President’s Message:

As you read this article, my hope for you all is that you had a safe, relaxing, family-oriented, celebratory holiday season! The beginning of a new year signals a time to refocus and renew our commitment to our profession and to continue to educate ourselves on the sweeping healthcare changes that affect each and every one of us, now and into the future.

At this writing, I have just returned from APTA’s State Legislative and Payment Forum that was held Dec. 1-3 in Alexandria, VA. Accompanying me were Cristina Faucheux, Governmental Affairs Chair and Jeremy Stillwell, Reimbursement Chair. In two and a half days, we learned pertinent up-to-date information on topics ranging from implementation of healthcare reform at the state level to practice and payment strategies for direct access. Other topics included updates to federal issues, strategies for managing silent PPO’s, co-pay legislation, term protection for physical therapy, emerging areas in PT scope of practice, use of social media in state advocacy, and an update from the Federation of State Boards of Physical Therapy.

I want to highlight in this message the changes that you will begin to see across the country and in our state in the coming year regarding healthcare reform. It is of utmost importance that rehabilitation and habilitation services remain on that list of 10 Essential Health Benefits and are not swept under the rug, so to speak. APTA and therapists in states that are submitting their own plans are working hard to ensure this. (Note: In the state of Louisiana, our governor has opted out of working to design a Louisiana-specific plan and so we are at the whim of the Feds on this, along with 17-25 other states who are also relying on the federal government to design the plan for their constituents.) States are forming exchanges but not all are cost-effective and based on evidence. There is also sweeping Medicaid expansion to include those up to 138% of poverty level, and again we need to ensure our services are included in those plans.

Written By: Beth Ward, LPTA President

(continued on page...7)
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LPTA MEMBERSHIP
Please continue to encourage your fellow PTs, PTAs and students to join or renew their APTA/LPTA membership!
“Each One Reach One!”

Active members
Current 739
Last Year 681

Life Members
Current 28
Last Year 25

PT Students
Current 199
Last Year 116

PTAs
Current 118
Last Year 77

PTA Students
Current 53
Last Year 27

Total
Current 1,137
Last Year 926
UPCOMING EVENTS

Put ‘em in the books!

2013

January 21-24
APTA Combined Sections Meeting
San Diego, CA

March 15-17
LPTA Spring Meeting
2nd Sports Symposium
Lafayette, LA

April 14-16
APTA Leadership Forum
Federal Advocacy Forum
Washington DC

June 26-28
APTA Annual Conference and House of Delegates
Salt Lake City, UT

September 13-15
LPTA Fall State Meeting
Baton Rouge, LA

October 25-27
APTA National Student Conclave
Louisville, KY

The Combined Section Meeting focuses on programming designed by all 18 of APTA’s specialty sections.

CSM 2013 will bring together more than 9,000 physical therapy professionals from around the nation for several stimulating days of exceptional programming, networking opportunities, and an exhibit hall filled with products and services in San Diego.

Join your colleagues as they gather in our nation’s capital for APTA’s annual Federal Advocacy Forum in Washington DC, April 14-16, 2013. This event is an opportunity to improve your advocacy skills and to lobby Congress on the many challenges facing the physical therapy profession.

At the FAF you will hear from decision makers on Capitol Hill, learn how to communicate effectively with your elected officials, receive updates on APTA’s legislative and regulatory activities, and then take your message directly to congress!

Learn from colleagues in a relaxed environment! Come to Salt Lake City June 26-29, 2013, and experience fresh, relevant sessions and energizing social events, or participate with selected sessions online with virtual conference. Registration opens in January 2013!
Student’s Say:
And the VOTES are in….National Student Conclave for the WIN!

The first weekend of November, while many were contemplating which candidate they would vote for in the National Presidential Election, thousands of PT and PTA students arrived near the nation’s capital for National Student Conclave. NSC was held in Arlington, VA on November 2-4, 2012. A group of eight 2nd and 3rd year students from LSU-Health New Orleans traveled to the three-day conference to meet and network with other students and practitioners from across the country. The conference offered two full days of presentations and workshops, including opportunities to practice interview skills and have your resume reviewed. On Friday, we attended several special interest seminars ranging from Sports and Orthopedics, to Neurology, to Pediatrics. The second day of seminars provided us with vital information on how to pass the boards and how to prepare to apply for a residency or fellowship program. The variety of sessions offered a little something for everyone and shined a light on the individual sections of APTA.

One of the most important tips I took away from the conference is to join special interest sections of APTA that you are truly interested in...and VOLUNTEER! By committing to volunteering, taking an active role in your section, and getting to know others in the section, you never know what opportunities you may be presented with as a result! This will not only look great on your resume, but could also help you to stand apart when applying for residency and fellowship programs. Most of the sections only require a minimal fee to join and many have their own conferences that you can also attend to gain even more insight into your specialty of choice.

Mallary Soileau is a 2nd year DPT student at LSU-Health in New Orleans and is currently serving as Secretary of the LPTA SSIG. For more information on National Student Conclave or the seminars that were presented, feel...

WOW!!! YOU, our Louisiana members, have donated a total of $1650 to relief efforts for physical therapists and physical therapists assistants who have been devastated by Hurricane Sandy! That is colossal! The LPTA has decided to add to that and give $1500 to both the New Jersey and New York chapters! Thank you all for your support!
**Keeping Up with the Jones’!**

October is National PT Month. It’s an opportunity for all of us to get out in our communities and show them what we have to offer. PTs all over the country put their heads together and create events, seminars, tours and campaigns to get out the good word about PT.

Why limit ourselves to one month a year though? We live in our communities 12 months a year. That seems like a lot of down time to me. The truth is, there are lots of people around us who can benefit from our services and don’t even know it. How can we change that? The answer is to pick something you like and turn it into your own public relations exercise. In other words “find a need and fill it”.

Six years ago. I picked running, primarily because I enjoy it. I started by showing up at races and offering my services to participants. I found that lots of people in the running community have minor aches and pains that are not being addressed. When a runner gets tendonitis for example, the common refrain from friends, relatives and family physicians is: “you need to stop that running nonsense”. Using my PT training (evaluation, plan of care, goals) I was able to offer other solutions like changing workout routines, examining shoe fit, adding stretches. Soon I was invited to do inservices on these topics and became friends with like-minded professionals who treat the same population such as podiatrists, ATCs, coaches and personal trainers.

Four years ago I created a new event: the “Keeping up With Jones 5K”. The people I had met in the previous 2 years helped make it a reality. Today, this event serves two main purposes: One, to encourage people to get outside and exercise and two, to raise money for a local children’s home. Each year it gets bigger as people bring their friends and local businesses, and healthcare providers get involved as sponsors.

I set out to change the running community. It changed me. I had always thought of myself as a 5k or 10k runner until a patient I was treating for Achilles tendonitis told me “anybody can run a marathon or ½ marathon with the right training”. I persuaded my wife to be my running partner and we completed our first ½ marathon this October. Through our efforts and the support of the online community we were able to raise $800 for the Crohns and Colitis Foundation of America.

So that’s my story. You can create your own story by picking something you enjoy then going out in your community and offering your services using the skills you already have. If you enjoy educating people, consider presenting a talk on PT. If you like to help out, go volunteer for an organization you like. If its fun, it doesn’t seem like work. The most important thing is to get out from behind your desk or treatment table and give people the opportunity to learn more about who you are and what you do.

Respectfully submitted by: Paul Jones, PT
In addition to the abundant information we gathered, the conference also provided us with many opportunities to explore employment prospects as over 100 vendors were featured in the Exhibit Hall. We were able to sign our school up for the 25th Anniversary Pittsburgh-Marquette Challenge to raise funds for physical therapy research, snag lots of great freebies, and enter to win tons of awesome prizes! We were also given the chance to hear candidate speeches and to cast our vote for the new officers of the Student Assembly.

Besides the wonderful aspects of the conference, the location was also of particular appeal! The conference was held in close enough proximity to Washington, D.C. which allowed us the opportunity to visit museums and view national monuments on our down time. Overall, I had a wonderful time and look forward to attending more conferences in the future. This was the second national conference I have attended and I highly recommend partaking in the experience if you get the chance!

Applying to a Residency Program
Admittance is not necessarily based on GPA. Application committees look for:
- Participation in section/SSIG, self-initiative, continuing education courses, volunteer work
- Often a reduced salary, but provides one-on-one experience with a PT mentor to foster development and growth
- Must be licensed in the state in which the program is located!
- Allows you to accumulate the number of hours needed to sit for specialty licensure exam
For list of residency programs, visit [www.apta.org](http://www.apta.org)

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APTA and states, including LPTA, are working hard to get a seat at the table of all discussions so that we can impress upon everyone involved (legislators, insurers, employers, the public) the VALUE of physical therapy in this scheme. We are the prime providers that help lower cost in the long term, but this message (along with evidence such as the Iowa study) needs to be forcefully and repeatedly presented and our members need to be educated on how to help at the grass roots level to achieve the results that position us well into the future.

These are huge changes and by Oct. 1, 2013, each state must have a website up and running to educate folks about the plans from which they can choose (imagine a “Travelocity” or “Orbitz” or “Expedia” for healthcare). This will be a centralized marketplace where individuals and small businesses can purchase coverage for themselves or their employees. Plans will vary widely among the states. These plans are to go into effect Jan 2, 2014. So, you see the task is daunting and we as PT’s and PTA’s need to have a strong voice in the design and implementation of this plan.

It is very difficult for me to express to you in my brief President’s message about the quality of programming at these APTA events. Staff and others work very hard to ensure that leaders of components have the tools necessary to educate members about upcoming changes and how to best get involved. Are you a member of the PTeam? Go to www.apta.org and click on the “advocacy” tab, then the “grassroots” tab under that. Sign up for PTeam and you will get updates about when and how and language to use to contact those important legislators at the right time.

In this issue of the Bayou Bulletin, you will find looks back at the way things used to be, and those days are now over. It’s time to rise to 2013 in our practice of physical therapy and to be educated about changes as they occur. There is no more important time to be a member than now, and I thank you for your membership and the commitment to your profession by being a member.

On March 8, 2013, the APTA will host the Innovation Summit: Collaborative Care Models, a groundbreaking event that will bring together physical therapists, physicians, large health systems, and policy makers to discuss the current and future role of physical therapy in integrated models of care.

YOU can attend virtually!
1.0 CEUs
Register now at apta.org
Understanding Advocacy

Does anyone feel like they just don’t completely understand what they can do to be proactive in moving this profession forward? It’s not that you don’t want to be an advocate for our amazing profession, it’s just that you don’t quite know how. This was the general theme at our New Orleans district meeting in early November. Our guest speaker, David Tatman, addressed the NOLA therapists, encouraging us to get out and speak to our legislators about the major issues that are affecting our profession. From our discussion after his speech, it seems that the top 3 reasons why we are not advocating for our profession are as follows:

1. “I am just too busy to schedule time outside the clinic to meet with my legislators.”
2. “I don’t know where to start.”
3. “I am too scared to sit down with my legislators because I don’t want to look stupid.”

To advocate simply means to speak in favor of, defend, or recommend something. I would believe that all therapists, especially you, the members of our professional organization, care to be advocates for physical therapy. Hopefully, after reading this, you will know how to advocate, in whatever way suits you, for our amazing profession!

Everyone reading this should be a member of the APTA and LPTA, so, you will need your member ID number and your password (Melebeck...wait, no, that is my password...yours is your last name capitalized). Easy first step, eh? Ok, so go to your web browser and open the APTA homepage at www.apta.org. There is a tab titled “Advocacy” and when you slide your cursor over it, a drop down menu appears. You can browse through any of the listed tabs...Federal Advocacy, State Advocacy, Take Action, or PT-PAC...but for today, in order for you to get started, click on “Take Action”. You will then click on “Legislative Action Center” - your ticket to all things advocacy! It will cue you to login (here is where your member number and password come in handy ;), please do just that. Now you will click on the tab “Enter the Legislative Action Center” to enter the legislative action center (LAC)...Based on your demographics, your LAC will tell you exactly who your elected officials are! And, it will list out the major issues that our profession is facing at that time! Isn’t that incredible?!!

Because it is fresh on our minds, let’s use the hot issue of the Medicare Therapy Cap for this “how-to” demonstration...

“I am too busy...”

On the home page of your own personal LAC, listed are the top federal and state issues. Today, the first listed is The Medicare Access to Rehabilitation Services Act (H.R. 1546/S. 829). Below this title there are tabs to either “Read More” or “Take Action”. My suggestion would be to first “Read More” just to familiarize yourself with the issue at hand. None-the-less, when you “Take Action”, your LAC has a letter already drafted to send to your legislators discussing your hopes that they will advocate for our profession. You are able to email, fax, or mail the letter. You are able to personalize your letter by adding your own “speaking points” (which, of course, your legislators would be thankful for). This took me a total of 6 minutes, start to finish, while watching The Chew.

(continued on page 9...)
(continued from page 8)

“I don’t know where to start…”

So, you are in your LAC…click on the tab “Grassroots Resources” and the first tab available is “How to Conduct a District Visit”. Here you will find a checklist of yep, you guessed it, how to conduct a district (or state) visit. It is a four-part process, each with several steps to achieve each part. Please see pages 10-11 for this extremely detailed and easy-to-follow checklist. Now you know where to start!

“I am scared to look stupid…”

I get this, most of us are very knowledgeable therapists, but the second one seems using legal jargon we go cross-eyed. The fact of the matter is, our legislators are not to be feared. They want to know us, their constituents, and they need and want help in understanding these issues that affect us. Just like we don’t understand legal-speak, they don’t fully understand what we do. We get to go in and educate them about who we are as a profession and what we need to move forward. A legislator will not co-sponsor a bill that they do not understand…it is our job to make them understand it! BUT, if even after reading this, you are still to nervous to jump right in…then start small, start with your patients!

Back at the APTA homepage, go again to the advocacy tab, only this time click on “Federal Advocacy”. Then click on the first title “Federal Legislative and Regulatory Issues”, here you will find a list of all the major concerns our profession is facing. To follow with the same example, choose the “Medicare Therapy Cap” tab. Here is your ticket out of “looking stupid”. You will find a brief description of the issue, tabs to click on and read the actual bill (these are very wordy and very legal jargon-esque), a background on how the bill came about, and finally, information for our patients! Under the heading “Inform Your Patients”, you will find 3 items, all of great importance. One is an easy-to-follow letter written to the Medicare patient to help them understand what the cap is. The second is a handout that you can give them to contact their legislators to repeal the cap. The third is a petition that patients can sign to encourage our legislators to co-sponsor the bill. Now, that doesn’t sound so hard, does it? Start with your patients…and then when you feel that you have a good grasp on the issue, take that petition, signed with the names of patients, and sit down with your legislator and tell him/her stories about one or several of those names on the list.
Conducting a District/State Office Visit

I. Request A Meeting:
✓ Call APTA as soon as you know you want to request a meeting with your Member of Congress. Let APTA Government Affairs staff know you are planning on meeting with you member of Congress. The lobby team and grassroots staff are there to help you and can provide valuable background about the offices you are visiting. #1/800-999-2782, ext. 8533
✓ Develop your meeting request. Any request to meet in the district office should be during the district work periods when members of Congress are away from Capitol Hill. Check the Congressional schedule on www.senate.gov or www.house.gov for dates. The meeting request can be an e-mail, phone call or formal letter. Check with the Scheduler to find out which form of communication the office prefers. Be sure to include your full name, title, contact information/address (they want to know you are a constituent and have a way to follow up), proposed date, number of attendees, and the topic of the meeting. If you are scheduling a meeting for a group, be sure to include the number of attendees and names of each participant.
✓ Be sure the correct staff receives the request. Address your meeting request to the member of Congress but be sure the Health Legislative Assistant, Legislative Director, District or State Director, and the District Scheduler are CC’d.
✓ Follow up on your request. If you sent the request via mail, email or fax, follow up with a phone call to the office to ensure it was received. Ask to speak with the State or District Scheduler.

II. Prepare for the Meeting:
✓ Research the issue. Visit APTA’s advocacy Web site and its issue resource centers for background information on issues impacting physical therapists. You can download position papers from the website to bring to the meeting.
✓ Research your Member of Congress. Go to your member of Congress’s Web site to read his/her biography and research his/her positions on issues. Know if your member of Congress has supported APTA issues in the past.
✓ Research opposing arguments and be prepared to argue your position. For additional questions contact advocacy@apta.org or call 1/800-999-2782, ext. 8533.
✓ Prepare Your “Ask.” Congressional staff will want to know how they can help you. Be sure you have a concise “ask” in mind. Your “ask” could be for co-sponsorship of a bill. Or the meeting could be to say “thank you” if they are already supportive.
✓ Visit www.apta.org/advocacy to find materials and information to aid in your preparation.

III. Attend the Meeting:
✓ Be on time. If you do not know where the local office is for your member of Congress be sure to check their official website. Plan to arrive at the office 10 minutes early.
✓ Be prepared. Keep in mind that schedules can change at the last minute so don’t be surprised if your meeting is delayed, which can happen due to voting or hearings. Make sure to bring materials that you can leave behind, including your contact information (a business card is ideal) and fact sheets on the issue(s) you are discussing.
✓ Bring Your Business Card. The staff members you are meeting with will want to know how to reach you in case they have questions as they are reviewing the materials you leave behind. Leaving your business card is a professional and easy way for the staff to receive your contact information.
√ Capture the Moment. Bring a camera and to get a quick photo with your Member of Congress. This is a good item to include in a follow up thank you note after the meeting.

√ Deliver Your Message. Now is your time to shine. Make your case succinctly and persuasively. Make sure your request is clear. Most importantly, don’t forget to personalize your message. Be prepared to explain the issue in laymen’s terms, as staff are looking for you to be a resource on the issue, and this may be the first time they are hearing about it. Chances are they will not be a physical therapist, so stay away from technical terms and acronyms when explaining the issue. Don’t forget to talk about how the issue impacts patients.

IV. After the Meeting:

√ Send a Thank You. Include a photo from your visit if you took one at the meeting.

√ Follow up. Be sure to follow up on your ask, on any issues raised in the meeting, or requests for additional information.

√ Call APTA. Let Government Affairs staff know how your visit went. You can call or write up an e-mail to send to the advocacy team about the visit. This is key information as the lobby team follows up with the Capitol Hill office.

1/800-999-2782, ext. 8533

How can you find success amid the chaos of healthcare?

We’ve never faced a more uncertain future as therapists. Healthcare reform, ACOs, electronic medical records, unprecedented economic pressures – it can all seem overwhelming. But there is opportunity in the chaos, and PTPN shows you where it is. Here are just a few of the ways we do that:

- **Political Advocacy:** PTPN’s lobbyist on Capitol Hill makes sure your voice is heard as Congress, CMS and others are changing the healthcare landscape.

- **Outcomes Measures:** Like it or not, measuring outcomes is the future of healthcare. The PTPN Outcomes Program puts you at the forefront of emerging reimbursement strategies that link payment to outcomes.

- **Wellness Services:** More and more therapists are recognizing that offering cash-pay wellness services is essential to reducing our reliance on third-party payers. PTPN’s Physiquality brand markets you directly to consumers and gives you training and tools to offer cash-pay services.

- **Social Media Marketing:** PTPN’s social media marketing strategy helps you leverage the power of Facebook, Twitter, LinkedIn and other web tools to market your practice.

To find out how join the nation’s premier network of private practice therapists, contact Kim Bueche Hardman at 225-927-6888 or kbueche@ptpnla.brcoxmail.com.

PTPN®
Setting the Standards in Rehabilitation®
The Way We Were

I graduated from the University of Houston in 1952 with a B.S. degree in Physical Therapy. My first two years of work were at the Veterans Administration Medical Teaching Group Hospital in Memphis, Tennessee, a 2,000 bed hospital with a 160 bed spinal cord section.

Dr. Dana Street was doing joint replacements. Each joint prosthesis was custom made for the patient.

I was a member of the American Registry of Physical Therapy. This was administered by the doctors of physical medicine. No state at that time licensed PTs. Male PTs wore white pants, shirts, belts and shoes. Females wore white dresses, hose and shoes.

In 1953 I made application to join the Air Force. I filled out all the applications and took a physical at the Air Force Base. I got a letter from the Pentagon saying I was rejected. The reason, I was a male. They only took women in the Women Medical Specialist Corp. PT, OT and dieticians.

In 1954 I transferred to Shreveport as Chief, Physical Therapy at the VA Medical Center. Later I was Coordinator of the Physical Medicine and Rehabilitation Service which included five sections.

When I came to Shreveport there were five PTs here. One of them was Miss Lucy Mell Platt who died at the age of 105.

In 1957 Schumpert Medical Center was moving from their old building asked me to order the equipment and setup their first Physical Therapy Department. I worked part time there for a year, until they needed a full time therapist.

In 1969 and 1970 I traveled monthly to New Orleans as a member of the Advisory Committee to the Director of Curriculum in Physical Therapy, LSU Medical Center. This was to develop plans for the new Physical Therapy School. I was also a member of the Clinical Faculty from 1971 until 1985. I also assisted in teaching the course on Manual Muscle Evaluation in Shreveport.

In 1979 the APTA and the Soviet Ministry of Health arranged PTs to tour five USSR republics. For the story email me. bdzesch@att.net

At one point Northeastern State University in Monroe planned a School of Physical Therapy. The national APTA office was asked to evaluate for accreditation. Bill O’Daniel and I along with Sarah Rogers, from the national APTA office, met with the University President and Dean. They were told they did not have the facilities for an accredited school. They proceeded anyway. Two weeks after the class registered for their senior year they were told the school would not be accredited. The students threatened to sue the University. Some “forces” in the state made arrangements with the LSU PT School in New Orleans to set up a special curriculum for the students so they could graduate from an accredited school.

Respectfully submitted by: B Don Zesch, 2005 LPTA Hall of Fame Award recipient

(continued on page 14...)

LPTA Members!

The Louisiana Physical Therapy Association now has a Yahoo Group to discuss current “hot topics” in Physical Therapy!

Have something to say? Join now!
http://health.groups.yahoo.com/group/LPTA/
What is HR 1546

So what was the big deal about October 1st this year? Anyone working in a hospital-based outpatient setting was surely dreading that date and has surely endured many a headache since then. Those in private practice outpatient settings have been dealing with it for years. Of course we are talking about the Medicare cap, which we as PT’s split with speech therapists. (Interesting side note: we split the cap with ST simply because of an elusive Oxford comma from a law that reads something like “Therapy caps may not exceed $1880 for OT, PT and SP.” While it did make sense to list alphabetically, leaving out a comma has been a nightmare for those patients that truly need all disciplines of therapy!) Regardless of the setting in which you may work, this seemingly arbitrary number is absurd. Is it really ethical to mandate that all diagnoses fit into this payment plan? Can you really definitively offer your patients the most advantageous and effective treatments and stay under this cap? Sure, there are means of appealing these caps if necessary, but the bureaucratic and antiquated process can take up a great deal of time. It is neither an efficient use of administrative medical dollars on the provider’s nor the insurer’s end. Then we all run the risk of getting denied, not necessarily because the additional cost is not medically essential, but even due to a careless mistake in documentation or missing an indiscriminate deadline. None of it seems to make sense. Even more dreadful, the therapy cap exceptions appeal process will no longer exist as of January 1st of next year. This means that these Medicare patients will not even be able to appeal to get more care covered, even if there is another medical issue in the same year! The Medicare cap is not per episode, but instead for the *entire calendar year!*

Luckily, the APTA is working hard to help get this cap repealed—not just for hospital based clinics, but for *all* physical therapy services. Early in 2011, Congressmen Jim Gerlach (R-PA) and Xavier Becerra (D-CA) and Senators Ben Cardin (D-MD) and Susan Collins (R-ME) introduced The *Medicare Access to Rehabilitation Services Act* (HR 1546/S 829). The APTA is working on a cosponsor drive. Essentially, it is an effort to get as many representatives and senators listed on this bill as possible to decrease the amount of debate against it. If there are enough listed (roughly 2/3 or so), the bill will be a shoe-in to become law! (Remember how excited that bill was on School House Rock?! Don’t we all want that for HR 1546/S 829??)

As it stands currently, there are 179 of the total 435 U.S. Representatives that are cosponsors, and only 22 of the 100 Senators. Louisiana’s own representatives Rodney Alexander of district 5 and Charles Boustany, Jr of district 7 have already added their names to the list. Neither of our senators has joined the bandwagon and we still have 5 representatives to go! Under the advocacy page on the APTA’s website, you can easily contact your representatives with a letter expressing your support for this bill via email, snail mail or even get a phone number directly to their office. If you plan to send a form letter imploring any of them to do what is most beneficial for Medicare patients, why not send it out to other family and friends to do the same? With Ctrl-C and Ctrl-V so easily accessible, it really is not hard to make a presence in these elected officials inboxes. We also do not have to stop with just our family and friends in Louisiana—this is a nationwide campaign! So the next time you have the option of forwarding a chain letter promising wealth following your 77th recipient, or a slideshow of dog-shamed pooches, think about what else you can do with that forward button! None of us is getting any younger and an accommodating Medicare will hopefully be in all of our futures. Let’s do what we can to make sure that this healthcare works for both our profession as well as our patients. For more information, please visit [http://www.apta.org/FederalIssues/TherapyCap/CosponsorDrive/](http://www.apta.org/FederalIssues/TherapyCap/CosponsorDrive/).

Written By: Robbie Banta, DPT
District Report:
Shreveport’s Annual Hustle for your Health 5K

On a beautiful Saturday, October 13th morning as the fog was burned off by the rising sun, over 100 gathered for the 9th Annual Shreveport District Hustle for Your Health Fun Run and Health Walk. The purpose of this run is to celebrate National Physical Therapy Month, to raise awareness of physical therapy in the community, to promote wellness, and to raise money for a charity (this year, The Pool of Siloam Medical Ministry). We raised an amazing $1500 which was presented to the Pool of Siloam!

The Shreveport District wishes to thank the PT and PTA students and faculty who came out to help, and for the support of our sponsors: Accucare Medical (Gold Level); The Edge Physical Therapy, Dr. Catherine Vanderloos, and Dr. Laura Earnest (Silver Level); STAT Home Health, Snell's Limb and Brace, Certified Orthotics and Prosthetics, Specialists Hospital of Shreveport (Bronze Level). A big thank you to Sportspectrum who always helps us run a fun, safe run every year.

The Shreveport District would also like to report that Julie Danieles Harris, your Shreveport District Chair, had a beautiful baby girl, Jaycee back in September and mother and baby are doing well, home and happy!

Respectfully Submitted by her majesty, Beth Ward

(...continued from page 10)

I am now a Life APTA Member and have my 60 year pin. In 1960 I was State APTA Vice President. In 1966 I was Chief Delegate from Louisiana to the National APTA Conference in Los Angeles. I had the pleasure of announcing to the House of Delegates that Governor John McKeithen had just signed the bill licensing Physical Therapist in Louisiana.

From 1979 until after I retired I was a member of the Physical Therapy Licensing Board.

I had several requests to treat Peyronie’s disease. Ultrasound has to be given under water. Also several requests to massage the piriformis muscle internally. I used a glove and Kentucky (KY) jelly. This relieved the pressure on the sciatic nerve. I also did phonophoresis and iontophoresis. We did skin temperature and pulse pressure testing. I did motor and sensory nerve conduction velocity test and assisted with EMG.

In 1969 I worked for two weeks in a hospital in Honduras, another story.

I could not have done anything that I would have enjoyed more. It was never boring. Each patient is different. If you like people you will like Physical Therapy.
**Patient’s Perspective**  
“Living Without a Colon”

October 25 my colon was removed in emergency surgery. Over several days before, during and after, I had to have 11 units of blood. A week later I am released from the hospital with a walker. My mind was garbled, I had no endurance and had no idea how long recovery would take. Then, two fantastic ladies from Physical Therapy (Kim McLain, PTA and Beth Ward, PT, DPT) began encouraging me and leading me to recovery. They gently challenged me and 3½ weeks later, I am driving, walking a mile each day and returning to work part time. Looking at the recovery on a daily basis felt like I was watching the hour hand on an analog clock. But looking at the past 3 weeks as a whole it seems the progress was at a sprinters pace. From what I had read and been told the recovery could have, as a minimum, taken twice as long. I always felt encouraged and never felt overwhelmed.

What was really great was the variety of workouts. We walked, exercised on a rubber mat by playing catch with a ball, pulling on a rubber band, multiple balancing exercises, lying down exercises, standing up exercises, sitting exercises, etc. I do not believe their bag of tricks will ever be empty. And the best part of all was that they were watching out for me all the time, spotting me, checking my breathing, pulse, oxygen, blood pressure and would ask, “How are you feeling?” I was focused on doing the exercises. They were focused on me. What a gift they have.

Thank you Kim and Beth.

Respectfully submitted by: Huey Haire (this patient gave us permission to use his name in the BB)

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**CHALLENGE!**

Because there are few physical therapists that actually celebrated National Physical Therapy Month this year (and by celebrated, I mean participated in something that raised awareness of the PT profession and/or health in the community and not that your hospital gave all employed PTs lunch and suckers), I have taken it upon myself to initiate a challenge among therapists in our state. How will YOU make National PT Month in 2013 amazing?!?! How can you raise awareness about who we are and what we do?? Next year, at this time, I hope to be filling this issue of the Bayou Bulletin with great blurbs and pics of our amazing PTs and PTAs REALLY celebrating National Physical Therapy Month! The NOLA district already has some great ideas brewing...who thinks they can do it bigger and better???