

TUESDAY, May 25

Therapist Category Day Agenda

Room: TBD

7:45 AM - 8:00 AM **Welcome and Introductory Remarks**
CDR Laura M Grogan, USPHS

8:00 AM - 8:30 AM **State of the Therapist Category**
CAPT Karen Lohmann Siegel, PT, MA, USPHS

SESSION I: Wellness and Rehabilitation

8:30 AM - 9:00 AM **Healthy People 2020**
RADM Penny Slade-Sawyer, PT, MSW, USPHS

This talk will summarize activities conducted to date on developing Healthy People 2020 and how attendees can become involved in its development. Every 10 years, since 1979, the U.S. Department of Health and Human Services (HHS) leverages scientific insights and lessons learned from the past decade, along with new knowledge of current data, trends, and innovations to develop the next Healthy People goals of objectives--and that process is currently underway. Healthy People 2020 will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to our nation's health preparedness and prevention.

At the end of the session, participants will be able to:

1. Explain the current status and progress on developing Healthy People 2020 goals and objectives.
2. Describe opportunities for attendees to become involved in the Healthy People 2020 development process.

9:00 AM - 9:30 AM **Rehabilitation/Wellness outcomes**
CDR Michael LaPlante, PT, DSC, ECS, USPHS

This session will examine how, with the incidence rate for both diabetes and obesity among Native American populations continuing to rise, the physical therapy department at the Winslow Indian Health Care Center made the decision to intervene in at least one area that contributes to this epidemic – increasingly sedentary lifestyles. With this concept at the core, the center initiated a rehab/wellness program that addresses the two contributing factors of diet and exercise. This program provides therapist-structured therapeutic exercise programs, while having a

number of feedback mechanisms that both objectify patient progress and educate our population about the physiologic effects of program participation. To determine whether the program is having an effect, standardized outcomes data is being collected that was compared to the non-participant population.

At the end of the session, participants will be able to:

1. Summarize the feasibility and viability of a rehab/wellness program for IHS rehab departments.
2. Describe outcomes data from an operating program, to highlight whether this approach to lifestyle change intervention can have both short and long-term results.
3. Describe how this approach to intervention fits within the entire continuum of care in physical (and psychological) rehabilitation.

9:30 AM - 10:00 AM **Inmate mobility in the Federal Bureau of Prisons**
CDR Frederick Lief, PT, DPT, OCS, Cert MDT, USPHS
LCDR Alexander Brenner, DPT, OCS, USPHS

This session will provide an overview of a study examining the effects of incarceration on inmate mobility. Intuitively one might conclude that incarceration would dramatically decrease mobility for the simple reason that the inmates are often confined to small areas. This dramatic decrease in mobility may have a deleterious effect on those inmates who have various pathologies such as Type II diabetes or heart disease. Therefore the purpose of the study was two-fold. The first was to quantify inmate mobility among various inmate populations within FMC-Lexington to better target which groups may need exercise intervention and education. The second goal was to better understand the process of conducting research within the BOP and inmate populations.

At the end of the session, participants will be able to:

1. Describe the process that it takes to have research approved to be conducted within the BOP.
2. Identify which groups of inmates within the Federal Medical Centers that may need exercise intervention and education.

10:00 AM-10:15 AM **Break**

SESSION II: Clinical Rehabilitation

10:15 AM-10:45 AM **Conservative management of adolescent idiopathic scoliosis: Clinical improvement and lifestyle change - A case report.**
CDR Rita Shapiro, PT, DPT, MA, USPHS

This session will examine, how by addressing the posture, level of inactivity, improper back pack lifting and carrying in a patient referred for the treatment of musculoskeletal impairments, a physical therapist was able to help this client not only with the pain, but also enhanced posture, strength and functional awareness.

At the end of the session, participants will be able to:

1. Describe a conservative, functionally-oriented exercise program designed for a client who initially came to physical therapy for musculoskeletal back and neck pain.
2. Summarize a conservative management approach to improving functional outcomes in a patient with idiopathic scoliosis.

10:45 AM-11:15 AM Total joint pre-operative care

CAPT Kathleen ONeill-Manrique PT, DPT, MPH, CPH, OCS, USPHS

This session will examine a comprehensive total joint pre-operative education program. The program involves a 2 hour class during which patients and their family members are shown models of the total knee and or total hip. The logistics of acquiring the specific implants from the vendor is discussed. Patients are shown x-rays and pictures depicting the arthritic changes in their joint in comparison to a healthy joint. The follow up process with the physician as well as postoperative rehabilitation during the hospital stay as well as upon discharge is discussed. In addition to the class, patients and their families have a separate individual pre-operative evaluation by physical therapy and occupational therapy(occurring separately- not co-treatment). Logistics of discharge planning is begun, payer source for adaptive equipment, and pre-existing deficits in range of motion, muscle strength are identified and a treatment plan is initiated.

At the end of the session, participants will be able to:

1. Identify factors which increase/predict successful outcomes in patients undergoing elective total joint replacements
2. Describe the importance of group versus individual instruction.
3. Summarize the physiologic effects of pre-operative education programs for elective surgical procedures.

11:15 AM-11:45 AM Maximizing reimbursement: The evolution of the Coeur D'Alene Tribe Physical Therapy, LLC

LCDR Darren Heer, DPT, OCS, USPHS and LCDR Dan Smith, MPT, OCS, USPHS

This informational presentation will provide insight on the transition of a physical therapy clinic under a FQHC (Federally Qualified Health Care Center) that had limited reimbursement into a tribally operated physical therapy clinic run as a private practice. The progression of the clinic from a department under the FQHC to a private practice clinic will be outlined along with a history of the clinic in terms of patient population, patient load, and billing and reimbursement. Additionally, information will be provided on scheduling, staffing, and the customer service.

At the end of the session, participants will be able to:

1. Provide a brief history of the Coeur D'Alene Tribe Physical Therapy Clinic.
2. Outline a strategy that could maximize reimbursement for your clinic based on location, patient population, patient load, and billing.
3. Give a critical view of a therapist in terms of production and reimbursement.
4. Outline additional parameters that will have a direct relationship to maximal reimbursement and clinic efficiency (scheduling, staffing and customer service).

11:45 AM-12:30 PM **BREAK**

12:30 PM - 2:00 PM **LUNCHEON**

SESSION III: Difficult Patients

2:00 PM - 3:00 PM **Managing the difficult patient**
LCDR Stanley Bennett, MS, OTR/L, USPHS

This session will provide participants with a better understanding of personality disorders as manifested in a clinical setting. Patients who exhibit these disorders can often interfere with treatment interventions and strain the "Patient - Therapist" relationship. Feelings of frustration, confusion and anxiety are not uncommon when working with this unique patient population.

At the end of the session, participants will be able to:

1. Describe how to maintain professional demeanor yet effectively manage these patients.
2. Facilitate patient behaviors that help lead to positive clinical outcomes.

3:00 PM - 3:15 PM **BREAK**

SESSION IV: Patients with TBI in the DoD

3:15 PM - 3:45 PM **TBI – Speech pathology**
LT Joann Shen, MS, CCC-SLP, USPHS and CAPT Carla Chase,
MS, CCC-SLP, USPHS

This session will provide an overview of some of the cognitive domains that can be addressed in traumatic brain injury (TBI) patients during speech pathology therapy sessions. Traumatic brain injury can affect the brain in many ways. Both the degree of injury and the location of the injury greatly influence the outcome and impairment.

At the end of the session, participants will be able to:

1. Define a TBI and its symptoms.
2. Summarize the epidemiology of TBI.
3. Explain treatment options for TBI.

3:45 PM – 4:15 PM **TBI – Occupational Therapy**
CDR Laura M. Grogan, OTR/L, USPHS

This session will describe how service members who have experienced an injury resulting in a concussion or traumatic brain injury frequently complain of changes in concentration, memory, moods and sleep. Occupational therapists are utilized as part of the Army's efforts to treat injuries to the brain and address these common areas of concern. This presentation will include the fundamentals of occupational therapy services as part of the mission to deliver valued warrior centered care in an Army Warrior Recover Center (WRC)

1. Describe the fundamentals of Occupational Therapy services in an Army WRC.
2. Summarize one treatment strategy to address a common area of concern.

4:15 PM – 4:45 PM **TBI – Physical Therapy**
CDR Henry McMillan, MPT, USPHS and CDR Alicia Souvignier,
DPT, GCS, USPHS

This session will describe how soldiers who have suffered a blast injury resulting in a concussion, or TBI, frequently complain of vertigo or dizziness upon return from deployments to Iraq or Afghanistan. Physical therapists are utilized as part of the Army's efforts to treat TBIs to address these vestibular related complaints. This presentation will include the fundamentals of a vestibular evaluation and a case study for discussion.

At the end of the session, participants will be able to:

1. Describe the fundamentals of a vestibular evaluation
2. Summarize one treatment strategy for vestibular disorders

4:45 PM - 5:15 PM

Closing Remarks

CDR Laura M Grogan, OTR/L, USPHS