President’s Message

All I want for Christmas is…

…the simple little gift from Congress and CMS to address and resolve the payment/reimbursement issues that are currently before them. There are two rather large Medicare payment issues that are being addressed in Congress as I write this message. Oh, and let’s not forget there is still the larger issue of comprehensive healthcare reform that we must continue to monitor!

The first of the Medicare issues before Congress has to do with the all too familiar Medicare Cap for outpatient physical therapy services. As you probably know there is presently an “exceptions process” in place for those Medicare recipients who have gone over the “PT Cap”. This process has been renewed annually in 2006, 2007, and 2008, and will expire on December 31, 2009 unless Congress once again intervenes with a renewal.

So in the giving spirit of the Holidays, I ask that you give of your time to contact your members of Congress to help voice your concerns over the arbitrary capitation of rehabilitation services for Medicare beneficiaries that was originally implemented under the Balanced Budget Act of 1997. This year on the first day of the 111th Congress, The Medicare Access to Rehabilitations Services Act (HR 43/S46) was introduced into Congress. Now is the time to ask your Congressperson to support HR 43/S46. This is very efficiently and easily done through APTA’s Legislative Action Center on the website in the Advocacy Section. All it takes is about 7 clicks of the mouse after logging in!

The second looming issue is the projected cuts of 21.2% to the Medicare physician fee schedule. Under the Medicare statute, CMS is required to adjust payments to physicians and other healthcare professionals (including physical therapists) on the basis of a formula, referred to as the sustainable growth rate formula (SGR). This formula has directed a negative update for these services in each of the last five years. Since 2003, Congress

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UPCOMING EVENTS
Mark Your Calendar NOW!

2010
February 17-20
CSM
San Diego, CA

March 19-21
LPTA Spring Meeting
Bossier City, LA

June 16-19
APTA Annual Conference
Boston, MA

LPTA MEMBERSHIP UPDATE
Please continue to encourage your fellow PTs, PTAs and students to join or renew their APTA/LPTA membership!

Current       Last Year
Active members 654       636
Life Members   24        24
PT Students  145       136
PTAs           78        75
PTA Students  23        34
Total          924       905
Congratulations are in order for Luke Storrs, a third year Doctor of Physical Therapy student at LSU Health Sciences Center in Shreveport. Luke was recently elected to the Nominating Committee of the American Physical Therapy Association’s (APTA) Student Assembly. His election continues a four year tradition of students from the LSUHSC being elected to national office within the APTA Student Assembly. Congratulations to Luke and kudos to our students for their continued professional involvement.

2009 Election Results
During the 2009 Annual Conference in Colorado Springs, the following members were voted into office:

Julie Ellis, PT, SCS, Secretary
Dan Mills, PT, Treasurer
David Qualls, PT, Director
Lynn Steffes, PT, Director
Brian Boyle, PT, DPT, CSCS, Nominating Committee

Congratulations, David! Thank you for your continued service!

(Continued from page 1)

has taken action to avert the scheduled negative updates.
Again I ask that you contact your Senators to voice your concerns over this flawed system. The Medicare Physician Payment Reform Act (HR 3961) passed the house with a vote of 243 to 183. This bill is currently awaiting action from the Senate. Again through the Legislative Action Center on the APTA website, you can voice your support for this bill after only about 7 mouse clicks once you’ve logged on!

On a personal note, one last wish for this time of year is that each and every one of you has a very safe and joyous holiday season with your family and friends, and that you may also have a prosperous new year filled with happiness and good fortune!

GREG
MediStar
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LPTA is on Facebook!!!
Join today!!!

Dementia Therapy:
Achieving Positive Outcomes for the Person With Dementia

Over 5,000 professionals, including many Physical Therapists and PTAs, have attended this course and learned advanced evaluation and treatment skills, effective treatment planning using the Allen Cognitive Levels and Theory of Retrogenesis, how to document and code for Medicare reimbursement, and more.

San Antonio, TX • January 15–16, 2010
Crown Plaza Riverwalk • 111 Pecan Street East
Course Fee: $450 (group discount available)
LPTA Approved • Contact Hours: 13

For complete course information, visit www.DementiaCareSpecialists.com
or call 1-877-916-4524. To register for the San Antonio program, call 1-877-916-4524.
Overcoming Obesity
by Lauren K. Hoffmann, PT

The holidays are here! These six weeks between Thanksgiving and New Year are when Americans pack on the pounds due to overindulgence in rich foods, lack of adequate exercise and increased stress. What can we, our patients and our families do to get through this holiday season and start 2010 healthfully? Here are some tips:

Make Time for Exercise:
• Plan time for exercise by adding your workout to your calendar or To Do list.
• To stay committed, find a weekly workout buddy to meet for a walk, jog or exercise class.
• When running errands, park far away and walk briskly to the store.
• Take the stairs!

Create new family traditions:
• Digest your meal with a family walk before dessert.
• Have a Dance and Decorating Day: turn up the holiday music and set out or put away decorations together.
• Volunteer to keep your body and your spirit healthy! As a family, go to a homeless shelter or help collect donations for the needy.
• When traveling, walk around the airport instead of sitting while you wait.

Ideas for Parents:
• During school vacations, keep kids on a daily schedule of meals and activity. Limit "veg" time: don't let each day turn into nonstop TV and snacking!
• Since kids will get plenty of goodies at holiday events, keep the fridge and cupboard stocked with healthy snacks: veggie sticks, fruit, nut mixes and whole-grain munchies like popcorn.
• If you are hosting a party, set out plenty of large platters of healthy foods. Keep the junky stuff limited to individual portions or goody bags.
• Set a good example: since food intake is increased, make sure the whole family stays moving together! Encourage more play, exercise and active fun to burn off all the extra holiday calories.
• Give gifts of fitness: sports equipment, balls, scooters, jump ropes, bicycles....endless possibilities!

Better Food Choices: At those holiday parties and big family meals....
• Fill up first with veggies or a healthy salad--leave less room for junk!
• Eat off a smaller plate to avoid huge portions
• Limit the eggnog and alcohol: choose low-calorie beverages like coffee, tea and water, or stick with a glass or two of wine
• Go easy on the butter and gravy
• Wait 20min before having "seconds" and stop eating when you feel full

(Continued on page 7)
**Why should a Physical Therapist work at Tulane Medical Center?**

- **401(K) WITH 100% EMPLOYER MATCH**
- **FLEXIBLE SCHEDULING**
- **$2,000 Sign-on Bonus***

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**Tulane Medical Center** has a rich history in New Orleans as one of America’s most acclaimed research, teaching and patient care hospitals. Our commitment to quality and excellence in patient care is a direct reflection of our exceptional team of healthcare professionals. To advance your career in a challenging and rewarding environment, you belong here!

**Physical Therapists (FT & PRN)**

You will work as part of a dynamic interdisciplinary team and will be expected to utilize your progressive and superior skills to help patients with diverse diagnoses. Ideal candidate will have a physical therapy degree from an accredited program; Louisiana physical therapy license; CPR certification; and at least 1 year of experience. New graduates will be considered.

Tulane offers competitive pay, and comprehensive benefits. **For more information and to apply online, visit:** [www.tmccareers.com](http://www.tmccareers.com), or e-mail your resume to: angela.minga@hcahealthcare.com. EOE. Tulane Medical Center is a drug-free workplace.

[www.tmccareers.com](http://www.tmccareers.com)

*The $2,000 Sign-on Bonus is for full-time employees.*
Healthy Baking Substitutes: Try using...

- Applesauce or prune puree instead of oil, margarine or shortening (use half the amount)
- Whole wheat flour with white flour (1:1) for baking
- 1 cup Grape Nuts with 1/2 cup apple juice concentrate to make a healthy pie crust
- Evaporated skim milk instead of whipping cream
- Cocoa powder and canola oil (3:1) instead of baking chocolate
- Two egg whites (or 1/4 cup egg substitute) instead of a whole egg
- Reduced-fat or fat-free dairy products instead of whole/full-fat milk, cream cheese, etc.

To get ideas like this on a regular basis, you or your patients can go to www.louisiana2step.com to learn more about eating less and moving more. Sign up to receive regular tips and ideas via email, check out healthy recipes online and explore the local events calendar. For kids, www.2step4kids.com has interactive learning games and kid-friendly health resources. Get 2010 off to a healthy start!

APTA: Working for You

APTA Joins Coalition to Urge CMS to Implement Up-to-Date Practice Expense Rates

This week, APTA and 18 other major medical and health care organizations launched a grassroots and advertising campaign to ensure that the Center for Medicare and Medicaid Services (CMS) will begin implementation of up-to-date practice expense rates into Medicare physician payments, without unnecessary intervention by Congress. The Practice Expense Equity Coalition supports the new practice expense rates recently issued by CMS, which use accurate data from a rigorous survey supported by more than 70 medical and health care professional groups and recognize that overhead costs differ among physician and health care specialties.

"Previously, CMS had been using practice cost data for most physicians and health care professionals that was at least a decade old and failed to capture the relative costs faced by different practices today," said Helene Fearon, PT. "If any changes were to be made to the new 2010 rates, it would favor a few groups at the expense of many other physicians and health care professionals. We are hopeful that Congress will realize that rates based on robust, independently corroborated data should not be second-guessed at this stage of the process."

The latest practice expense data is based on a new Physician Practice Information Survey (PPIS) conducted in 2008 under strict methodology outlined by CMS. The results were validated by The Lewin Group, an independent survey firm. CMS will phase in the new practice expense data over a 4-year period.

The survey design and methodology had the wide support of medical and other health care professional groups, including funding from CMS and the American Medical Association. The Medicare Payment Advisory Commission and the Government Accounting Office also had called for CMS to update data for all specialties.
STUDENT SPEAK
Luke Storrs, SPT
APTA Student Assembly Board of Directors
Nominating Committee Member

PT STUDENT ON THE MOVE
Hi! My name is Luke Storrs, and I am a third year student at Louisiana State University Health Sciences Center in Shreveport Louisiana. I am excited to have this opportunity to serve all of you as a member of the Student Assembly Nominating Committee. As a member of the nominating committee I am eagerly awaiting the opportunity to get to know student physical therapists and student physical therapy assistants from all over the nation as we prepare an amazing slate of candidates to run at next year’s National Student Conclave. It’s never too early to start! If you are interested about getting involved with the Student Assembly, please contact me at aptasa_nc2@hotmail.com

THE (student) NETWORK
The Student Assembly Board of Directors and Nominating Committee from last year did an excellent job of establishing a liaison network, The (student) Network, that has representatives all over the United States. I believe that we can continue to build this network until we have representatives in every school. I believe that as we build a stronger network of communication among us, as students, we will have a stronger voice to be heard among not only the APTA but the medical community as a whole. We are currently looking for representatives from each PT and PTA program in the state to serve as members of The Network. To learn more about this opportunity, or The (student) Network in general, contact Mari Kantrow, SPT at mkantr@lsuhsc.edu.

Publicity Simplicity

“What to Give? What to Get?”

Promote physical therapy and treat yourself by shopping online with the APTA! Items from APTA's exclusive Move Forward™ collection of clothing and specialty items make perfect presents for all the physical therapists, physical therapist assistants, and students on your list.

Choose great stocking stuffers such as shoe wallets, media holders, pedometers, travel mugs, and Eggserciser® hand exercisers. Or select from a wide variety of colorful clothing styles that include snuggly embroidered fleece jackets.

Each item says a lot about you and its lucky recipient by conveying our brand slogan--Move Forward™ Physical Therapy Brings Motion to Life. See the entire collection NOW at www.apta.org/moveforwardcollection.
Physical Therapy Month at Earl K. Long Medical Center

The Physical Therapy Department Staff at Earl K. Long Medical Center in Baton Rouge celebrated Physical Therapy Month by hosting an information table to meet, greet and educate on the profession of physical therapy. On Fridays in October during lunchtime, information was provided to the employees, patients, family members and staff on the benefits of physical therapy. Ink pens, candy treats and Physical Therapy Month merchandise giveaways were also offered and appreciated by all!

![Image of staff at information table]

Left to right: Teresa Maize, PT; Meagan Stanley, SPT; Shanrika Barrow, tech; Daphne Smith, secretary.

**SAVE THE DATE**

LPTA Spring Meeting
March 19-21, 2010
DiamondJacks Casino and Resort
Bossier City, LA
Speaker:
Mark Cornwall, PT, PhD, CPed
Update on the Foot and Ankle: Biomechanics, Evaluation and Treatment
By Kinta Mader LeBlanc, PT, MPT

In December’s LPTA Spotlight is none other than our immediate past president, David Qualls. We’ve seen a lot of David over the past 6 years during his back to back terms as president, but there’s a lot we haven’t seen of David’s colorful background.

David grew up in Southwest Louisiana moving from Opelousas to Jennings to Lake Charles, and eventually settling in Sulphur. Perhaps it’s these deep Louisiana roots which lend to an impressive Cajun accent when telling his infamous Boudreaux and Thibodeaux jokes. (“Mais cher, he’s good at tellin’ dem jokes, he is!”)

After graduating from Jennings High School he continued his education by acquiring his BS in Physical Therapy from LSU School of Physical Therapy in New Orleans. He practiced PT at West Calcasieu Cameron Hospital from 1974-1979 and has been in private practice since then. Over the years his practice has included solo, corporate and partnership settings, as well as hospital contracting and home health.

In 1983 he and the lovely Cindy Stoval tied the knot. They have two children, Joshua who is 24 years old and is a student at Sowella Tech, and Callie who is 21 years old and is a student at McNeese State University. Their family continues to grow with the addition of their grandchild, Drey, who is a busy 17 months old.

Grandpa Dave has long been a part of the LPTA family as well, having always been a volunteer with such groups as the Ethics and Governmental Affairs Committees, and the Delegation to the APTA including his current service as Chief Delegate. He has also served as Vice-President prior to his terms as President.

The APTA knows just how dedicated David since besides his roles as delegate and chief delegate, he has also served as chairperson for the Committee on Chapters and Sections. As recently as last month David now has a new title, that being a member of Board of Directors for the Private Practice Section of the APTA. What a testament to his dedication and willingness to serve our profession.

But we’re not the only fortunate ones to have David Qualls in our corner. David is very active in his community having served the last 35 years as a volunteer at Sulphur High School, as well as Chairman for the Sulphur Academic Foundation for Excellence and Sulphur’s Charter School Committee. Additionally, David is a Rotary Club Member and a Boy Scout Adult Leader.

David seems to also be able to stretch his valuable time serving his church community as a Louisiana Methodist Cursillo Chairperson, Louisiana Kairos Prison Ministry Chairperson, United Methodist District Lay Leader, Henning Church Lay Leader and Council Chairperson, Louisiana Methodist Foundation Board of Director Member, and Louisiana Methodist Wesley Center Board of Trustee.

Among the awards on which David has been bestowed include Rotary Club Above Self, Rotary Paul Harris Fellow, Boy Scout District Leadership Award, Eagle Scout, Sulphur High Volunteer Award, and the LPTA Dave Warner Award.

In his precious spare time David enjoys doing yard work and participating in water sports at the family camp on the Calcasieu River. (And I’m sure teaching his grandchild lots of different ways to tie knots with his Eagle Scout expertise! Love ya, Papa Dave!)

The LPTA is most privileged to have David Qualls in its ranks! His deep love for our profession is evident by his passion and his dedication to his patients and his peers. It is a pleasure attending the APTA national meetings with Dave, as he is so well loved and

(Continued on page 11)
respected by so many physical therapists from across the nation! What a gem he is!

I would like to share a quote from David which sums up his philosophy about physical therapy and life in general:

“The practice of physical therapy is like no other medical practice. Where else do practitioners have such an opportunity to connect with the same people they are helping? Life is all about giving and physical therapy is a profession where we have the opportunity not just to give but also receive, and not just monetarily but personally. We each receive more than we give.”

Thank you, David, for never failing to of yourself to us (the LPTA), to your patients, to your community and to the physical therapy profession. We are extremely grateful for your generosity, and we’re so glad you’re part of our family!

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Less Than 20 Days Remain for Congress to Take Action to Extend the Therapy Cap Exceptions Process and Stop a 21.9% Cut in Payments!

Only 18 days remain for Congress to take action on the therapy cap and Medicare payment cuts. It is critical that Congress pass legislation in this two and a half week period to extend the therapy cap exceptions process and to avoid the scheduled 21.9% cut in provider payments under the Medicare physician fee schedule.

**Background** - Without Congressional action, the therapy cap will return on January 1, 2010 as an $1,860 per beneficiary per year cap. This cap is a shared cap for physical therapy and speech language pathology services and exempts the hospital outpatient department. Congress will also need to pass legislation to override regulations that will implement a 21.9% cut to payments under the Medicare physician fee schedule.

**Timing** – It is imperative that we get this message to Congress as soon as possible.

**Message** - CONGRESS NEEDS TO PASS LEGISLATION BY DECEMBER 31, 2009 TO EXTEND THE THERAPY CAP EXCEPTIONS PROCESS AND AVOID THE 21.9% CUT IN PROVIDER PAYMENTS UNDER THE MEDICARE PHYSICIAN FEE SCHEDULE.

**What You Can Do**

**Call your Members of Congress TODAY.** To reach your Member of Congress, contact the Capitol switchboard at 202/224-3121. Ask the operator to direct you to your Member of Congress. If you do not know your Members of Congress, you can find out by utilizing the Legislative Action Center.

**Send an email, fax or letter to your Members of Congress TODAY.** For sample letters and easy access to contacting your Members of Congress by electronic means or download and print letters, utilize APTA’s Legislative Action Center.

**Request your patients to contact Congress** on this issue through APTA’s Patient Action Center. This site is designed to educate patients on the issue and to provide easy access to form emails and letters for them to contact Congress.

**Send to A Colleague** – Forward this action alert to a colleague and have them sign up for PTeam. PTeam will be the main source of information for legislative updates and breaking news on the effort to pass legislation to extend the therapy cap exceptions process and avoid the 21.9% cut.

**Thanks for your help in getting the message through to Congress!**
Magnolia Physical Therapy Celebrates PT Month

Magnolia Physical Therapy participated in the Susan G. Komen Race for the Cure. The clinic had a team of 40 registered walkers and runners. A fund raiser was held at our clinic and $2,540 was raised; the goal for next year is $5,000! The clinic also participated in the Rock N Ride hosted by Elmwood Fitness Center. These funds went to raise awareness and develop fitness programs for childhood obesity. This was an outdoor event where you spin to a live band! A great time was had by all!
Season’s Greetings!

Dear Members,

Best wishes to you and your family for a happy and healthy holiday season. We value and appreciate your participation in the LPTA community and look forward to your continued membership in the years ahead. Your membership is a clear sign of your drive to personally and professionally succeed as well as to contribute to advancing the physical therapy profession. Thank you!

Joyeux Noel
Take the APTA Facility Challenge

Achieve 100% APTA membership among your facility’s physical therapists and physical therapist assistants…and gain recognition for your facility among your peers and in your community.

Are you and your colleagues up to the challenge? Act now—visit www.apta.org for more details!

Make Your Membership More Affordable

APTA’s Installment Dues Program

Pay your membership dues in four equal payments over six months with APTA’s Installment Dues Program. For more details, contact an APTA Membership Services representative at 800/999-2782, ext 3124.
LPTA Member Benefit:

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We are a cost management service designed specifically for the physician community. GroupSource Group Purchasing was created to help your practice meet the challenge of cutting costs and improving operational efficiencies. Our program saves you TIME and MONEY!

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For more information on our program, complete the information below and fax to Paul Gaines at 877-503-2349 or call Paul at 985-860-7744.

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Please provide the following information:

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