

# The DC Stimulator

Published by the DC Chapter of the American Physical Therapy Association



Spring 2008  
Vol 42, No 2

## President's Message

By Matt Elrod, PT, MEd, NCS, DCPTA President

At the 2008 Component Leader's Meeting (held during APTA's Combined Sections Meeting), we discussed the following issues: the current processes for APTA's strategic plan; how chapters can partner with sections; the regional caucuses system; current issues related to practice, reimbursement, and government affairs; and the current success for the Foundation.

It was an action-packed meeting and I would like to share with you one of the items that was discussed during the meeting. We were asked to think outside of the box on ways to improve how we are recognized and perceived as physical therapists. Many ideas were shared and some were quite funny. There was a suggestion to start an advertisement campaign to follow the Super Bowl commercial for "GoDaddy.com" and swap "Who's your Daddy?" to "Who's your PT?" This would promote the idea that you should have a trusted PT that you can go to for your specific needs. Although we have come a long way from being viewed as providing a "great massage"

or the ones that "walk" people, we still have a long way to go. Part of this ongoing process has been improving our education and foundation of knowledge. Another part has been working to change the way we are perceived. This includes working toward a profession that is autonomous. Unfortunately, many have wrongly interpreted autonomy to mean that APTA is pushing for PTs to work independently from other health care providers, specifically physicians. This is not the case. All of the leaders of the Association agree that there must be interdependence among all health care providers. We must recognize our expertise as well as our limitations. This recognition of how we can work together with others is one way we can continue to grow as a profession.

This interdependence must also be understood and practiced within our Chapter. How do we get the word out to members and nonmembers? How do we communicate this with our fellow health care providers? How can DCPTA improve the way that physical therapists

are recognized and perceived? I would love to hear from you. Please feel free to e-mail me ([matt.elrod@medstar.net](mailto:matt.elrod@medstar.net)) or let me know at our next chapter meeting or gathering. I look forward to hearing from you soon!

Matt Elrod, PT, MEd, NCS  
DCPTA President  
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# The DC Stimulator

The Official Newsletter of

## The DC Chapter of the American Physical Therapy Association

Volume 42, Number 2  
Spring 2008

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Article submission and advertising inquiries should be made to: DC@apta.org. Rates are as follows: 1/4 page \$100, 1/2 page \$125, 3/4 page \$150, Full page \$175. 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 3395, or at [www.apta.org](http://www.apta.org) for any changes of address, telephone number, fax number, or e-mail address.

# Winter Meeting Recap

By Natalie Blonien, PT, NCS, DCPTA Continuing Education Committee Chair

We would like to thank Katie Drummond, PT, DPT, Alexa Stevens, PT, MSPT, and Deirdre Byrne, MD, for presenting at the Chapter's winter meeting at Children's National Medical Center on February 21, 2008. Our presenters discussed the new physical therapy free clinic that opened last year. The clinic is organized by Medical Missionaries and is a branch of the Catholic Sisters of the Little Workers of the Sacred Hearts. This clinic thrives through the volunteer efforts of physical therapists, physical therapy students, and other medical professionals. They provide pro bono physical therapy services to those who cannot afford health insurance and do not qualify for Medicaid. The clinic hours are generally 10:00 am–1:00 pm on Saturdays (by appointment). On the 4th Saturday of the month, there is a diabetic foot/eye screening clinic. The clinic is in need of ongoing volunteers.

If you are interested in volunteering, please e-mail Katie Drummond at [katie.kugler.drummond@gmail.com](mailto:katie.kugler.drummond@gmail.com). If you are not able to donate your time but are interested in being involved, they are also in need of equipment and supplies, such as athletic socks, travel-size lotions for diabetic skin care, and therabands. Thanks to all of those who came out to the meeting and also to the staff at Children's National Medical Center for hosting the event.



Katie Drummond, PT, DPT, as one of the presenters of "Serving the Poor Through Pro Bono Physical Therapy."



Meeting attendees sign up to volunteer for the pro bono physical therapy clinic.



DCPTA Chapter President Matt Elrod, PT, MEd, NCS, addresses meeting attendees.

## Treasurer's Report

By Pat Farmer, PT, MS, DCPTA Treasurer

We had a strong start to 2008 with \$9,127.10 in our checking account and \$13,315.73 in our money market account. In January, we received \$200 from APTA for being one of many chapters that increased membership greater than 10%. The DCPTA Board will make recommendations on how we might spend the additional revenue to benefit our members.

Where do we get our money?  
The majority of the revenue

comes from dues. The remaining comes from additional revenue as mentioned above and from courses that the Chapter sponsors.

What do we spend money on?  
In 2007 we spent \$9,917.89. The money was spent on the following:

- Two \$1,000 PT student scholarships to deserving students from Howard University and The George Washington University.



- Expenses for courses that the DCPTA hosts.

- Travel for our chief delegate and delegate to APTA's House of Delegates in June, the Combined Section's Meeting in February, and various caucus meetings.

Please feel free to contact me at [pgf1@medstar.net](mailto:pgf1@medstar.net).

## Reimbursement Report

By Jeremy Vail, PT, MPT, ATC, MTC, OCS, DCPTA Reimbursement Committee Chair

Reimbursement—I remember when I first got out of physical therapy school, on top of everything else that I thought I knew (and as it turned out later, did not know), I figured that reimbursement consisted of what the insurance company paid us and that it was the same for everyone. My, how the times have changed. We have seen the trend of decreasing payments, the evolution of cash-based programs, HSAs, and increasing challenges in contract negotiations.

Fast-forward 12 years. I found myself at APTA's 2007 Reimbursement Chair Conference in Arlington, Virginia. This conference is an annual 2-day gathering of the chairs from each of APTA's chapters, as well as a collection of APTA staff. This year, chapter presidents were also in attendance. Topics that were addressed covered a wide range and they were, without a doubt, very useful to anyone in private practice. Two topics really peaked my interest and I wanted to discuss them in this article: "Medicare's Pay for Performance Initiative" and "Cash-Based Practices."

Medicare's "pay for performance" program was actually a quality reporting initiative that was started in 2007 with a single reporting measure for physical therapy services: "Screening for Future Fall Risk." In 2008, the number of measures expanded to seven, including the 2007 measure. While at this time, the potential for increased payment from Medicare does not include a true performance benchmark for payment, there is no doubt that it will. Once Medicare makes changes, our friendly third-party payers are sure to follow suit, as evidenced by the fee schedule changes

over the last 6 years. Medicare's perceived goal for the implementation of these measures is to "grease the skids," so to speak, for future measures that will be based upon true patient outcomes. We, as a profession, need to do our homework as well.

The topic of cash-based practices (ie, the ability to function without the constraints of insurance contracts) is, without a doubt, an attention grabber. Practical application of this idea, however, is not without its inherent challenges. In the District, and for those of us practicing in the outpatient arena, the idea is ripe. Up-front cash in the pocket can provide a sense of financial security, especially when combined with the steady increase in the presence of HDHPs, the accompanying HSAs that drive patients to become more educated and informed consumers of our services, and the woeful third-party payments for in-network contracts.

This conference presented a wealth of information, not only on these two topics, but also on coding guidelines, contract negotiations with third-party payers, and federal and state regulatory affairs. Over the next couple of years, I am very pleased and honored to have been invited to serve as the reimbursement chair for our chapter. We have some exciting things taking place, and there is always a lot to try to keep up with. I hope that I can provide some insight and answers to the membership throughout the year. Please feel free to contact me at [jvswim73@hotmail.com](mailto:jvswim73@hotmail.com).

## APTA Podcasts Now Available on iTunes

Get your APTA podcasts automatically from iTunes. You now can sync your iPod to automatically download podcasts when APTA releases a new episode or series. These updates on timely issues and in-depth educational presentations from national meetings are another way for you to stay informed. Go to [www.apta.org/podcast](http://www.apta.org/podcast) to listen to individual podcasts or subscribe to automatically receive new APTA podcasts via iTunes for free.

## Volunteer Opportunities

By Alison Cuneo, PT, MPT, DCPTA Fitness Clinic Chair

- Sacred Hearts Physical Therapy Clinic (Washington, DC) is a free clinic that provides aid to the poor and uninsured. The clinic is still in need of PTs/PT student volunteers for Saturdays as well as supplies. If anyone is interested in volunteering their time or supplies, please contact Katie Drummond at [lwsacredheartclinic@gmail.com](mailto:lwsacredheartclinic@gmail.com).
  - Baltimore Adapted Recreation and Sports is a nonprofit organization dedicated to providing recreational opportunities to individuals with physical disabilities. They have year-round clinics for adapted sports and other activities. Physical therapists are frequently utilized, especially for assistance with positioning. For more information on specific activities and dates, please visit their Web site at [www.barsinfo.org](http://www.barsinfo.org).
  - The Avon Breast Cancer Walk is scheduled for May 3-4, 2008. They depend on volunteer support to make the walk possible. In the past, physical therapists have been on medical crew and were either in a medical tent or out on the course. This year, there is a physical therapy team. We can help with stretching, skin care, foot wear, and more. If we get enough volunteer support, we can work together as a team, rather than as individuals. There is a \$65 registration fee, and all volunteers need to commit for the full weekend. For more information, or if you are interested in volunteering, please contact Alison Cuneo at 202/877-1578 or [alisoncuneo@yahoo.com](mailto:alisoncuneo@yahoo.com).
- If anyone has other volunteer ideas or would like to get involved, please contact Alison Cuneo at 202/877-1578 or [alisoncuneo@yahoo.com](mailto:alisoncuneo@yahoo.com).

**SPORTS + SPINAL**  
PHYSICAL THERAPY

**Be part of something special...** Sports + Spinal Physical Therapy is seeking an experienced physical therapist to join its team. You will be working in a relaxed team environment with exceptional manual therapists who apply clinical reasoning skills and use evidence-based practices to provide outstanding patient care.

### Benefits:

- ◆ Above-market compensation
- ◆ Flexible schedule (no weekends required)
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- ◆ Private treatment rooms

This position offers unlimited potential for professional development and clinical advancement. For more information about this opportunity, please contact Sarah Thorpe at [sarah.thorpe@ssptdc.com](mailto:sarah.thorpe@ssptdc.com) or 202-463-7611.

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# Membership Report

By Aisha Lord, PT, DPT, DCPTA Membership Committee Chair

Hello DC Chapter members,

APTA recently celebrated the DC Chapter again for exceeding target goals in the 2007 Chapter Membership Drive. The DC Chapter was recognized (along with other winning chapters) by President Scott Ward during the recent Component Leadership Meeting held at APTA's Combined Sections Meeting (CSM) in Nashville, Tennessee. Currently, the chapter has 237 members, which reflect full-time, part-time, and student physical therapists.

The DC Chapter also recently sponsored a networking "happy hour" on Thursday, January 24, 2008, at Capitol Hill Brewery. This event was well received by all who attended, and demonstrates one way for DC Chapter members to network with fellow members. Mark your calendars for our next "happy hour" on Thursday, May 22, 2008. This meeting will focus on clinical specialization and you will have an opportunity to meet with current, future, and/or aspiring clinical specialists. You do not have to be a clinical specialist to attend.

Please feel free to contact me at [aishalord@yahoo.com](mailto:aishalord@yahoo.com). Stay tuned for more upcoming events and networking activities from the Membership Committee!

## 2008 Continuing Education Dates:

SATURDAY, APRIL 26

DCPTA Spring Meeting  
Spring Conference Insurance Forum  
National Rehabilitation Hospital  
9:00 am - 3:00 pm

THURSDAY, OCTOBER 23

DCPTA Fall Meeting  
The George Washington University  
6:00 pm - 8:00 pm

Carole Lewis will be presenting "Geriatric Quick Fix: Get the Data and Results."

Contact Continuing Education  
Committee Chair Natalie Blonien at  
[natalie\\_blonien@yahoo.com](mailto:natalie_blonien@yahoo.com)  
for more information.

## Chief Delegate's Report

By Steven Chesbro, PT, DPT, EdD, GCS,  
DCPTA Chief Delegate

As part of the year-round governance process, Matt Elrod and I have been very active in representing members of the DCPTA. We participated in the Northeast Caucus meeting in Boston in November and the Component Leadership Meeting and Regional Caucus Meeting at APTA's Combined Sections Meeting (CSM) in Nashville. In May, we will participate with the Northeast Caucus in Connecticut to prepare for the House of Delegates in San Antonio this June.

During the 2008 House of Delegates session, Matt and I will participate in the elections process and consider the various motions presented. We look forward to your comments and suggestions that will give us guidance as we represent your interests. The slate of candidates for Speaker of the House, Treasurer, Board of Directors, and the Nominating Committee can be found on APTA's Web site ([www.apta.org](http://www.apta.org), click on "About APTA," "APTA Leadership," and then "Elections"). Please feel free to share your thoughts on these candidates with us. We will have the opportunity to interview each candidate and would appreciate any insight you may have.

At CSM, a number of motion concepts were presented. Some of the topics suggested by various components included: the investigation of professional (entry-level) PTA education, public relations grants for individuals and components, PTs in the emergency department, adoption of ICF language, inclusion of PT documentation as part of the portable medical record, amending the current definition of PT diagnosis, providing low-cost continuing education to members, and many others. If you have any comments on these topics, or others, please let us hear from you.

We will provide an update at the DCPTA spring meeting, and we look forward to a discussion of your thoughts and opinions. In the meantime, please do not hesitate to contact us. We represent you and we need your input to do the best job possible. I can be reached by e-mail at [schesbro@howard.edu](mailto:schesbro@howard.edu) and President Matt Elrod can be reached at [matt.elrod@medstar.net](mailto:matt.elrod@medstar.net).

## In Memory

Nathaniel Randolph Jr, PT, died on February 11, 2008, in a car accident. “Nat” Randolph was well known and held in high esteem by both the professional physical therapy community and the lay community of Washington, DC. He was an advocate for quality physical therapy service, a mentor for students aspiring to become physical therapists, and a participant in professional activities that promoted the physical therapy profession. His value to the community was evident by the huge gathering of family, friends, and colleagues at his services, held on February 16, 2008, at Nativity Catholic Church in northwest Washington. Nearly 500 people were in attendance to recognize his contributions and accomplishments.

Nat was born on January 18, 1952, in Washington, DC. He earned his bachelor’s degree in physical therapy

from Boston University, Sergeant College of Allied Health Professions in 1974. Nat began his career as a staff PT at Howard University Hospital. In 1977, he founded the first black-owned private physical therapy practice in the District of Columbia, and he operated Allied Physical Therapy Services until his death. His advocacy and professional activities include: service on the District of Columbia Board of Physical Therapy from 1981 to 1999 (chairman from 1985 to 1999); vice president of the District of Columbia Physical Therapy Association from 1995 to 1997; guest lecturer to physical therapy students at Howard University and Hampton University; physical therapist consultant and medical claims reviewer for utilization of physical therapy services; expert witness in over 100 court cases involving excessive and unnecessary physical therapy, fraud, and

malpractice cases; and in 1995, as a result of his experience and expertise, he authored the textbook, *The Accident Game: Claims Review for Cost Containment in Physical Therapy*.

In 1978, Nat married Marilyns Graham, also a physical therapist. In 2004, their daughter, Natalie, joined the DC Divas of the Independent Women’s Football League. Nat became the volunteer physical therapist and trainer to the team. He was held in high esteem by all those involved with the team and they fondly called him “Daddy Nat.”

Nathaniel Randolph Jr was a valuable asset to the community and the physical therapy profession. His contributions will be remembered by those whose lives he touched.

### APTA Responds to NATA Lawsuit

The National Athletic Trainers’ Association (NATA) on February 1, 2008, filed a lawsuit against APTA and the Orthopaedic Section in the US District Court in Dallas. The complaint alleges that APTA and the Section have violated the antitrust laws by seeking to deny athletic trainers (ATCs) access to the market for manual therapy and by coercing physical therapists to refrain from educating ATCs in certain techniques. APTA’s counsel is currently reviewing the complaint. APTA believes that the NATA lawsuit is wholly without merit.

### DCPTA Chapter Members Receive APTA Awards

The DCPTA is proud to report that three of our members have been honored with awards by APTA in 2008! Toby Long, PT, PhD, and Senora Simpson, PT, DrPH, MPH, have been awarded the 2008 Lucy Blair Service Award. Susan Ryerson, PT, DSc, is a recipient of the 2008 Henry O and Florence P Kendall Award. *Congratulations!*

## APTA Members Make Their Voices Heard on STP Initiative\*

More than 5,800 members have provided their input into the Association's strategic planning process by responding to the Strategic Thinking and Planning (STP) Initiative Member Survey. "It's wonderful to see how many of our colleagues responded," says APTA President Scott Ward, PT, PhD. The survey, designed to collect member input on the future of the Association, was e-mailed to all current APTA members earlier this month. This information will be used by the Strategic Planning Group (SPG) as it meets this spring to develop core ideology and draft goals and objectives for the Association, including achievement of Vision 2020, with the ultimate objective of providing timely and relevant products, services, and representation to APTA's members.

Visit the Web page of the Strategic Thinking and Planning (STP) Initiative at [www.apta.org/stp](http://www.apta.org/stp) in the coming weeks for details about the SPG meeting and its draft outcomes. The Web page features an overview of the STP Initiative, which is designed to enhance APTA's ability to think and plan in a more strategic fashion. The initiative's three major components are development of a comprehensive strategic plan, review of APTA's governance system, and Board and staff development.

*\*Reprinted from APTA's PT Bulletin.*

## Come Join Us for a DCPTA-Sponsored HAPPY HOUR!

EVERY FOURTH THURSDAY

(except months with  
membership meetings)

Capitol City Brewery  
(near Union Station)  
2 Massachusetts Ave. NE

For more information, contact  
Alison Lichy at 202/877-1358 or  
[alison.m.lichy@medstar.net](mailto:alison.m.lichy@medstar.net)

Next scheduled meeting:  
Thursday, May 22,  
with a focus on  
clinical specialization!

## Advertise in the DC Stimulator!

DCPTA's newsletter, the *DC Stimulator*, is published 3 times per year and can be viewed online at [www.dcpta.com](http://www.dcpta.com).

Contact [DC@apta.org](mailto:DC@apta.org) for  
placement.

(Rates are listed below the  
roster on page 2.)

# DC Chapter Holds Capitol Hill Fitness Fair

On October 5, 2007, the District of Columbia Chapter hosted the National Physical Therapy Month Capitol Fitness Fair. The event, held in the Rayburn House office building on Capitol Hill, promoted the benefits of physical activity and highlighted the physical therapist's role in fitness and injury prevention.

Approximately 75 visitors took part in the educational fair, including Congressman Cliff Stearns (R-FL) and staff from the offices of Representatives Roy Blunt (R-MO), Gwen Moore (D-WI), Zach Wamp (R-TN), John Yarmuth (D-KY), and Senators Daniel Inouye (D-HI) and John Warner (R-VA), among others.

The fitness fair featured stations with information on bike fit, golf swing, backpack fit, balance and falls, walking for exercise, and fitness for people with disabilities.



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**PHOTO 1:** From left: District of Columbia Chapter President Matt Elrod, PT, MEd, NCS, and APTA staff members Rachel Reiter, Shay Rogers, and Melissa Scott, help out at the information desk at the National Physical Therapy Month Capitol Fitness Fair.

**PHOTO 2:** Physical therapists and students hosted the Balance and Falls station to demonstrate proper balance to Congressional staff.

**PHOTO 3:** District of Columbia Chapter Secretary Alison Lichy, PT, MPT, NCS, discusses some of the ways individuals with disabilities stay fit.

**PHOTO 4:** Representative Cliff Stearns (R-FL) picks up informational materials at the Walking for Fitness station.

**PHOTO 5:** Members of the District

of Columbia Chapter and students from the George Washington University physical therapy program volunteered their time to staff the Capitol Hill event.

**PHOTO 6:** Jeremy Vail, PT, MPT, ATC, OCS, MTC, provides stretching instructions to prevent injuries on the golf course.

**PHOTO 7:** Representative Cliff Stearns (R-FL) (second from left) discusses physical therapy with District of Columbia Chapter President Matt Elrod, PT, MEd, NCS (left).

**PHOTO 8:** Aisha Lord, PT, DPT, (second from left) discusses balance and falls with students from the George Washington University physical therapy program.





## Questions and Answers From the District of Columbia Licensure Board

The DCPTA has received questions regarding physical therapy practice in the District. Please see below for questions that were answered by Bonnie Rampersaud and Senora Simpson, PT, the District of Columbia's Board of Physical Therapy executive director and chair (respectively):

**1. Where can the general public find notification that there is direct access to physical therapy?**

*We are in the process of notifying the public and have submitted the Direct Access Act for publishing on our Web site. We expect to have it on the Web site within a couple of weeks ([www.hpla.doh.dc.gov](http://www.hpla.doh.dc.gov)).*

**2. Is there expected to be any restriction to direct access to physical therapy in the regulations (eg, after "x" number of visits, PT must refer to physician)?**

*Yes, PT Regulation § 6710.13 states: If a physical therapy patient fails to respond to treatment within thirty days after being seen by a physical*

*therapist for the first time, the physical therapist shall refer the patient to an appropriate health care provider for assessment, medical diagnosis, intervention, or referral.\**

***\*This addendum to the regulations will be printed in the DC Register by the end of this month.***

**3. What is the expected timeline for PTA licensure?**

*We expect to have licensure for PTAs by June/July of 2008.*

**4. Have there been changes to the Jurisprudence Exam to reflect the new law?**

*To date, we have not made any changes to the Jurisprudence Exam. The Federation reviewed the questions in the bank as soon as the law changed. It was determined that no questions needed to be changed.*

Please visit [www.hpla.doh.dc.gov](http://www.hpla.doh.dc.gov) for more details.



# The DCPTA Invites You to Attend the 2008 Spring Conference

Saturday, April 26th  
8:00 am–4:00 pm  
National Rehabilitation Hospital (Auditorium)

**Insurance Forum:**  
**“Updates in Reimbursement that Affect Your Practice”**  
0.6 CEUs

**Registration Deadline: April 18th**

**Cost:\***

- \$75 PT/PTA members of APTA
- \$150 PT/PTA nonmembers
- \$30 PT/PTA student members
- \$50 PT/PTA student nonmembers
- \*DC Chapter meeting and elections will be held during lunch.
- There is no charge if attending the DC Chapter meeting/lunch only.

Complete the form below and mail or e-mail information to:

Mail to: Natalie Blonien  
7059 Wolfree Lane  
North Bethesda, MD 20852  
E-mail: [natalie\\_blonien@yahoo.com](mailto:natalie_blonien@yahoo.com)

Questions? Please contact Natalie Blonien by e-mail at [natalie\\_blonien@yahoo.com](mailto:natalie_blonien@yahoo.com) or call 202/378-8022.

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

APTA Membership Number: \_\_\_\_\_

IP or OP afternoon session. Lunch only (please circle)

Method of payment: check cash Amount enclosed: \_\_\_\_\_

\*\*\*Please make check payable to DCPTA. Credit cards are not accepted.\*\*\*

## AGENDA

**8:00 am–8:30 am /** Registration/Continental Breakfast

**8:30 am–8:45 am /** Introductions

**8:45 am–9:45 am /** “Insurance Side of Reimbursement”  
*Speaker: Carmen Elliott, Associate Director, Reimbursement Department, APTA*

**9:45 am–10:00 am /** Break

**10:00 am–Noon /** Government Affairs Update  
*Speaker: Justin Moore PT, DPT, Director, Congressional Affairs Department, APTA*

**Noon–1:00 pm /** Lunch (provided)  
Chapter Meeting/Elections

**1:00 pm–3:30 pm /** Breakout Sessions

### OUTPATIENT SESSION:

**1:00 pm–1:45 pm /** “Coding Specifics and How to Maximize Reimbursement”  
*Speaker: Carmen Elliott*

**1:45 pm–3:30 pm /** “Contract Negotiation: To Sign or Not to Sign”  
*Speaker: Erik van Doorne, PT, DPT, COMT, Cert MDT Consultant to APTA Advisory Panel on Reimbursement Policy and Planning and current delegate to the RUC/HCPAC at the AMA representing APTA*

### INPATIENT SESSION:

**1:00 pm–3:30 pm /** “Reimbursement Issues in the Acute Care Setting”  
*Speakers: Cathy Ellis, PT, Director of Physical Rehabilitation and Clinical Director of the Spinal Cord Program at National Rehabilitation Hospital; Doug Shepard, FACHE, President of Laurel Regional Hospital*

**3:30 pm–4:00 pm /** Regroup and Wrap Up

## The George Washington University PT Students Take on Nashville, Tennessee at CSM 2008

By Julie Braun, SPT, DCPTA Chapter liaison

This year, the George Washington University (GW) Physical Therapy Department had about 25 students and faculty attend the Combined Sections Meeting (CSM) in Nashville, Tennessee. As a first-year student, I was not sure if this meeting would prove to be beneficial to me. However, looking back, it was the best decision I could have made.

Walking into the massive and beautiful convention center was a little overwhelming. My classmates and I walked around for a little while to take it all in. There is literally something for every single PT at this convention! Whether you were interested in health care policy, cutting-edge research, teaching, or any or specialty area, there is always something happening.

APTA ranked the lectures based on level, which allowed us to choose beginner-level lectures to attend. We were so surprised by how much we already have learned in our 6 months in PT school.

I also learned that while I am currently learning the newest information regarding physical therapy at GW, there is even more research out there that is helping to discover better ways to practice physical therapy. It was also interesting to learn, in depth, about the research our professors are involved in—on top of teaching us!

The exhibition hall was amazing. I came home with

enough pens for the rest of the year, a few new goniometers, and a long list of contact names for the future. Not to mention the sore triceps I had for the next 3 days following the total-body gym workouts!

All in all, the experience was well worth it. I went back to school the next week refreshed and reminded why it is I chose to go to physical therapist school. The first-year students are already planning our trip to next year's meeting in Las Vegas. Hope to see you there!



From left: GW students Yonas Habte, Julie Cort, Julie Braun, Katie Riga, Latasha Peace, Laura Weslander, Dan Alcorn, Susannah Richter, Jenna Steinberger, and Teri Parlin.



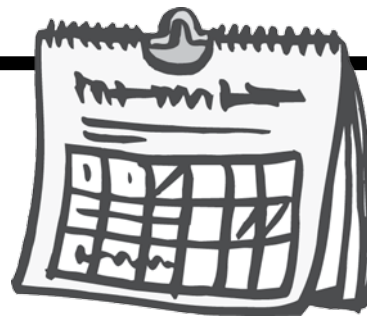
Top left: Katie Riga, Jenna Steinberger, Susannah Richter, Julie Cort, Teri Parlin, Julie Braun, and Latasha Peace with Scott Charles Livingston, PT, PhD, SCS, ATC, who presented "Motor-Evoked Potential Abnormalities in Acutely Concussed Collegiate Athletes."



First-year students Julie Cort, Julie Braun, and Katie Riga do a total-body gym workout.

# Mark Your Calendars!

For updates on upcoming events,  
please visit our Web site:  
[www.dcpta.com](http://www.dcpta.com).



**April 26**

**Spring Meeting**

\*Insurance Forum: "Updates in Reimbursement That Affect Your Practice"

\*Continuing Education Meeting (Acute and Outpatient)  
*National Rehabilitation Hospital*

**May 22**

**Happy Hour (Network with local clinical specialists!)**

*Capital Hill Brewery*

**June 11-14**

**PT 2008: Annual Conference and Exposition of the American Physical Therapy Association**

*San Antonio, Texas*

**October 17-19**

**National Student Conclave**

*San Jose, California*

**October 23**

**Fall Meeting**

"Geriatric Quick Fix: Get the data and results"

*The George Washington University*

**October 30-November 2**

**Preview 2020**

*National Harbor, Maryland*

**DC Chapter Membership Report**

*As of as of 04/03/2008*

**Total Members: 270**

**PT Members: 212**

**PTA Members: 3**

**Student PT/PTA Members: 55**

*Welcome to all new members!*

**The DC Stimulator**

P.O. Box 327

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**FIRST CLASS MAIL**