

The DC Stimulator

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President's Message

By Matt Elrod, PT, MEd, NCS

I hope that you had a successful National Physical Therapy Month. The chapter executive board certainly did. To honor National Physical Therapy Month, we held a retreat to help direct the focus of the chapter for the upcoming year. I wanted to share with you our goal for the year and how we plan to meet it. The DCPTA chapter goal for 2009 is focused on the following:

Chapter development and education of reimbursement and direct access through Continuing Education, Membership, and Reimbursement Committees with measured satisfaction through course feedback, membership retention, and increased attendance at meetings.

Plans to meet this goal include providing continuing education and sponsoring networking events.

The first part of our goal focuses on reimbursement. Reimbursement can be thought of in many different ways. Most think of it in terms of money. This is an important aspect of our ability to pro-

vide care; If we do not have the money to pay for expenses, then we will not be able to continue to provide services. We also need to be paid for both our knowledge and ability to help others return to a higher level of function, and/or our expertise in wellness and prevention. This financial reimbursement must be done in an efficient and effective manner. There are many areas of reimbursement to comprehend, including local/federal laws and regulations, not to mention contract negotiation. Our annual meeting in April will be geared toward answering these questions and providing resources for the physical therapist in DC.

There is an additional type of reimbursement that we would also like to help develop. This type cannot buy things; however, it is considered payment by those who do it the best. It is providing pro bono services. DC chapter members Katie Drummond, PT, DPT, and Alexa Stevens, PT, MPT, with the help of Dr Deidra Byne, MD, have helped develop a free physical therapy clinic. Our Continuing Education meeting in February will focus on the free clinic.

We are also planning to have focused "happy hours" this year: informal gatherings at a local watering hole to discuss topics such as the tDPT, clinical specialist exams, and direct access, to name a few. We will be sending out flyers and e-mails with more information soon.

As always, we are trying to meet the needs of our members and the best way to do that is if you let us know your thoughts. You can do this by coming to meetings, calling, or sending an e-mail. We look forward to seeing you soon.

Matt Elrod, PT, MEd, NCS
DCPTA President
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The Official Newsletter of

The DC Chapter of the American Physical Therapy Association

Volume 41, Number 3
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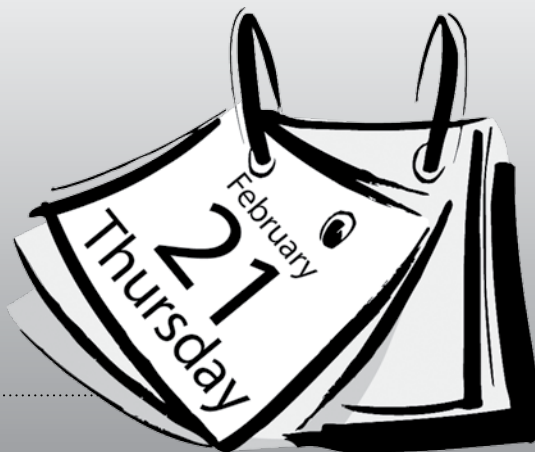
Article submission and advertising inquiries should be made to: Editor Traci Embrack, at hspixe@gwumc.edu. Rates are as follows: 1/4 page \$50, 1/2 page \$75, 3/4 page \$100, Full page \$125. All display ads must be camera ready. An extra fee will be charged if art production is required. The *Stimulator* is published three times a year—Winter, Spring and Fall. Please notify the Membership Department at APTA at 800/999-APTA, ext 3124, or at www.apta.org for any changes of address, telephone number, fax number, or e-mail address.



Fall Membership Meeting

The DCPTA would like to thank Dr Cooper for his presentation on ankle rehabilitation at Georgetown University Hospital. Special thanks to the Georgetown University Hospital for hosting this event, and the members who were able to attend. If there are other topics/speakers you would like to recommend for future continuing education courses, please contact Natalie Blonien, Continuing Education chair, at natalie_blonien@yahoo.com.

*Please mark your calendars for the
WINTER MEMBERSHIP MEETING scheduled for
February, 2008.*



Farewell Message from the Editor

Traci Embrack, PT - Hello, DC Chapter members. This edition will be my last time to serve as your editor for the *DC Stimulator*. I would first like to say that it has been a pleasure serving the local physical therapy profession in this capacity. Your support and dedication towards making the *DC Stimulator* an informative newsletter has been appreciated. I hope you continue to consider the *DC Stimulator* as a valuable resource for job announcements, course offerings, and membership recognitions.

Free Clinic Opens in DC

“Sacred Hearts Physical Therapy Clinic” is a free clinic attached to a convent that is owned and operated by the Little Workers of the Sacred Hearts—a Catholic religious order that provides free health care to the poor. The Sister who is primarily helping to direct the clinic is Dr Deirdre Byrne, a surgeon practicing primarily through the Spanish Catholic Center, a part of Catholic Community Services for the Diocese of Washington, DC. Katie Drummond, PT, DPT, and Alexa Stevens, PT, MPT, have been organizing the physical therapy services provided at the clinic.

The clinic opened and started treating uninsured patients on September 22, 2007. The clinic is generally open from 10:00 am-1:00 pm on Saturdays by appointment only. On the fourth Saturday of each month there is a diabetes foot screening/eye screening clinic

in which individuals diagnosed with diabetes are provided with education about foot/eye health and exercise. In addition, they are screened for peripheral neuropathy by a PT, and given an eye exam by Dr Dan Finkelstein, an ophthalmologist from the Wilmer Eye Institute of Johns Hopkins Hospital.

At this time, the need for services is greater than the resources, so the primary focus is on increasing the number of volunteers before widening the referral base. Volunteers must be physical therapists that are licensed to practice in the District of Columbia and willing to sign up as a PT volunteer or backup volunteer on a Saturday.

In addition to manpower, the clinic is also in need of supplies. The clinic is looking for medical supplies, especially those items that patients can use during

home exercise programs (eg, theraband, free weights, and exercise cards). If your clinic or facility is updating your equipment—think about donating your older items.

Although the main focus of this clinic is to serve the poor in DC and the surrounding regions, it also provides educational opportunities for PTs and PT students to increase their exposure to pro bono physical therapy services. So, they need our help! What a great way to give back to the community while utilizing physical therapy skills.

Anyone who is interested in volunteering or would like more information can send their contact info to Katie Drummond, **katie.kugler.drummond@gmail.com**. Also, the clinic e-mail address is **lwsacredheartclinic@gmail.com**.

DCPTA Newsletter Editor Vacancy

The DCPTA is currently soliciting interest for the position of the newsletter editor for the *DC Stimulator*. The job position requires the editor to solicit content for the newsletter on a quarterly basis. The editor for the *DC Stimulator* works in conjunction with the Publications department at APTA to organize and format the newsletter prior to mailing. If you are interested, please contact Mat Elrod, DCPTA president, **matt.elrod@medstar.net**.

Welcome!

DCPTA Welcomes Its New Members

DCPTA would like to extend a warm welcome to our new members. Thank you for your interest in joining this organization. Our goal is to support your professional needs and to provide you with opportunities to network with your colleagues on local and national levels. We look forward to meeting you at our upcoming membership meetings.

Alusine R Conteh, SPT
Randall Goldberg, SPTA
Mandana Hodjati, SPT
Colette M Isu, SPT
Michelle Beth Kaminski, SPT
Kristin D Kimble, SPT
Opeyemi A Olude, SPT
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Spiridon George Karavatas, PT, DPT, MS, GCS
Colleen Hyland Keogh, PT
Camille F Simmons, PT
Virginia B Watson, PT
Erin Marie Wentzell, PT

Grassroots Bulletins Keep Members Informed on Therapy Cap, Fee Schedule

APTA recently began sending weekly information bulletins to its PTeam grassroots network about the latest developments on the Medicare therapy caps and cuts to the physician fee schedule, which are slated for January 1, 2008.

Join PTeam by going to APTA's Grassroots Web site at www.apta.org/advocacy and click on Grassroots under Congressional Affairs.



**Insertion from APTA's PTBulletin.*

Please join the DC Chapter in Welcoming Rachael Baiorunos as the New Vice President of DCPTA

Rachael Baiorunos graduated in 2000 from the University of Evansville with a master's degree in physical therapy. She then moved to Louisiana where she worked for 6 years in an orthopedic outpatient setting and as a contract therapist. While in Louisiana she became involved with LPTA and served as the district chair for Lafayette for 4 years and sat on the executive board for 3 years. Two years ago, Rachael moved to Washington, DC, to be closer to family, and accepted a clinic director position at a local PT-owned outpatient orthopedic practice. She is currently working on her tDPT and manual certification through the St Augustine School of Health Sciences.



DCPTA Student Scholarship

The student scholarship is back! The DCPTA is pleased to be able to award two \$1,000 scholarships to the most worthy students from our DC physical therapist schools. For eligibility see the criteria below:

- Enrollment at Howard or George Washington University
- Completion of first year of the physical therapist program
- Minimum GPA of 3.0
- DCPTA student member 1+ year(s)
- DCPTA service: Provide evidence of 5 hours of DCPTA service
- Community service in 2 of the 3 categories: physical therapy profession, community, school
- Faculty recommendation (1)
- Essay on the top 3 goals for the physical therapist profession

Deadline:

Postmarked by January 15, 2008

Submit to:

Pat Farmer, PT, MS, DCPTA Treasurer
The National Rehabilitation Hospital
Physical Therapy Department
102 Irving Street NW
Washington, DC 20010



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Rheam Mansour, PT
APTA member, Staten Island, NY



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Reflection of Participation With Pro Bono Physical Therapy Clinic

Catherine Denny, SPT
George Washington University

Recently, the GWU DPT students have been involved in putting together a pro bono physical therapy clinic in northeast Washington, DC. The clinic (Sacred Hearts Physical Therapy Clinic) is designed to help physical therapy and diabetic patients who are uninsured and looking for physical therapy help. The clinic is open every Saturday (except some holidays), and is divided between physical therapy and diabetes education. On the first three Saturdays of the month, the clinic is mainly available for physical therapy patients. The patients receive modalities, therapeutic exercise, joint mobilizations, and patient education, among other physical therapy interventions. On the fourth Saturday of the month, the clinic is available for patients with diabetes. On the diabetic clinic days, patients receive a foot screening and exercise plan from physical therapists and physical therapist students and an ophthalmology screening from the ophthalmologist and medical students.

The experience has been invaluable for me as a GWU student. The clinic has opened my eyes to the needs of the community and how important it is to provide for those patients who do not receive insured medical care. The patients are always so happy to have their pain relieved and are really eager to learn all of the ways that we can help them. Also, I really appreciate the need for diabetes screening that is accessible and affordable. Luckily, this clinic provides both! It is great to see all of the participants (PTs, physical therapist students, medical students, doctors, translators, and college students) working together to help the community. I cannot wait to see how the clinic progresses and continues to help more and more patients in the community.

Lauren Wohl, SPT
George Washington University

The planning and opening of the pro bono physical therapy clinic has been one of the highlights of my time as a GWU PT student. Our class has had the unique opportunity to help plan and implement one of the few free physical therapy clinics in the district. To me, this clinic really brings out the best of the physical therapy profession: Our desire to help others. The overwhelming support of the physical therapy community in getting the clinic up and running proves that physical therapists know and care that not all people have health care and can afford rehabilitation, but that all deserve it. PTs, PT students, and many other volunteers from the District stepped up to the plate to donate their time, skills, and equipment. Now, each Saturday, new patients will get the care that they need, but otherwise could not have received.

As a student, I am excited to be involved with the free clinic because it feels amazing to be part of something that is changing peoples' lives. Physical therapists have the knowledge and skills to radically change a person's health and well-being, and it is such a great thing to see this knowledge being used to help all people, regardless of their ability to pay a fee.

Working with the free physical therapy clinic has not only inspired me, it has shown me that anything is possible when caring people come together!



Mark Your Calendars!

For updates on upcoming events, please visit our
Web site: www.dcpta.com.

February 6-9, 2008

Combined Sections Meeting
Nashville, Tennessee



February 21, 2008

DCPTA Winter Membership Meeting
Location TBA



DC Chapter Membership Report

As of as of 12/01/2007

Total Members: 279

PT Members: 199

PTA Members: 3

Student PT/PTA Members: 77

Welcome to all new members!

The DC Stimulator

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FIRST CLASS MAIL