



January 2019 Newsletter

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## PRESIDENT'S COLUMN

CARRIE ABRAHAM PT, DPT, MPH  
PRESIDENT, WVPTA

Happy New Year! It is time to take a big, deep breath of crisp January air and consider all that can be accomplished and celebrated in 2019! Let's plan on spending some time every day appreciating the good things in our lives and our ability to transform the lives of our patients with our work!

In case you did not know, 2019 is the 50th Anniversary of the Physical Therapist Assistant! That is something to celebrate! Please join me in sending out a genuine THANK YOU to all of the dedicated Physical Therapist Assistants in WV!

The first PTA program began in 1967, graduating their first class of 15 students in 1969. Currently, according to the 2017 data from the Commission on Accreditation in Physical Therapy Education (CAPTE), there are 364 PTA programs in the United States with a total enrollment of over 12,000 students! That is tremendous growth in this field since its inception in the 1960s, to the benefit of all of the patients who have received more timely and consistent quality care due to their training and presence on the physical therapy service delivery team. The PTA has been faced with challenges over its evolution from both internal and external stakeholders but, through those challenges, the PTA remains a steadfast and valued member of the health care team whose voice is creating change in service delivery, access and reimbursement.

The WVPTA will be marking the anniversary with an evening social event during our annual conference this spring along with continuing education opportunities for PTAs provided in partnership between the state association and PTA educational institutions. Each quarterly newsletter will have an article related to topics affecting PTA practice. So keep your eyes peeled for details regarding those events to occur throughout the year. But, don't wait for the formal events to say thank you and congratulations! Take the opportunity daily to appreciate the contributions made by our PTA teammates. Together, we are better – and our patients achieve more!

And – this is also a call to all of the PTA members and PTA student members of the association! We need you! We depend on you to communicate this issues that you are experiencing in your day to day practice and we need you to be part of the action plan to address them. We would love to have at least one PTA involved with

every committee that we have. And should you feel a stronger passion to advocate, we are looking for a representative for the PTA Caucus. If you would like to discuss this further, please don't hesitate to contact me at <mailto:cabraham@wju.edu>. I would really enjoy talking to you!

I wish you all a healthy, happy, productive and fulfilling 2019! Here we go!

Quick Facts on PT and PTA Programs. CAPTE website. Accessed on Jan 11, 2019 at <http://www.capteonline.org/home.aspx>

## WVPTA Student Leadership Academy

D. Scott Davis PT, MS, EdD, OCS

*WVPTA Vice President*

The WVPTA is continuously innovating and working on new ideas to serve Chapter members. We are excited to announce the development of the WVPTA Student Leadership Academy (SLA). The SLA will be a day and a half intensive leadership training session for physical therapy and physical therapist assistant students to develop the skills necessary to propel them into leadership roles in the physical therapy profession. The WVPTA Board of Directors has set aside funds in the 2019 budget to support the SLA. While all the details are not finalized, we are excited to announce that the date has been set for **October 26-27, 2019**. The Marshall University School of Physical Therapy has agreed to host the inaugural SLA. The hope is that the Academy will be a yearly event and rotate among the various PT/PTA programs in the state over the coming years. Interested students will apply and be selected by a committee of representatives from Wheeling Jesuit University, West Virginia University, and Marshall University. The WVPTA will provide breakfast and lunch, reimburse students for ground transportation, and housing expenses based on the available budget. Students will learn the following at the SLA: 1) General leadership principles, 2) APTA structure and function, 3) How State government really work, 4) How to advocate at the State and Federal level for Physical Therapy related issues, 5) Board Meeting etiquette (e.g., Robert's Rules), 6) House of Delegates function, 7) Strategic Planning, and 8) WVPTA Student Special Interest Group. Students will have an opportunity to meet and work with PT and PTA students from other programs throughout the state and network with WVPTA leaders. Students will leave the SLA with a broad understanding of how APTA Chapters functions and be prepared to accept leadership roles as a student and as a new graduate. Graduates of the Academy will have gained invaluable skills that will add to their resume or CV and be attractive to future employers. What should you do now? If you are interested, block your calendar for October 26-27, 2019. Then look for more information on how to apply in the coming months.

## WVPTA 2019 ANNUAL CONFERENCE

KRISSY GRUBLER, PT, DPT

*WVPTA Education Committee Chair*

### **“Mechanism-Based Approach to Physical Therapy Pain Management”**

Kathleen A. Sluka, PT, PhD, FAPTA

Professor of Physical Therapy and Rehabilitation Science

Neurology of Pain Laboratory

University of Iowa

April 27<sup>th</sup> -28<sup>th</sup>, 2019

Stonewall Resort, Roanoke, WV

**12 Hours of CE Offered\***

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### **Course Description**

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According to the Institute of Medicine Report on Pain, released in 2011, chronic pain affects over 100 million Americans and costs over 600 billion dollars per year in health care and lost wages. In response to this report, an Interagency Pain Research Coordinating Committee was formed to address the chronic pain problem. This committee released the National Pain Strategy in 2016, which outlines strategies aimed at improving education, research and practice, and the Centers for Disease Control released opioid prescribing guidelines in 2016 that emphasized the use of non-pharmacological treatments for pain. Increasing awareness by health professionals of the value of non-pharmacological treatments for pain management puts physical therapy as a primary profession to address this need. In order to fill this need physical therapists need to have a greater understanding of pain mechanisms and how physical therapy treatments modify these pain mechanisms. Identification and treatment of pain, based on underlying mechanisms, is critical to effective treatment. This course will provide an overview of the current scientific research on peripheral, central, neuropathic, contributors to the generation of pain. The course will also discuss how psychological factors and the movement system can influence and be influenced by pain. Lastly, the course will discuss how common physical therapy treatments for pain, such as education, exercise, manual therapy and transcutaneous electrical nerve stimulation, modify these pain mechanisms. Understanding these mechanisms will provide a conceptual framework to the clinician to individualize care in those with chronic pain. This course will use a lecture format, case studies, group learning exercises, and open discussion.

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### **Speaker Biography**

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Dr. Sluka is a professor in the Department of Physical Therapy and Rehabilitation Science at the University of Iowa. She received a physical therapy degree from Georgia State University and a PhD in Anatomy from the University of Texas Medical Branch in Galveston. After a postdoctoral fellowship with Dr. William D. Willis, she joined the faculty at the University of Iowa. Dr. Sluka's research focuses on the neurobiology of musculoskeletal pain as well as the mechanisms and effectiveness of non-pharmacological pain treatments. She has published over 200 peer-reviewed manuscripts, numerous book chapters, and a textbook on Pain Mechanisms and Management for the Physical Therapist. She has received numerous awards including the Marian Williams Award for Research in Physical Therapy and Catherine Worthingham Fellowship from the American Physical Therapy Association and the Frederick W.L. Kerr Basic Science Research Award from the American Pain Society. She is actively involved in the International Association for the Study of Pain, the American Pain Society, and the American Physical Therapy Association serving on committees, task forces and society boards.

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### **Conference Learning Objectives**

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1. Understand the long-term consequences of chronic pain to the society and person, and national strategies to address chronic pain as a problem.
2. Describe the potential underlying mechanisms of chronic pain including peripheral, central, neuropathic, and psychosocial factors, and how to recognize these in a patient with chronic pain.
3. Describe mechanisms for how physical therapy treatments reduce chronic pain.

4. Develop an individualized treatment approach using the basic science mechanisms, patient assessment, and current clinical literature of patients with a variety of pain conditions including musculoskeletal pain conditions, neuropathic pain conditions and acute pain conditions.
5. Discuss the appropriate use of a multidisciplinary and multimodal approach to treatment of chronic pain, and develop strategies for implementation of a multidisciplinary treatment approach in clinical practice.

### **CONFERENCE ACTIVITIES:**

**Friday, April 26<sup>th</sup>**

**WVPTA Annual Golf Scramble**

Please visit the WVPTA website [www.wvpta.org/events/annual-conference-2019.html#golf-brochure](http://www.wvpta.org/events/annual-conference-2019.html#golf-brochure) for more information.

**Friday, April 26<sup>th</sup> 8:00-10:00 pm**

**Welcome Reception**

**Saturday, April 27<sup>th</sup> 6:30 -8:00 pm**

**PAC Annual “Spring into ACTION**

**5K run/walk”**

The Political Action Committee will be hosting the second annual “Spring into ACTION 5K run/walk” to raise money for funding any needed political action(s) that occur during the year. The entry fee is \$20.00 per person. Appalachian Timing Group will be providing official time for the event. Everyone is welcome to participate, however the deadline to pre-register and receive a tee shirt is March 23rd, 2019. Please visit the WVPTA website [www.wvpta.org/events/annual-conference-2019.html#2019-5k](http://www.wvpta.org/events/annual-conference-2019.html#2019-5k) for details. You can sign up the day of the event. Donations accepted without entry in run/walk. To pre-register, volunteer, or help sponsor the event please contact: Brad Profitt, WVPTA PAC Chair, email: [profitt2@marshall.edu](mailto:profitt2@marshall.edu) or call 304-696-5619.

**Saturday, April 27<sup>th</sup> 8:00-9:00 pm**

**Physical Therapist Assistant 50<sup>th</sup> Anniversary Celebration**

**Sunday, April 28<sup>th</sup> 10:00-11:00 am**

**Research Poster Presentations**

***For more information and to view the conference flyer and register for the WVPTA 2019 Annual Conference, please visit: <https://www.wvpta.org/events/annual-conference-2019.html#conference-registration>.***

### **Call for 2019 Poster Abstracts**

*Alison Kreger, PT, DPT  
WVPTA Research Committee*

**Abstract Submissions Accepted: December 10, 2018 thru January 28, 2019.**

Posters will be displayed Sunday, April 28, 2019 during the Annual Conference with 45 minutes scheduled for presenters to be available at their poster for a question and answer session.

There is a \$25.00 fee for submission of each abstract from practitioners and a \$15.00 fee for student submissions. Payment is accepted online via PayPal. This fee assists in covering the cost of room rental for the poster presentations as well as the online abstract submission site. Each individual may submit a maximum of two abstracts as the presenting author but may submit an unlimited number of abstracts as a secondary author. If an abstract is selected, the presenting author must register for the Sunday portion of the conference and is responsible for the cost of meals. All applicants must be WVPTA members or be sponsored by a member. Please contact the WVPTA office regarding sponsorship.

All abstracts must be submitted online. Each abstract will be reviewed by three members of the Research Committee Abstract Review Team who will make the final decision regarding acceptance.

Abstracts require author information with credentials, contact information, place of employment, and email. Please ensure all contact information is correct. All future correspondence may occur via email. There is a 3,125 character limit including spaces but not authors or institutions. All abstracts must include the following required fields.

### **PTA Literature Review**

Ten research articles, to include a minimum of five peer reviewed articles, referenced in the review.

Analysis of non-PT treatment for the topic.

Analysis of PT treatment for the topic.

Clinical relevance of findings.

The WVPTA website has been expanded to allow online submissions. Additional information and samples of abstracts and posters are available on the site. Please visit [www.wvpta.org](http://www.wvpta.org) and log in to gain access to this section. If you have any questions regarding content or application, please contact the Alison Kreger at [akreger@wju.edu](mailto:akreger@wju.edu).

### **Student Collaborative**

Renee Riffle McGinnis, PT, DPT, OCS, COMT  
*Assistant Professor, WVU School of Physical Therapy*

#### **Student Collaborative**

On October 11, 2018 nearly 75 students from three programs met for a collaborative session. Third year physical therapy students from West Virginia University hosted second year physical therapist assistant students from Allegany College of Maryland in Cumberland and Pierpont Community and Technical College in Fairmont, West Virginia. Students began the session with a few icebreakers and physical therapy trivia games, then engaged in small group discussion regarding different patient cases. Discussion focused on the roles of physical therapist and physical therapist assistant during treatment with emphasis on best methods of collaboration and ways to foster open



communication. This was the fourth collaborative session meeting between programs and the event has been very successful. We all look forward to collaboration this fall 2019.

## 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 & Finalize 2019 Budget Proposal*– Budget approved during December committee meeting.

III. *Financial Position (12/28/18)*

<u>Current Assets</u>	
Cash & Cash Equivalents	74,488
Marketable Securities	72,331
Total Current Assets	146,819
<u>Total Liabilities</u>	----- 0 -----

V *Final Comments* – 2018 Total Revenue 102.06% of projections = \$91,750  
Total Expenses 96.79% of projections = \$82,285

The WVPTA Executive Committee approved a budget for 2019 that includes spending of \$89,824.96, with expected revenues totaling \$93,400.

Feel free to contact me at [Madrid.AffiliatedPT@gmail.com](mailto:Madrid.AffiliatedPT@gmail.com)

## INSURANCE UPDATES

SALLY OXLEY, PT, OCS, CHT, CMDT

WVPTA Payer Relations Committee Chair

**Highmark---** Effective January 1, 2019 Highmark has electronic forms available at their website at the Provider Resource Center. It is very important that providers communicate any changes in location or addition of clinics to Highmark timely. They have put out a bulletin that providers must verify their information. Highmark has started contacting practices for verifications and some Commercial insurers are actually making visits and asking to see Policies and Procedures.

**Medicare** - Functional Limitation Reporting and Modifier will no longer be required in 2019 by traditional Medicare. MIPS (Merit-based Incentive Payment System), however, was implemented January 1, of 2019. The APTA estimates that only about 10% of all physical therapists will meet the criteria for required participation. Those who must participate are those PTs who receive more than \$90,000.00 in Medicare Part B payments in a calendar year, provide

care for more than 200 Part B enrolled Medicare beneficiaries in a calendar year, or bill more than 200 professional services to part B beneficiaries in a calendar year. Those who do not meet the criteria and wish to opt-in to attempt to receive a bonus may do so, but they will also be subject to the penalty if they do not meet the reporting threshold.

The downside of not participating is we do not get an increase in the Medicare fee schedule until 2024. If we report successfully in 2019 we will be eligible for an increase of 4% for the 2019 reporting period. If we continue successfully we will be eligible for a 7% increase in calendar year 2021 and 9% in calendar year 2022. If you do claims reporting it will just be on Medicare part B traditional MC claims. If you are reporting via the registry, where there will be a charge per provider you will report on all patients, Commercial and MC Advantage plans. The advantage to using a registry is if your information is incomplete it can be modified before it is submitted to Medicare. With claims submission once it is in their system it cannot be modified.

Reporting status may change each performance year due to policy changes or eligibility status changes.

PTs have to report up to 6 quality measures including, an outcome measure, with 60% completeness.

Measure 130 – Medication Documentation

Measure 128 – BMI

Measure 131 – Pain Assessment and Follow-up

Measure 182 – Outcome Measure

Measure 154 – Falls Risk Assessment

Measure 155 – Falls Plan of Care

In addition, if you are reporting claims based (not using a Registry) you will need to complete several Improvement Activities reports at the end of the year. You can see those requirements on the APTA website.

<http://www.apta.org/MIPS/ParticipationOverview/>

### Participating in MIPS: What You Need to Know

MIPS participation occurs over a calendar year during which a participating PT or PT practice earns a MIPS score...

If you voluntarily opt-in you will be eligible for the bonus or the penalty. Once you opt in you cannot opt out, so be careful not to opt in by accident. Let your EMR provider know that you are not opting in and to remove the MIPS coding from your billing.

**The Health Plan** - The Health Plan was to implement changes in the plan effective January 1, 2019. They are pushing back the implementation of the changes regarding their use of Palladian Health to 1/14/2019.

Barbara Goode from The Health Plan and Laura Walters, PT from eviCore joined our payer call in December to discuss the changes that were to take place with The Health Plan. Laura was employed by Palladian Health, a utilization management company. Palladian merged with eviCore, another utilization management company, that will be handling authorizations for The Health Plan.

The changes will apply to all product lines, Medicare, Medicaid and Commercial. It does not affect self-funded plans. Following the initial evaluation the provider will apply for authorization of visits, not units. 99% of authorizations should be given immediately or within one business day, unless according to their guidelines, care is pended for peer review. It can be done by fax, telephone or online.

There is a treatment form on The Health Plan website and the eviCore Website that will need to be completed as well as their outcomes form. They will cover evaluation and treatment on the same day as long as the authorization date covers the date of the evaluation. The authorization request does not have to be submitted within any period of time. Each time a request for more visits is made the forms must be updated. If during the course of treatment a new region of the body requires treatment, another authorization can be submitted.

The number of visits a patient will receive per calendar year is determined by their benefit plan. The number of authorized visits will be determined by their research into evidence based practice. They expect for the 2 plans to be integrated so they should not authorize more visits than the plan allows, but check anyway. They anticipate authorizing 2-3 visits/week for the first month and then if we need more, do a re-evaluation.

It is recommended that you set up a login on eviCore. If you have questions you may call Laura Walters.

**Tricare** – The Department of Defense has finally submitted the language to include PTA /COTAs to treat their patients. There has not yet been an approval released, but we are getting close! The language is up for review until February 18, 2019. If there are no revisions, we should hear something by the first of March, 2019. So until then PTAs and COTAS cannot treat patients, even when supervised. You cannot bill for any care unless it is provided only by the PT or OT.

## THANKS TO OUR SPONSORS!



