



April 2019 Newsletter

CONTENT

- President's Column
- Students of Today
Become the Leaders
of Tomorrow
- WVPTA 2019
ANNUAL
CONFERENCE
- The WVPTA PAC
needs your help
- Treasurer's Report
- Insurance Updates

PRESIDENT'S COLUMN

CARRIE ABRAHAM PT, DPT, MPH
PRESIDENT, WVPTA

Blue sky, #ChoosePT, physical therapists, physical therapist assistants, physical therapy students, Congressmen and women, legislative assistants, street maps, comfortable shoes, traffic, food trucks, Tidal Basin, cherry blossoms, Washington, Lincoln, Jefferson, Smithsonian, security, amazing APTA staff, passionate clinicians with a strong, necessary and valuable message...where am I?

Yep, if you guessed Washington D.C., you are right! Crystal Mayfield, Christa D'Egidio and I spent two whirlwind days in our nation's capital with 285 of our PT profession friends from across the country speaking to members of Congress about the challenges facing physical therapy as well as the opportunities that are possible for physical therapy professionals to be a part of the plan in addressing the opioid abuse epidemic crippling the nation. This epidemic does not simply affect the individual in the stronghold of addiction, but rather it creates a ripple effect outward affecting the economy as employees are not able to perform their work duties which then affects their ability to pay their bills, their families as they are no longer able to care for their children – who then sometimes must be cared for by grandparents, aunts, uncles or the foster care system. It affects communities whose resources are being pulled to respond to more and more cases or

communities who simply don't have the resources to handle it at all. At times, this ripple effect continues to the most tragic of outcomes.

Physical Therapy provides an evidence-based alternative to pharmacological management for chronic non-cancerous musculoskeletal pain, with little to no side effects! Opioids do not. PT gives the individual control over the management of their condition and assists them to be able to return to work, care for their family, be a productive member of their community. I know that you all know this, but this was a large piece of the education that we provided to our members of Congress in D.C. We outlined the barriers to accessing PT such as; delays in care for the purpose of prior authorization, high co-pays/deductibles, lack of PT professionals in Community Health Centers and the difficulty of recruiting and retaining PT professionals in rural and medically underserved areas creating an inadequate workforce in those regions. WV passed legislation (Opioid Reduction Act) last year encouraging physicians to refer patients to physical therapy (or one of the other alternatives listed in the bill) prior to or concurrent with a medication prescription. It addressed the rate for

co-pays, limiting them to what patients would pay to see a PCP. All great for the fight, but if the physician does not have anyone to refer the patient to, it doesn't mean much!

To try to address the issue of an adequate workforce in high need areas, also known as Health Professional Shortage Areas (HPSA), we asked our elected officials to support adding physical therapists to the National Health Service Corp (NHSC) Loan Repayment Program. You can find information related to where the bill is in process [here](#). (Cut and paste this address if the link is not working: <https://www.congress.gov/bill/116th-congress/senate-bill/970>). Adding PTs to this program has been attempted before without success, so it continues that there is not a rehabilitative component to the program. However, more so now – the push needs to continue as we sit in a position to provide a great impact on this public health crisis. Should you also feel compelled to communicate with Senator Capito, Senator Manchin or your specific district Representative to the US House, you can find that information on the [APTA Federal Advocacy site](#). Click on Legislative Action Center, then click on Take Action. The page should pop up with everything to you need – the action areas will be listed, your members of Congress as well as your state legislators will be listed. They even provide you with template letters should you find it difficult to communicate your thoughts! You can also download the PT Action App on your mobile device and have everything that you need at your fingertips!

The dialogue surrounding this issue continues and our voice needs to be strong, competent and persistent. We, as physical therapy professionals, are the movement science experts. No one else does what we are trained so competently to do. We are charged to keep West Virginians (shoot, all Americans and citizens globally for that matter!) moving in a healthy, efficient manner with the least amount of discomfort possible. Let us continue to remind those in decision making positions that what we do matters to the health of the country, accomplished by addressing the health needs of one...the patient in front of us today.

Students of Today Become the Leaders of Tomorrow

D. Scott Davis PT, MS, EdD, OCS
WVPTA Vice President

In my 30+ years as a physical therapist, I have witnessed tremendous strides in our professional growth. We have advanced from the Bachelor's degree to the Doctor of Physical Therapy degree. We have achieved Direct Access in all 50 states. We have successfully implemented a process for clinical specialization in nine specialty areas. We have formalized residency and fellowship training, and we now have over 260 accredited programs. We embraced a new concept in the 1990's called evidence-based practice, and we now have high-level Clinical Practice Guidelines that direct best care. How did we get to this point? We got here through hard work, professional advocacy, and leadership.

If we hope to advance our profession at the same rate over the next 30 years, we must have strong leaders today and tomorrow. To that end, the WVPTA has developed the Student Leadership Academy (SLA) to train, encourage, and inspire the PT /PTA students of today to become the leaders of tomorrow. The SLA is a weekend intensive leadership academy that will allow students to do a deep dive into leadership and the APTA. The goal of the academy is to prepare students for participation and leadership in the APTA and the WVPTA after graduation and to fast-track them into becoming active and engaged members of the association.

The intent is that the SLA will become a yearly event and the location will rotate among the various PT/PTA programs. The inaugural academy will be held at the Marshall University School of Physical Therapy on October 26-27, 2019. Any PT or PTA student who is being educated in West Virginia, and is in good standing with their respective education program with a 3.0 or higher cumulative grade point

average is eligible to apply for the academy. The SLA will be limited to 18 PT/PTA students based on a competitive application process. The WVPTA Board has allocated resources to support the SLA and to reimbursement student travel expenses. Interested students can apply at <https://www.wvpta.org/resources/student-leadership-academy.html>

The curriculum will include a general discussion of leadership principles and provide information on APTA and WVPTA structure and function. Students will learn about the various offices and committees in the WVPTA, the bylaws, the strategic planning process, and how to conduct a formal meeting following Robert's Rules of Order. The students will take part in a mock board meeting, and problem-solve common issues that are addressed by state chapters Boards. The students will learn about the West Virginia Board of Physical Therapy, the state legislative process, and how the lobbying and professional advocacy process work. The SLA will allow students to network with Chapter leaders and state legislators. The students will hold a meeting of the Student Special Interest Group (SSIG) and develop an active student organization that will help to perpetuate the engagement process. We also plan to come together as an association during this time to engage in a community service activity that fosters the spirit of Physical Therapy Month.

WVPTA 2019 ANNUAL CONFERENCE

KRISSY GRUBLER, PT, DPT

WVPTA Education Committee Chair



The 2019 Annual Conference is two weeks away! We have a great conference planned and we hope that you plan to join us! If you have not yet registered for the conference, please use this link to register: <https://www.wvpta.org/events/annual-conference-2019.html#conference-registration>

We are honored to have Kathleen A. Sluka, PT, PhD, FAPTA, Professor of Physical Therapy and Rehabilitation Science, Neurology of Pain Laboratory, from the University of Iowa as our speaker this year presenting on the Mechanism-Based Approach to Physical Therapy Pain Management.

Click [HERE](#) to read the Annual Conference Agenda.

With the opioid epidemic in the state of WV, providing education on pain science and alternatives for the treatment of pain, this topic could not be timelier and more appropriate.

We have a fun Welcome Reception planned Friday night at 8 p.m. Please join friends and colleagues for an evening of fun and networking! On Saturday, the PTPAC will host a "Spring into ACTION 5K run/walk" followed by the PTA 50th Anniversary Celebration. Bring your favorite luau outfit for an evening of fun celebrating all of the fantastic PTAs in the state of WV!

We have a wonderful weekend planned of excellent education, research poster/platform presentations, and fun and we hope to see you at the Stonewall Resort April 26th – 28th!

The WVPTA PAC needs your help

Brad L. Profitt, PT, DPT, OCS, CSCS, DC, CFCE
WVPTA Political Action Committee Chair

As you know, fundraising can be the lifeblood of an organization. The WVPTA PAC is certainly no different.

At the upcoming WVPTA Annual Conference April 27-28 at Stonewall Resort you can help the PAC in one of the following ways:

- Participate (run or walk) or sponsor the PAC 5K
- Bid on an item at the silent auction
- Buy a WVPTA T-shirt



The PAC was able to make a total of \$3750.00 donations last year to both sides of the aisle to help ensure the rights of Physical Therapy in the great state of West Virginia were fought for and protected. The PAC needs your help and support in order to continue fighting for your right to practice. Please consider taking part in the 5K whether running or walking, bidding on items at the silent auction or buying a WVPTA T-shirt. All proceeds from these events go toward funding and fighting for our rights as PTs and PTAs in the WV.

This is a picture last year student group (Marshall University School of Physical Therapy) that had the fastest 5K team time. They took home the coveted Golden Goni and Golden Gait Belt prize.

WVPTA TREASURER REPORT

Matthew Madrid, MSPT
WVPTA Treasurer

I. *No Current Issues or Concerns Raised* from executive committee meetings and/or chapter members.

II. *Recent Treasurer Activities*

Organize and oversee peer review audit for 2018.
Prepare and file 2018 tax return before 5/15/19 deadline.

III. *Financial Position (4/8/19)*

<u>Current Assets</u>	
Cash & Cash Equivalents	\$72,480
Marketable Securities	\$74,486
Total Current Assets	\$146,966
<u>Total Liabilities</u>	----- 0 -----

V *Final Comments*

2019 Annual Spring Conference pending deposits thru 4/8/19
Amounts include registrations, booths, exhibits, & partnerships

\$21,669.79 pay pal electronic deposits

\$8,730.50 hard checks
\$30,400.29

Feel free to contact me at Madrid.AffiliatedPT@gmail.com

INSURANCE UPDATES

SALLY OXLEY, PT, OCS, CHT, CMDT

WVPTA Payer Relations Committee Chair

Medicare – Effective March 29, 2019 the PQRS site has been retired and all links will no longer be available. If you are still appealing any PQRS payment reductions you will need to contact Quality Net Help Desk at 866-288-8912 or qnetsupport@hcqis.org.

Benefits Coordination and Recovery Center (BCRC) investigations have become more focused and are actively recognizing when another payer should have paid the claim first, prior to Medicare. If the Provider does not have a completed Medicare Secondary Payer (MSP) form completed and available upon record request, all previous funds paid by Medicare can be recovered.

Medicare is working to determine how to apply the PT/PTA differential.

The Health Plan – The new Health Plan authorization process has improved. Most of the authorizations are instantaneous, but they are not authorizing the number of visits that we ask for, usually about 50%. The second request for visits takes longer and the third requires that records are sent.

Tricare – Still awaiting the final ruling from the Department of Defense covering PTA and COTAs treating their patients. It appears that they are waiting to hear how Medicare is going to administrate the PT/PTA differential.

Aetna –Effective March 1, 2018 is not paying for manual therapy (97140) with Therapeutic activities (97530) that is provided on the same day. Mutually exclusive procedures cannot be done in the same day/setting. This is not a CCI edit but a new Aenta policy hidden in an Aetna release dated August 3, 2018 effective March 20, 2019.

APTA representatives and Payer Chairs from affected states met face to face with Aetna to discuss problems with the Magellan/NIA process, March 20th in Blue Bell PA (north of Philadelphia).

Attendees:

Aetna: Jennifer Cross, Mike Fuller, Shiron Hagens, Dr. Benny (joined later by phone)

Magellan: Tina Kaplan, Charmaine Everett, Hannah Hartung, Justin Clifford

APTA: Deb Alexander (PAPTA), Colleen Chancler (UPHS), Kelly Gardner (NYPTA), George Edelman (DEPTA), Elise Latawiec and Carmen Elliott (APTA)

Once they have profiled providers, they may put them in tiers, that would make authorization requirements different according to the tier the provider is in.

Providers are having difficulty getting copies of their contracts. When some of the contracts are received, they may be 8-12 years old.

The APTA will send information regarding the **Milliman Study** for Aetna's review. The Milliman Study is a study paid for by PPS and done by Milliman, an actuarial firm. They evaluated claims on 22 million beneficiaries from 2013-2015,

specifically looking for LBP. They reviewed 100,000 claims and found that early access, less than 14 days, to physical therapy services **provided by a physical therapist** resulted in less cost for the payer. Direct access care provided less cost as did active treatment.

There are 2 pages of Action Items from the meeting. These action items should be part of every Provider/Payer relationship. I can send it anyone wants to see them.

THANKS TO OUR SPONSOR!

