

Oregon Log

A Component of the American

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3rd Quarter 2018

President's Message

Christina Howard, PT, MPT, President

I can hardly believe more than half of the year is over! Like many in Oregon, summer is a time for me get outside, travel, explore, and visit with friends and family. I love the fresh fruits and vegetables you can find in local farmers' markets and find that each year brings me a deeper appreciation for the backyard and local farmers who invest care and energy to help build a healthier community. There is a lot of planning, preparation, analysis, resources, and work that goes into a product that yields something people care about; a process that demands reflective practices, collaboration, data-informed decisions, and continuous improvement. For a look back at the work we've accomplished to-date and opportunities to build a stronger OPTA, check out the "Strategic Plan Progress Report" included in this PT Log.

OPTA is actively working to prepare a strong legislative concept that will drive change by reducing the administrative burden for patients to access physical therapy services. We will submit our concept to the legislator by the end of September, and then we will be hard at work reaching out to committees, lobbying, and refining strategies for the January 2019 legislative session that will advance a bill improving access to initiating physical therapy care without unwarranted delays in third party authorization.

Please contribute to the Oregon PT-PAC today. With more financial support, OPTA increases its capacity to access key legislators and grow support for passing a bill that puts timely and effective physical therapy patient care first. 100% of OPTA Board Members have contributed to the Oregon PT-PAC, because we recognize and value the importance of a strong legislative voice for patients and we are **eligible for an Oregon tax credit of up to \$50 per individuals with an adjusted gross income of less than \$100k, and up to \$100 for couples filing jointly with an adjustable gross income less than \$200k.** Share the opportunity to contribute with patients, practices, OPTA members, and OPTA future members and help bring the voices of patients to Salem.

Fall is a busy season at OPTA and we've got several opportunities for professional development and networking, including our Fall Business meeting with a PT Ed Talk in Portland, and a PT Ed Talk

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OPTA Continuing Education Calendar

Sept. 8 – Oct. 5, 2018

OPTA Elections

Sept. 20, 2018

Board of Directors Meeting
OPTA Office, Portland, OR

Sept. 26, 2018

OPTA PT Talk
Bend, OR

Oct. 11, 2018

PT Night Out

Click Here to Register

www.opta.org

* All listings are subject to change

OPTA Board

President

Christina Howard, PT, MPT
Eugene, OR
howardc@lanecc.edu

Vice President

Carol-Ann Nelson, PT, DPT
Bend, OR
carolann.nelson@gmail.com

Secretary

Jeremy Hilliard, PT, DPT
Hillsboro, OR
jhilliard@pacificu.edu

Treasurer

Ashley Berry, PT, DPT
Portland, OR
ashley.berry@providence.org

Chief Delegate

Michael Pagliarulo, PT, MA, EdD
Portland, OR
pags@ithaca.edu

PTA Representative

Jeannie Thompson, PTA
Portland, OR
neannie41@gmail.com

Directors

Megan Kaley, PT, DPT, WCS, CLT-LANA
Portland, OR
megan.kaley@providence.org

Clare Lewis, PT, DPT, MSPT, PsyD, FAAOMPT, MTC
Hood River, OR
hclarelewis@gmail.com

Erin McMullen, PT, DPT, NCS
Salem, OR
emcmullen81@gmail.com

Jeremiah Moore, PT, DPT
Medford, OR
jeremiah.moore.dpt@gmail.com

Committee Chairs

Chris Murphy, PT – Government Affairs
Portland, OR
chrismurphypt@gmail.com

Kristin Messing, PT – Nominating
Portland, OR
kristin.messing@providence.org

Michelle Duncan, PT, DPT – Continuing Ed.
Bend, OR
mduncan.pt@gmail.com

Colbie Jorgensen, PT, DPT, CLT – Membership
Portland, OR
colbie.jorgensen@gmail.com

Brian Wilkinson, PT, DPT, CHT – Newsletter
Hillsboro, OR
brianw@pacificu.edu

OPTA Office: 503.262.9247 • Toll Free: 877.452.4919
E-mail: info@opta.org

President's Message, continued from page 1

in Bend, Oregon. Our meetings are a great opportunity to network with colleagues and connect and build opportunities to improve OPTA and practice. OPTA is proud to be a bronze sponsor of Global PTDay of Service and is planning on a chapter-led activity. I encourage you to reach out to OPTA membership or consider a role as an ambassador to advance a project that is meaningful to you and your community. OPTA will also be electing leaders for 2019, and I encourage all members to review the election material and cast your electronic vote.

As we say goodbye to summer, I send a special thanks to our chief delegate, Michael Pagliarulo, the Oregon delegation, and volunteers that served at this year's APTA House of Delegates at APTA NEXT in Orlando. These hard-working advocates spend many hours reviewing and deliberating over proposed

motions that shape the future of the physical therapy profession. Our delegates are especially skilled at engaging in difficult conversations in order to build consensus, share in decision-making, and move the profession forward in meeting the needs of society, the association, and our members. My first attendance at the House was especially exciting, as we were able to personally celebrate the election of OPTA past-president, Derek Fenwick, to the APTA Nominating Committee. Congratulations to Derek for his continued dedication to recognizing and advancing leadership in physical therapy.

Let's continue moving forward and growing better together.

Visit our
Website at
www.opta.org

Employment Opportunities?

Check out OPTA's website for employment postings at <http://www.opta.org/employment.aspx>, or from the home page click on Employment and then review the opportunities that are posted.

If you have a job listing that you would like posted, please visit the OPTA website at <http://www.opta.org/employment.aspx>.

Job posting rates are \$100 for a 30-day posting. Take advantage of this great opportunity to market your position!

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Oregon PT Wins National Emerging Leader Award

The OPTA is proud to announce that Bethany Lukens was recently selected for the 2018 APTA Emerging Leader award. On behalf of the organization, we would like to congratulate Bethany on this noteworthy accomplishment and celebrate her special achievement! Provided is a portion of her nomination application that highlights her qualifications and distinctive tenets of service that deemed her worthy of this selection:

Bethany has been involved at the local and national level for many years, and she has steadily increased her influence and participation. Bethany has been involved with the GAC since her first year as a student at Pacific University and has attended HOD, Federal Advocacy Forum, and State Payment and Policy Forum as a representative of the OPTA.

Over the past two years, Bethany has taken over leadership as our payment chair. In doing so, Bethany has been very engaged with regulatory and payment staff in Alexandria and actively communicating with other component payment chairs. She has been an active member of the GAC - leading efforts on DME denials, helping to shape and present during our forum in Salem, and pitching in on the UM issues.

Her experience at the national level with APTA as a component payment chair, her attendance at both state and federal forums, and participation in the House of Delegates has her on a laser track for leadership. She played a huge role in coordinating this year's inaugural OPTA Payment and Policy forum, which is

targeted to be a yearly event with the association. She is leading the charge towards improved communication with our local key contacts; helping to put physical therapy issues at the forefront of the discussions at the legislative level.

Bethany's full list of contributions:

- OPTA Component Payment Chair, OR, 2016-present
- Serve as payment chair for Oregon chapter of American Physical Therapy Association (APTA) as content expert on CMS and private payor regulations.
- Identify barriers and promote improvements in payment policy through advocacy and legislation.
- Attend quarterly meetings, conference calls, and webinars and participate in daily online forums with Payment Chairs from all 50 states and payment leadership at APTA to discuss current payment and policy issues affecting our profession and relay this information to state members.
- Presented as content expert at State Policy and Payment Forum
- Created coalition of key contacts throughout state to address relevant payment, policy, and utilization management issues that affect rehabilitation services.
- Created online forum and avenue for ongoing payment-related discussions for key contacts and other state members.
- Oregon Physical Therapy Association (OPTA) Government Affairs

Committee, OR, October 2010- present

- Actively involved in legislation and advocacy aimed at positively effecting the profession of Physical Therapy at state and federal levels.
- Spearheaded policy and legislative request for Oregon Health Administration to update current Oregon Administrative Rules related to provision of medical equipment to ensure compliance with federal rules established by Centers for Medicare and Medicaid Services.
- Served as student liaison to strengthen collaboration between therapists, students, and educators.
- Northwest Assistive Technology Action Coalition, Portland, OR October 2016-present
- Collaborate with other leaders in field of seating and mobility to establish a stance on current policies related to medical equipment provision and affect change aimed to better serve patients.
- Lead policy reconstruction meetings with relevant regulatory bodies and third party payers including Oregon Health Authority and state Medicaid Coordinated Care Organizations.
- Member - Rules Advisory Committee for Oregon Health Plan, 2017
- Participant, APTA State Policy and Payment Forum, 2014-2016
- Participant, APTA Federal

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Secretary's Report

Jeremy Hilliard, PT, DPT, OPTA Secretary

The most recent OPTA Board meeting was held on June 14, 2018. As a reminder, Board meetings are open to all OPTA members who would like to attend.

Following the approval of the agenda, consent agenda, and financial report, a discussion was had regarding the OPTA Bylaws, with specific attention given to the language regarding the Ethics Committee. APTA no longer requires a standing committee. As there does not appear to be an ongoing need for a standing committee for OPTA, the Board unanimously approved language to modify the bylaws to change the standing committee to an ad hoc committee that is convened as necessary to investigate issues brought to the Board, including ethical complaints; Tim Esau has volunteered to be the new lead contact for ethics. The Board had much discussion on this topic and hopes this will not interpreted to diminish the importance of ethical practice in any way and is rather an update to the language of the Association's bylaws.

Next, a review of the Strategic Plan was held. For the remainder of 2018, the Board will focus on Goal #5, the communications plan, to better reach members. This is planned to include an updated newsletter, public relations and social media, and the website.

Updates were provided for various committees. Oregon PT-PAC: 100% of Board members have contributed a minimum of \$50 this year. Other members have contributed \$425 which counts toward the \$10,000 OPTA matching campaign. Many more contributions are encouraged! Education Committee: work on the 2019 annual conference is

being done. Todd Davenport is secured as a presenter on public health. Doc Talks are taking place and the name was changed to PT Ed Talks in an effort to better appeal to all members. The annual Pain Symposium will be held in early 2019 due to logistical timing difficulties. Chief delegate: there will be 58 motions presented at the House of Delegates this year, which is a very large number compared to other years. Among these is a motion regarding the reporting of sexual harassment; Oregon was involved by drawing attention to the need for sensitivity to the impact of the victim, noting that the larger questions are when is it appropriate to report and to whom. Also noted is the fact that, for the first time ever, the forum will be shut down during the House of Delegates. Membership Drive: the Membership Drive Phone-a-Thon was held on May 10 and participants reported an improved response rate to text messages versus phone calls to members. Multiple social media announcements went out during May to help keep membership engaged.

The Board also had a discussion regarding the organization's need for clean written agreements when considering partnerships with outside organizations, both not-for-profit and strategic revenue sharing situations. This will help provide clear information on agreement parameters, responsibilities of each organization, revenue sharing, language holding OPTA harmless, etc. The first application of these guidelines will be with Samaritan Lebanon for the upcoming Pain Symposium which will be joint promotion of both entities.

The Walk with Ease program is

progressing but at a slower pace than in others states because Oregon was the only Chapter to put all waivers through a legal review. Early in the program, one of the participants suffered an adverse event (unrelated to the program), but it was fortunate that a legal review of all waivers had been completed.

The next Board meeting is scheduled for September 20. Anyone interested in attending can find the OPTA office at 147 SE 102nd Avenue, Portland, Oregon 97216.

Leader Award, continued from page 3

Advocacy Forum in Washington, DC, 2012 and 2015

- Presenter, OPTA Annual meeting, 2015
- Awarded Outstanding Graduate: School of Physical Therapy, 2013
- Awarded the OPTA Emerging Leader Award, 2013
- Student Usher, APTA House of Delegates, 2012

Bethany is motivated, engaged, and will continue to make great contributions to the physical therapy profession, both in Oregon and at the national level. Her lengthy list of contributions and participation show a dedicated commitment to the advancement of physical therapy; and the promotion of the APTA vision and mission statements of improving the human experience and health of society.

OPT-PACnews: Election time!

Jeremy Hilliard, PT, DPT, Oregon Physical Therapy PAC Chair

Election season has arrived yet again! The Oregon Physical Therapy PAC (OPT-PAC) is planning/hoping/wanting to be active this fall. With a current balance of \$5581, we need your help! The OPTA Board approved a \$10,000 matching campaign. To date, just \$625 has been contributed toward this effort... WE NEED YOUR HELP!!

We have two legislatively contentious issues planning to be undertaken in 2019: utilization management and dry needling. Both are expected to require a substantial amount of political and monetary capital and that capital needs to be invested NOW. The majority of the OPT-PAC dollars go to candidates who sit on House and Senate Healthcare Committees, helping us gain access to educate them on our

perspective.

The OPT-PAC exists solely on voluntary contributions; no dollars come from membership dues or other sources. PAC funds are used as campaign contributions, not to “buy votes,” but to gain access to state legislators to educate them on topics of interest to physical therapists. These monies are distributed on a non-partisan basis by the Government Affairs Committee using a variety of factors including 1) candidate electability, 2) candidate “friendliness” toward PT issues, 3) appropriate contribution amount, and 4) timing of contributions. Without your generous and voluntary donations, we are unable to support our PT-friendly legislators. Legislative involvement at the state and

federal levels is vital for our profession now and moving forward.

Your vote supports your opinion and your legislators. Please also support your profession and your patients here in Oregon by donating to the OPT-PAC today. Remember that Oregon’s tax credit (not deduction) allows individuals to take \$50 (\$100 for couples filing jointly) off of their Oregon State income tax obligation, with some income restrictions. Remember that OPT-PAC contributions support Oregon state legislators and are separate from APTA’s PT-PAC contributions used to support federal legislators. A donation to one is not a donation to the other.

Please make a donation today!

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PT Northwest is a growing, locally owned, and nationally recognized physical rehabilitation group with 38 years of experience in Oregon. Therapist owned and operated, PT Northwest strives to provide the **leading physical rehab services** in the Pacific Northwest, while nurturing a **family-friendly atmosphere**. Our highly motivated rehab team provides physical, occupational, and speech therapy in the following settings:

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You can also check us out at:
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Report from the House of Delegates

Tabitha Galindo, SPT

The 2018 American Physical Therapy Association House of Delegates took place June 24th through 27th in Orlando, Florida. Each year, the OPTA takes two students, an SPT and SPTA, to participate in state caucuses and observe the processes of our national professional body. This year, I was honored to accompany the delegation and report on developments in the House.

First and foremost, congratulations to Oregon member Derek Fenwick PT, MBA, GCS on his election to the APTA Nominating Committee! Derek has worked tirelessly for the Oregon chapter, serving in multiple positions, and will be a phenomenal addition to national

efforts of the APTA. The House also elected a President, Vice President, and three Directors from a slate of candidates. During interviews, thematic answers of these nominees offered some insight into the future agenda of the APTA Board. Among these were: indicating the value of the physical therapist, increasing registry use, reducing student debt, increasing diversity within our profession, and the standardization of practice standards.

Subsequently, this year was an extraordinarily eventful as the House processed over 40 different motions. The Oregon delegation played a key role in crafting the language of: RC 24-18, prevention

of sexual harassment; RC 40-18, best practice mentoring; RC 43-18, pain science education; and conversations surrounding PTA supervision. Among other notable adopted motions, the APTA elected to distinguish the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE) as the accrediting body of for all PT residency and fellowship programs.

Lastly, I would like to recognize the Oregon delegation, led by Chief Delegate Michael Pagliarulo, for their dedication and innovation this year. Each of the delegates brought a unique perspective and skillset which, when combined, created an exemplary and influential force. It was a privilege for me to observe and collaborate with these individuals. I encourage you to reach out to one of our chapter delegates for further information regarding motions or future participation.

OPTA Offers a Medical Screening for the Physical Therapist Home Study Course!

OPTA offers a Medical Screening course in a home study format! You can now purchase the DVD home study program and take the course when it is convenient for you.

A home study course offers you the advantages of...

- Self-paced**—you can take the course at your own pace at your office or at home (must have DVD access on your computer or through your TV)
- Comprehensive**—the course is identical to the “live” version of the courses that we have offered including all of the handout materials
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The full course is a 12 hour course

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OPTA Members Only Section Log-In

It's like your log-in for the APTA website. Your APTA membership number is your User Name. Your first initial and last name is your Password. In the members only sections of the site you have access to: past Log Newsletters, government affairs information, committee reports, community forums and more.

Take a look for yourself at www.opta.org.

Government Affairs Report

Chris Murphy, PT, Government Affairs Committee Chair

Did you know that only \$125 of your annual dues goes to the Oregon Physical Therapy Association (even less for PTAs and students)? Of that \$125, only \$30 goes to support OPTA's advocacy efforts. The Oregon Physical Therapy Political Action Committee helps OPTA leverage those resources by supporting legislators who are friends of physical therapy. These donations give our advocacy team more opportunities to interact with key legislators. Your membership dues don't go to the PAC, but the OPTA is participating in a matching program in which the first \$10,000 in donations to the OPT-PAC will be matched by a donation by the chapter from retained earnings. Your contribution to the OPT-PAC is likely eligible for a tax credit, so that would decrease the amount you pay in state income taxes dollar for dollar. Help us reach this goal by making your donation to the OPT-PAC now. These funds will help our friends make it through the election and back to Salem for the crucial 2019 legislative session.

OPTA's Government Affairs Committee has spent the first half of 2018 building on our grassroots efforts from our Payment and Policy Forum in February. We've launched a new communication forum where OPTA members who've agreed to serve as liaisons to key legislators can interact with other key contacts and advocacy leaders to help refine OPTA's talking points. We're still piloting the tool, but we hope that it will improve communication about our advocacy efforts and spawn better communication strategies with the membership at large and with our partners in health care as well as the patients whom we treat.

The largest effort continues to be our work to chip away at the increasing administrative burden impacting the ability of our members to provide care to their patients. We have been working with a coalition of patient advocacy groups and other provider associations to develop a legislative concept for the 2019 session with a focus on transparency, fairness and efficiency. In the meantime, we've had a meeting with EviCore and Moda representatives and our annual in person meeting with Cambia and EviCore where we were joined by APTA payment specialist Elise Latiewic and members from the Idaho and Washington chapters. The message that the utilization management programs are not reaching the objective has been heard and we had a productive face to face with EviCore leadership where they revealed their development priorities to address some of our concerns.

The dry needling workgroup, led by Sarah Stuhr, has been

investigating paths to address that scope challenge and will meet with the Government Affairs Committee in September to discuss a legislative strategy.

On the Federal side, APTA has begun the shift to a post-Therapy Cap world with continued efforts to improve access to physical therapists in underserved areas, a focus on student debt, and meetings to ensure that the role that physical therapists play in combating the opioid crisis is understood. From the regulatory side, APTA continues to work with the Department of Defense to speed along the rule updates that will allow physical therapist assistants to take an active role in caring for Tricare patients. There are significant changes proposed in the rules CMS has published for implementation in 2019 for post-acute, home health, and outpatient therapies. Please keep an eye out for APTA resources and an OPTA series on preparing your outpatient practice to participate in MIPS.

Get Involved through Walk with Ease in Oregon!

Jose Reyna, PT, DPT, OCS

The OPTA continues to offer all clinics the opportunity to provide patient participation in Walk With Ease, an evidence based community program, which is equally supported by the APTA. If you have any questions or think this would be something you would like to implement at your facility, please feel free to reach out to Jose L. Reyna, PT, DPT, OCS at (503) 352-2615 or reyn1741@pacificu.edu. The program is offered as a self-directed booklet and could easily

be integrated to complement nearly any plan of care, saving one time in needing to establish and progress a walking program.

Information from the APTA can be found here: http://www.apta.org/uploadedFiles/APTAorg/Practice_and_Patient_Care/Patient_Care/Arthritis/WalkWithEase.pdf?utm_APTA

Information from Arthritis Foundation can be found here:

<https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Editor's Note

Brian Wilkinson, PT, DPT, CHT, CLT

Every fall, the renewal notice arrives to prompt me: it is once again time for me to submit the annual dues associated with an active membership in my professional association. Typically, my dues are paid under the assumption that my contribution serves to advance the many noteworthy tenets of the profession. However, in recent anticipation of paying this considerable amount, I decided to personally investigate the genuine impact of individual and collective giving. After several weeks of research, I was pleasantly surprised by my findings, and discovered how my contributions serve not only to benefit my labor but also advance a profession I so sincerely revere.

As a "Physical Therapist" member, the annual cost of APTA membership is \$295. The price of affiliating with the Oregon Chapter is an additional \$125, and as the national and state chapter dues cannot be separated, the total cost is \$420. The opportunity to join special interest groups related to specific practice areas is an added but optional cost. I am fortunate in that my employer helps to subsidize the cost of this association, however I recognize that not every therapist is quite so fortuitous. Regardless, I think it is important for every therapist out there—myself included—to understand, recognize and appreciate the value of their investment.

At the state level, I was reminded that necessary operating costs serve to compensate the administrative agency that manages the OPTA organization; all of our Board members are noble volunteers. I also

discovered that one of the largest expenses was related to hosting our annual state conference event held in March each year, and that this was one of many sponsored initiatives aimed at promoting relevant Continuing Education to fulfill the needs and requests of our members. In addition to promoting incentives for student members (Emerging Leader Award), members benefit from backing for things such as PT Day of Service as well as the multitude of committees (Nominations, Government Affairs, Ethics, Student Leadership, and Delegates, to name a few) that serve our member base. Most significantly, I revealed that advocacy support through the Physical Therapy Political Action Committee (PT-PAC) does not come directly through our annual fees. Fortunately, the OPTA earmarks legislative support for the PT profession as its most substantial financial priority outside of mere operation.

Nationally, an active membership offers each therapist a multitude of appealing benefits. Some of the more prominent items include such things as access to career opportunities, information on advanced proficiency certification through ABPTS, conference schedules and pathways to get involved with the 18 chapters and sections that are housed within the APTA organization. Beyond this, I was pleased to uncover information on how PT has reinforced its public awareness campaign (MoveForwardPT), and was invigorated by the abundance of evidence-based practice tools that are readily available for clinical use. I also encountered

resources related to payment, reimbursements and ICD-10 implementation, and discovered The Hub, an online community where members can exchange ideas and resources through an online discussion platform. More practically, APTA members are also entitled to corporate benefits through organizations such as GEICO and Office Max as well. Lastly, I uncovered that \$12 of my APTA membership allows my subscription to the Physical Therapy Journal (PTJ) and that \$10 garners my delivery of PT in Motion. The full list of member-associated benefits is available to view on their detailed website listing (<http://www.apta.org/Benefits/>).

Overall, my probing investigation revealed that the range of member perks are both wide-ranging and diverse. It also allowed me to realize more benefits and advantages than can be captured in one single article; you are encouraged to uncover these details as part of your own personal empowerment. Moving forward, I feel reassured by my ongoing investment, and am uplifted to realize that so much of my individual contribution aids in fostering quality education, advancing professional advocacy, and most importantly, ensuring that every member has a voice in elevating their vocation on behalf of the entire PT community. Therefore, when the next membership invoice expectedly arrives to my residence, I will bask in the joyful anticipation of disclosing my contribution knowing that our profession, the public and a plentiful cohort of individual therapists will earnestly benefit from my avid support.

Oregon Delegation Leads Change in APTA Policy on Sexual Harassment

Michael A Pagliarulo PT, EdD, Chief Delegate Oregon Chapter

At the recent meeting of the APTA House of Delegates (June 24-26, 2018; Orlando, FL), the 7 members of the OPTA Delegation were fully engaged in the entire event. This annual meeting of over 400 delegates representing the APTA chapters, sections, Board of Directors, PTA Caucus, and Student Assembly included a review of updates to policies of the House of Delegates (HOD) as submitted by a Special Committee on House Documents (SCOHD). At our monthly meetings since January, our delegation diligently reviewed all 57 motions that were under consideration for this meeting. These ranged from housekeeping motions, such as rescinding outdated policies, to substantive issues, such as a new position on Commitment to Person-Centered Services. Through our participation in an electronic forum and virtual town halls that preceded the HOD, as well as the meeting in June, we were instrumental in suggesting changes in language of several motions that were subsequently adopted by the HOD.

One motion in particular involved extensive collaboration among a variety of interested parties that was spearheaded by the Oregon delegation over the course of 2 days of the June meeting. The motion was an update to an existing position on sexual harassment adopted by the HOD in 1999. The original position, with the update as presented by the SCOHD underlined, is noted here: *Environments where physical therapist services are provided, or where the work of the American Physical Therapy*

Association and its components is carried out, should be completely free of sexual harassment.

Members of the association have an obligation to comply with applicable legal prohibitions against sexual harassment and report instances of sexual harassment to the appropriate authority.

The addition of the reporting requirement may seem very appropriate at first, but the Oregon delegation was concerned about the potential negative consequences to the individual(s) affected. We suggested language that would offer protection and consideration to the individual(s) affected before reporting. Because of the sensitivities to legal and ethical considerations, the exact wording required dialogue among several key groups, including the SCOHD, the Board of Directors, and APTA legal counsel. The final language that was presented as an amendment to the motion

involved the second sentence, so that it would read (new language underlined): *Members of the association have an obligation to comply with applicable legal prohibitions against sexual harassment, to actively foster an environment in which sexual harassment is not accepted, and to protect individuals from sexual harassment and its negative consequences. Members shall, with permission of the affected individual(s), report sexual harassment to an appropriate authority.* The amendment was adopted by a unanimous vote of the HOD. We were very pleased with this outcome.

We are currently in the typical calm following the annual meeting, but our work will resume this fall. The SCOHD reviewed only half of the existing House policies, and

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Updates from Nominating Committee

Sukhee So Chinn, PT, DPT, CEEAA

Nominating Committee has been working on developing another strong slate for Oregon's upcoming election. We have a variety of leaders from Oregon, varying in demographics, clinical settings, and backgrounds. Elections will be held online in September this year and members have all month to vote!

The following members have been slated for the 2019 Board:

President-Elect: **Christina Howard**

Vice-president: **Carol-Ann Nelson**

Secretary: **Jeremy Hilliard**

Treasurer: **Ashley Berry**

Director (4 positions): **Megan Kaley, Erin Kettler, Erin McMullen, Jeremiah Moore, Jeannie Thompson**

PTA Representative: **Stacy Mosbrucker, Gregory Plath**

Chief Delegate: **Michael Pagliarulo**

Delegate (6 positions): **Annie Bargmann, Lisa Flexner, Tasha MacIlveen, Keaton Ray, Leigh Reece, Luke Snelling, Anne Zymkowitz**

Nominating Committee: **Laura Cantrell**

Along with elections, Nominating Committee has taken the data and feedback from last year's membership survey on leadership development and is working to craft a training program that we can offer our members. Stay tuned as this remains in the early stages.

Lastly, Kristin Messing and I would like to congratulate our Nominating Committee partner, Derek Fenwick who was recently elected to APTA's Nominating Committee! We are excited for you and way to represent Oregon!

Sexual Harassment, continued from page 9

will complete its task for the meeting of the HOD in 2019. Our delegation will review the proposed updates as they are posted, as well as other motions as they are developed, and provide feedback along the journey to the meeting. You are represented by individuals who are truly committed to our profession and the patients and clients we serve. I am proud to be a part of this delegation.

Change of Email Address or Phone?

If you have a change of email, address, phone, or fax, you can send it to the OPTA office by calling 503.262.9247 or toll free at 877.452.4919, or email us at info@opta.org.



179 The Meeks Method®: Osteoporosis and other Musculoskeletal Conditions

Reno, NV
St. Mary's Regional Medical Ctr
December 1-2, 2018
Deb Gulbrandson, PT, DPT



214 Core Competencies for Traumatic Brain Injury Rehabilitation

Seattle, WA
Highline Physical Therapy
October 27, 2018

Sheldon Herring, Ph.D.



We follow the PT State Licensing Boards guidelines for WA and OR. Motivations Inc is an AOTA approved provider.

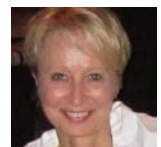
217 Adult Neuro-Handling Techniques...Concepts for Stabilization and Function

Spokane, WA
St Luke's Rehab Institute
November 17-18, 2018
Michelle Mioduszewski, MS, OTR/L



254 Assessment & Treatment Strategies for Stroke Recovery

Seattle, WA
Highline Physical Therapy
September 15-16, 2018
Ewa Jaraczewska, PT, CKTI



For information visit: www.motivationsceu.com admin@motivationsceu.com

Strategic Plan Progress Report - August 2018

Christina Howard, OPTA President

At the start of 2018, the Board of Directors approved seven strategic goals. Although some goals have shared outcomes and emerging priorities, the following provides a quick glance of some of the ways OPTA is working toward meeting these goals. Looking for a way to engage with OPTA? Contact info@opta.org or reach out to your board members, APTA delegates, or your committee leads with your interest and ideas.

Goal 1: OPTA's advocacy creates needed change to benefit physical therapists.

Outcomes to-date:

- 40+ members attended February 2018 State Payment and Policy Forum in Salem, discussing grass roots advocacy tactics and efforts to affect legislation
- Initiated web-based communication tools to improve information sharing within Government Affairs committee and its key contacts
- Applied for APTA legislative grant to support OPTA's efforts to improve utilization management and reduce prior authorization administrative burden for physical therapy services
- APTA Payment Chair, Bethany Lukens, recognized as an APTA Emerging Leader for her legislative and advocacy efforts on behalf of OPTA and Oregon.

Priorities and Next steps

- Fundraise and increase balance in Oregon PT-PAC to support effective lobbying and legislative actions into the 2019 session

- Develop key contacts within OPTA to prepare for 2019 legislative session an support for passing utilization management bill
- Develop a timeline for what is needed to effectively develop legislative support for including dry needling in the scope of practice

Goal 2: OPTA members initiate events and opportunities that advance OPTA goals.

Outcomes to-date:

- Ongoing support of the National Association of Chronic Disease Director's "Walk with Ease" program for arthritis management through grant administration in partnership with OPTA member and Pacific University faculty member, Jose L. Reyna, PT, DPT
- Board of directors drafted an OPTA Partnership Agreement modeled from APTA partnership frameworks to promote formal collaboration with aligned agencies and organizations
- Bronze sponsorship of Global PT Day of Service and Ambassador registration for the October 13th event
- Calendar of OPTA events on the OPTA home webpage is accessible and current

Priorities and Next steps

- Continue to promote recruitment and participation in Walk with Ease Program
- Finalize a OPTA Partnership Agreement and promote partnership building structure and opportunities to the membership

- Promote and publicize opportunities for PT Day of Service
- Support Student Leadership Committee and Early Career Members on developing professional development day concept and event
- Coordinate with APTA and explore opportunities and structures for an OPTA Diversity Committee

Goal 3: OPTA members have access to high quality, relevant professional development and other continuing education opportunities.

Outcomes to-date:

- Record attendance at 2018 Spring Conference
- Four PTEd/workshops hosted or scheduled in Portland, Eugene, and Bend on issues and techniques affecting contemporary practice
- Initiated partnership with PainWise to develop content for January 2019 interprofessional conference in the mid-valley that will focus on effectively treating pain

Priorities and Next steps

- Develop and strengthen opportunities to offer PT Ed talks throughout Oregon
- Promote robust participation in call for proposals for 2019 Spring Conference
- Recruit members to support and advance the work of the continuing education committee
- Develop formal leadership program for OPTA members

Continued on page 12

Goal 4: The general public and key audiences are aware of the value of physical therapy.

Outcomes to-date:

- Link to Oregon “Find a PT” is supported through geolocation when consumers access the MoveForward.org

Priorities and Next steps

- Recruit and hire a lobbyist to advance OPTA’s efforts within a coalition to pass utilization management bill in 2019
- Coordinate with APTA to promote public awareness campaigns through OPTA activities, publications, and social media channels
- Coordinate and promote PTA anniversary event

Goal 5: OPTA engages in effective 2-way dialogue with members.

Outcomes to-date:

- Phase 1 of website redesign completed
- Direct phone outreach to lapsed members during our May membership drive
- Increased use of Facebook and Twitter to share information about OPTA initiatives, call-to-action, and general practice and professional interest
- Hosted live panel on PT residences through cloud-based video conferencing

Priorities and Next steps

- Develop and launch a mobile-friendly communications and newsletter announcements
- Continue to advance use of social media to increase OPTA communication effectiveness
- Coordinate with APTA to join “APTA Engage” and share volunteer pool information between OPTA members and

OPTA leadership

Goal 6: OPTA’s board of directors is strong, vibrant, and committed.

Outcomes to-date:

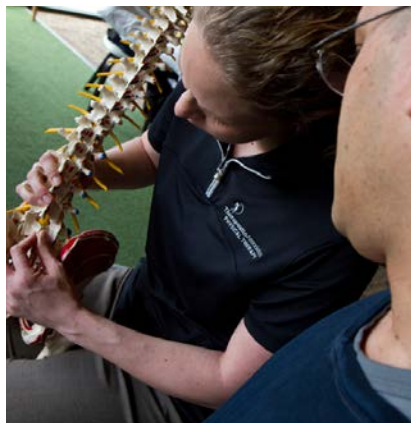
- Regularly monitors progress on OPTA strategic plan
- Excellent attendance and participation in board meetings and decision-making
- Hosted live panel on PT residences through cloud-based video conferencing
- Strong interest in continuing to serve in an elected office

Priorities and Next steps

- Continue to track progress toward goals
- Assess board effectiveness and development opportunities

Goal 7: Oregon’s APTA delegation continues to play a leadership role in national policy

Continued on page 13



Therapeutic Associates is a Learning Organization.

We promote education to further individual professional development through:

- APTA Accredited Orthopedic Residency Program
- Continuing Education Series
- Leadership Track
- Mentorship

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Our passion is seeing our patients succeed through individualized care, founded in evidence based practice. Benefits for our teammates include generous education support.

If this sounds like an environment for you, apply today!

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CONTINUING EDUCATION

We offer courses with subject matter taught by leading instructors to help our therapists and our PT community achieve their goals.

For a list of our current available courses, additional course information and registration, please visit:

www.therapeuticassociates.com/ConEd



OPTA August Financial Report

Ashley Berry, PT, DPT, Treasurer

This financial statement is current through July 31, 2018.

Total income for the year to date is \$126,836 which is at 62% of the budgeted income for the year; we are currently not on track with projected revenue for the year. That being said, there are still some revenue opportunities with workshops, sponsorships, investment income and dues that are upcoming. Total expenses are \$119,106, which is at 55% of budget, so managing our expenses has helped to offset the lack of revenue so far this year. This

leaves a net ordinary income of \$7,730, which is great because this time last year we had a negative balance net ordinary income of (\$5,164) with total expenses exceeding total income.

Year-to-date membership dues are at \$79,159 compared to \$67,228 last year at this same time and is at 55% of the targeted budget for 2018. Our 2018 Annual Conference income exceeded budget by 7% with \$32,850 net income. Workshop/evening program net income is at \$1,575 which is only 16% of the targeted budget. This revenue tends to

increase in the fall when the OPTA offers some great programs in conjunction with the fall business meeting (Sept. 8).

Through Quarter 2 of 2018, there has been a net investment income/ (loss) of (\$-4,496). Total assets remain very strong at \$546,999.12, although this number is trending down this year vs. \$564,495.05 at this time last year.

All other income and expenses are tracking to budget goals at this point in time.

If you have any questions, please contact me at ashley.berry@providence.org

Strategic Plan, continued from page 12

making for APTA.

Outcomes to-date:

- Thoroughly analyzed and discussed all prospective motions before the House of Delegates
- Actively advocated for guidelines for protecting providers and others from sexual harassment
- Actively advocated for adopting DPT curricular standards for pain education
- Demonstrated leadership in civil discourse and collaborative decision making at the APTA House of Delegates

Priorities and Next steps

- Develop a budget to effectively support the work of the delegates and alternate delegates at the 2019 House of Delegates in Chicago, IL.

What I'm Proud of as an OPTA Board Member

Jeremy Hilliard, PT, DPT, OPTA Secretary, Oregon Physical Therapy PAC Chair

As I reflect on what makes me most proud as a Board member, the PT Night Out phrase "do more together" keeps coming to mind. I am proud and fortunate to be a Board Member for an organization that is innovative, progressive, and nationally recognized for its accomplishments and proceedings. It is our leaders and members who helped Oregon become the first State to pass the Interstate Licensure Compact into law. It is our delegation who contributed substantially to the APTA's current vision statement for the physical therapy profession. It is our delegation who started the national conversation regarding student physical therapist debt. It is our leadership and membership who conceived and grew PT Night Out from a

single gathering to a national happening.

And if you ask any of these leaders about their accomplishments, it is always "we" who have done it. Or "our state." Or "the Oregon delegation." Rarely, if ever, is any of our accomplishments celebrated singly. I am proud that I get to be included in "we" and part of an organization that does not stand still or accept what is without looking to what could be. I am proud and humbled to work alongside many who are recognized locally and nationally for their service to move our profession forward for the benefit of our patients.

I am proud to say that I am an OPTA member and that "do more together" is not just a catch phrase.

Welcome New and Returning OPTA Members

Dale Scofield, PTA
Eun Jung Park, PTA
James Stickles, PTA
Jennifer Turner, PTA
Andrew Carlson, PT
Ariel Reiter, PT, DPT
Caroline Schlais, PT, DPT
Chad Volk, PT, DPT
Cory VanSteenwyk, PT, DPT
David Therrattil, PT, DPT
Delia Smith, PT
Eric Edwards, PT, DPT
Erica Wible, PT
Evan Snyder, PT, DPT
Glenn MacLean-Talbot, PT
Hannah Scholter, PT
Ines Cornelio, PT, MPT
Jesse Elis, PT, DPT
Jessica Bochsler, PT, DPT
Kaitlyn Schlueter, PT, DPT
Katherine Haka, PT
Kathryn Rockafellow, PT,
DPT, ATC
Kathy Newman, PT
Kristine MacLean-Talbot, PT
Landan Morgan, PT, DPT
Lilibeth Swenson, PT, DPT
Logan Sullivan, PT
Logan Thompson, PT, DPT
Maribeth Lyn Coloma, PT
Mario Urdaneta-Moncada,
PT
Matthew Weston, PT, DPT
Parwana Schell, PT
Robert Spaulding, PT
Ryan Abbott, PT, DPT
Sally Muir, PT, DPT
Sara Grafil, PT

Sarah Woodward, PT
Stacy Wong, PT, DPT
Tzurei Chen, PT, PhD
Winston Kennedy, PT
Aaron Barnard, SPT
Augustine Doblado, SPT
Emily Ironside, SPT
Ian Ludvickson, SPTA
Katherine Young, SPTA
Katie Layton, Pre-PT
Kayla Rondeau, SPTA
Michaela Cioffredi, SPT
Miriam Perez, SPTA
Nicole Craig, SPT
Sarah Tiffany, SPT
Seth Cory, SPT

Questions Regarding Your Physical Therapy License or Practice?

Contact the Oregon
Physical Therapist
Licensing Board

[http://www.oregon.gov/
PTBrd/pages/index.aspx](http://www.oregon.gov/PTBrd/pages/index.aspx)

971.673.0200

PT Day of Service – We Need YOU!

2018 marks the 3rd year that OPTA will be participating in the PT Day of Service. Each year the membership committee organizes a project to serve the people of Portland. This year, we will be participating in Nite Strike.

Nite Strike is a community gathering that mobilizes volunteers/services, meets felt needs, and develops relationships that transforms lives. Nite Strike meets every Thursday evening under the Burnside Bridge to serve the homeless community with hot meals, a free haircut/shave, and to replace shoes/clothes/sleeping bags along with other services. This is also a chance for you to share the experience by helping to serve the homeless in

our community, and more importantly, invest in lives and build relationships with the people you meet. For more information on Nite Strike, please click here: https://bpmpdx.org/humanitarian_services/night_strike/.

OPTA will be serving on two different Thursdays this year: October 11th and October 18th. You will need to arrive at the Liberation Street Church at 214 W. Burnside Street, Portland, OR 97209, at 7:00 pm sharp for orientation.

To sign up, please follow this link: <http://signup.com/go/sdgptWD> and then go to <http://ptdayofservice.com/> and click Pledge to Participate.

Because People Matter.



OREGON LOG

147 SE 102nd Ave.
Portland, OR 97216

OPTA
503.262.9247
Or tollfree at 877.452.4919
E-mail: info@opta.org
Web site: www.opta.org

Oregon Log Advertising Policy

The Oregon Log is published quarterly (four issues per year) in March, June, September and December. All display ads must be pre-sized in camera-ready form. OPTA reserves the right to not publish advertisements or articles of OPTA's choosing. Deadlines for the 2018 issues are: Aug. 15 for the 3rd quarter issue and November 15 for the 4th quarter issue.

Ad Size	Per Issue
Full Page - 10" high by 7.5" wide	\$350.00
Half Page - 4.5" high by 7.5" wide	\$200.00
Quarter Page - 4.5" high by 3.5" wide	\$125.00

OPTA Announces Advertising Package Opportunities!

The OPTA publications committee has a advertising package plan that offers a variety of advertising opportunities.

If you are interested in purchasing a package, please contact Kori Hasti at the OPTA office at 503.262.9247 or 877.452.4919 or via e-mail at info@opta.org.

Advertising Packages

Package Includes	Gold	Silver
Web site logo & link	1 year	N/A
Web site employment advertisement of 100 words	1 year	1 year
Newsletter display ads	1/2 pg ad for 1 year	1/4 pg ad for 1 year
Vendor listing in newsletter	4 issues	2 issues
Conference exhibit space	1 booth	25% off fee
Conference brochure vendor listing	1 listing	1 listing
Conference name displayed on vendor list	1 listing	1 listing
Package prices:	\$2,000	\$1,000

Classified: Classifieds are charged at the rate of \$75 per classified ad which includes up to 150 words.

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