunity to participate with Chapter leadership in the development and progress of physical therapy in New Hampshire. Candidates should be familiar with MS Word, and can easily acquire MS Publisher "on the job."

Benefits will include free admission to Evening Lecture Series, and the opportunity to network with the leaders who are shaping the future of physical therapy in the Granite State. Must be an NHAPTA member, and have a computer.

We also need a volunteer to work with the Chapter Web Master to review and update our award winning website on a regular monthly basis. Estimated time commitment, after the initial training: 2-3 hours monthly. Work at home, on your own schedule. Must be an NHAPTA member, have a computer and be familiar with Internet Explorer & MS Word.

Great opportunities to support Chapter leadership and be part of the dynamic group that is making NH a great place to practice physical therapy. These tasks could be combined for the right person. Call 603/497-8989 for more information.

Northeast Chapters come to NH

Twenty three representatives of APTA Chapters from Maine to Washington DC met in Manchester this fall to review strategies and to discuss possible recommendations to the Association's House of Delegates.

Presidents and Chief Delegates from each Chapter constitute the Caucus, but members are welcome to observe the discussions.



NH Chapter president, Josh Brooks, PT, front row center, and Marc Lacroix, PT, MBA, NHA, NH Chief Delegate, back row center.

Physical Therapists Award Scholarships

The NH Chapter, American Physical Therapy Association, awarded scholarships today to two young women in the final year of their entry level programs. The Mary F. Stanton Scholarships, named in honor of an early leader in the field of physical therapy in New Hampshire, are offered annually to a student in his or her final year of preparation as a Physical Therapist, or as a Physical Therapist Assistant.

Alison Elliott, SPT, will be graduated next year from Franklin Pierce in Concord, the only Physical Therapy program in New Hampshire. A graduate of the University of Chicago, with a BA in Biology, this Millinocket, ME native completed high school at the Maine School of Science and Mathematics in Limestone, ME in 1998.

A rugby player at U of C, Alison coached the MIT women's rugby team in 2003-4 where her interest in sports injury led her to seek qualifications needed to help these athletes recover. She has discovered that physical therapy practice is broader than anticipated, and is looking toward her senior year affiliations to help determine the practice area she will pursue. She will receive a \$1,000. scholarship.

Melissa C. Marquis, SPTA, of Nashua, a student at Hesser College, in Manchester, one of two Physical Therapist Assistant programs in New Hampshire, will receive a \$500. award. A graduate of Nashua High School, Melissa earned a BA in English from Rivier College in that city in 2002.

Observing her grandmother's struggle with Alzheimer's disease and the work of the many healthcare professionals who cared for her over the years led Melissa to choose the field of physical therapy.

Both women received their awards at the annual meeting luncheon of the New Hampshire Chapter, APTA at Frisbie Memorial Hospital, Rochester, NH. Laurel Clute, PT MS of NH CTC, Clermont and Diane Olimpio, PT of Concord Hospital served on the Chapter's scholarship committee.