

President's Message

Christina Howard, PT, MPT, President



As I reflect on my experiences with OPTA over this past year, I note that tomorrow there is a harvest moon. The metaphor of harvest aligns so strongly with what it means to belong to our professional association. Harvest is a reward; an abundance that nourishes and sustains a community. It is a tangible outcome of the many who plan, plant, toil, and grow together.

Diversity, collaboration, and resilience in our professional ecosystem ensure that our members, prospective members, patients, and community members can adapt and thrive. I'm proud and humbled by our chapter's commitment to quality, innovation, excellence, advocacy, and inclusion. This commitment is embodied in our plans, actions, outcomes, and aspirations, which honors our professional code of ethics, and each other, and society.

We're proud to celebrate physical therapy month through this inaugural OPTA newsletter for all licensed physical therapy providers in Oregon. This issue recognizes what we have grown in our community, and it is information worth sharing. As you enjoy the articles and information, I challenge you to take these three actions:

- 1) Reach out to a featured colleague and thank them for what they do on behalf of physical therapy.

Everyone featured here volunteers their time, service, and expertise on behalf of our profession, and they are the backbone of our work. The strength of leadership within our association is what sustains my excitement and love for physical therapy and motivates me to sow seeds of change alongside these folks.

- 2) Set one goal you can achieve in support of our critical role in representation and advocacy.

When you claim your professional identity through OPTA membership, contribute to our political action fund, and take actions that help us meet our mission, you build personal leadership and exponentially strengthen what we can do on behalf

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of patients. ***OPTA is the primary voice for physical therapy and physical therapy providers in Oregon.*** OPTA is the land upon which we grow our strength and relevance. Demonstrate what it means to belong in a profession by taking an action that builds our profession, ensures OPTA's voice is heard in Salem and beyond, and is meaningful to you. Imagine what you can grow.

3) Share what you think our priorities should be moving into 2020.

Next year marks year three of our three-year strategic plan (opta.org/strategic-plan), and APTA celebrates 100 years of physical therapy in 2021. It's time to get together and plan for the next harvest. What should be our legislative priorities? How can we make OPTA membership and

essential component of our professional ecosystem? How do we strengthen our relevance and value for students, early-career, mid-career, and sustained-career members? What should we do to make sure every physical therapy provider feels like they are represented and belong in OPTA? Be sure to review what's been accomplished over the last two years in the strategic plan report and then share your thoughts in our survey.

On behalf of OPTA, thank you for work each day, and in making a difference in the lives of patients, families, and profession. I'm grateful to all of our members, and I am earnest in my wish to have all of you share in the harvest through membership and engagement with OPTA. For me, membership has yielded an abundance that I never imagined, and I look forward to sharing it with you.

Upcoming Events

October 28	Board of Directors Elections close
October 29	Dry Needling Task Force
October 31- November 2	November 2 - APTA National Student Conclave
November 4	Government Affairs Committee Meeting
November 7	Membership Committee Meeting
November 12	Board of Directors Meeting
November 21	Oregon PT Night Out
November 26	Dry Needling Task Force
December 2	Government Affairs Committee Meeting
December 4	CE Committee Meeting
December 5	Membership Committee Meeting
December 7	OPTA Retreat and Annual Strategic Planning Meeting <i>Special guest, Kip Schick, PT, DPT, MBA, APTA Liaison, APTA Board of Directors</i>



Time to Celebrate Why You Choose PT

Message from OPTA President, Christina Howard, PT, MPT

The Oregon Physical Therapy Association is proud to celebrate Physical Therapy Month and introduce our annual print edition of the PT Log for all PTs and PTAs licensed in Oregon. This newsletter introduces you to our current efforts to be the most influential voice and advocate for physical therapy as a leader in advocacy, practice, innovation, and service.

In this edition, we will share how our fantastic volunteer leaders are advancing the mission and vision of physical therapy by being a member of OPTA. We will also invite you to share what you believe are priorities for PTs, PTAs, and patients in Oregon. We want to know how we can grow as a capable partner in service to our vision: “Transforming society by optimizing movement to improve the human experience.” Finally, we will provide you information and resources that reinforce the value of OPTA and APTA membership.

By joining OPTA for the first time, or by committing to renew your membership, you amplify the most active voice for the physical therapy profession in Oregon. Join me in celebrating why we “Choose PT,” and learn more about how you help move OPTA forward.

OPTA Survey

Please take 7-10 minutes to let us know your thoughts about the future direction for OPTA and the physical therapy profession:
<https://tinyurl.com/opta-survey>

Survey close date: November 7, 2019.

OPTA MEMBERSHIP BENEFITS

At A Glance...

1 EDUCATIONAL OPPORTUNITIES



Members receive discounted pricing at educational events held throughout the year. Take advantage of your membership to attend educational events that will enhance your career!

2 LEGISLATIVE ADVOCACY



The Oregon Physical Therapy Association's Government Affairs Committee works with the American Physical Therapy Association and our lobbyist to advocate for the profession in Congress, in the Oregon Legislature and with the numerous regulatory bodies that influence our profession.

3 MARKETING OPPORTUNITIES



OPTA has multiple marketing tools for member companies that want to get in front of the membership at large. Take advantage of unique opportunities to participate in sponsorship packages, exhibitor displays at events, and newsletter advertising. Companies are also able to post job openings on the website.

4 NETWORKING AND LEADERSHIP

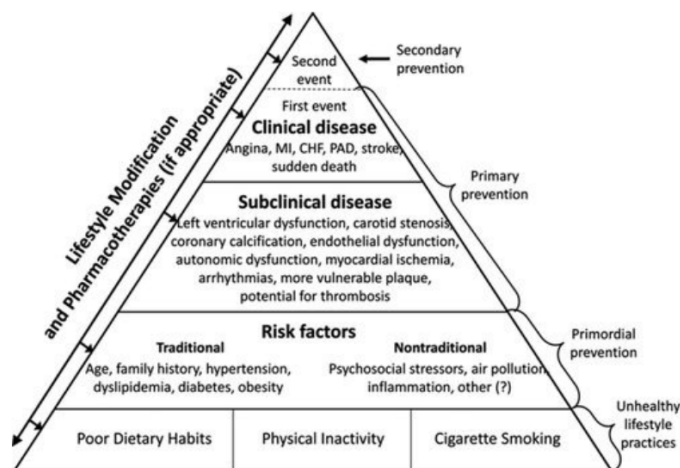


Meet and greet with your peers at events such as Oregon PT Night Out, educational events and seminars, or by joining a committee. Many of our members have increased their leadership skills by becoming involved in committees. There are numerous committees and time commitments to select from so members can be in charge of their involvement.

www.opta.org/membership

Population Health, Physical Activity, & Physical Therapy

Physical inactivity is the biggest population health problem of the 21st century and is a primary cause for most chronic diseases. (1,2). Yet if we are honest with ourselves—PTs, PTAs, and students alike—there are very few of us who have taken substantive action to change our own practice in order to positively impact population health. We spend our time treating individual disease and dysfunction.



Population health is a focus on all factors within a population that influence the health of individuals in that population over the course of their lives. As such, prevention and health promotion represent strategies for improving population health. Health promotion is closely tied with prevention and refers to the process of empowering people to increase control over their health. Expanding the physical therapy scope of practice to include prevention and health promotion as a means of improving population health is not a new idea (3, 4). And it is clear that increasing physical activity for people of all ages and abilities leads to better health outcomes. So how might we affect our communities throughout Oregon such that more adults get at least 150 minutes weekly of physical activity per week and children get 60 minutes daily?

Let us describe what we are intending to do in our own efforts to promote better population health here in Oregon. We are starting by bringing together PTAs, PTs, and students who want to actively collaborate—to hear from those who have ideas and passion around this. Next we will need input from our patients, our fellow healthcare providers from all areas of practice, and our community partners. Ultimately, the goal is to create a voice around how we are all working together in Oregon to improve physical activity. We'll together identify measures and outcomes that are important to everyone, as well as resources and

tools to move quickly to action that yields sustainable results.

Meanwhile, what might this call to “change our own practice” look like right now in your clinic? In their recently published article, Magnusson and colleagues (5) suggest starting with “collection of a more holistic set of health indicators and related determinants” during our initial physical therapy exam. Upstream toward prevention, they offer examples of PT/PTA involvement in employer-based programs, community health promotion endeavors, “inclusive community design,” and health policy. Finally, they suggest a shift toward systematic tracking of outcomes at the activity and participation level, as well as measuring “behavioral, social, or environmental factors known to influence clinically relevant outcomes.” One such measurement tool might be PROMIS (Patient-Reported Outcomes Measurement Information System®), which offers a multitude of highly-validated outcome scales like Self-Efficacy, Ability to Participate in Social Roles, Cognitive Function, and Positive Affect [<http://www.healthmeasures.net/explore-measurement-systems/promis/intro-to-Promis>].

Our goal in the next two years is to be working alongside 100 PTs/PTAs/students in Oregon who are changing their practice to prioritize population health via promotion of physical activity. Here are our guiding principles for this work together:

- Physical Activity wins the day every time (150 minutes weekly for adults, 60 minutes daily for children).
- Relationship and “networks of action” are the foundation of real change.
- Top-of-license practice drives the effectiveness of Physical Therapy higher, in the clinic and in our communities (e.g. organizational partners, primary care, schools).
- We are accountable as PTAs/PTs to health and wellbeing outcomes.

So that's it. We have declared that our Physical Therapy profession is “uniquely positioned” to do this—to increase the health and wellbeing of our Oregon population through physical activity. That does not mean we can do it alone, but rather alongside all healthcare professionals and community partners who want to do this work. We invite you to take a first step right now in your own practice toward better population health. Ask your patients to quantify their

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Interested in Minority Affairs in Oregon?

OPTA's Cultural & Minority Affairs Committee is committed to:

- Building professional community among current and aspiring PTs and PTAs
- Creating opportunities across the state to increase the professions involvement with under-served communities
- Engaging in education for ourselves and our professional community through the development of continuing education events and conference presentations.

Find us at <https://www.opta.org/cultural-and-minority-affairs> and Follow us on Facebook <https://www.facebook.com/OPTACMA/>



Cultural Minority Affairs committee members enjoying CMA's 2019 Inaugural Spring Social event at Portland Center Stage. (left to right) Mark Duyck, Susan Weedall, Katie Farrell, Winston Kennedy, Talina Marshall Corvus, Jose Reyna.

Population Health, continued from page 4

level of physical activity, and then work to motivate those who are sedentary to start moving. Take patient vitals regularly, and then take action to improve physical activity for those individuals with concerning numbers. Start measuring at least one "behavioral, social, or environmental factor" that is a known determinant of health outcome for your patients (e.g. routinely administer PROMIS Self-Efficacy, and General Life Satisfaction scales), then support your patients in acting to increase their own amount of weekly physical activity.

Be on the lookout for opportunities to connect with this initiative in the coming months.

Dan Kang PT, DPT, serves as our state's APTA Population Health Champion, putting people together to find effective ways to increase physical activity in our population and as an Assistant Professor of



Dan Kang, PT, DPT

Physical Therapy at George Fox University.

Ryan Jacobson PT, DPT, PCS, serves our communities in both clinical practice and as Associate Professor of Physical Therapy at George Fox University.

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OPTA Member Led Initiative Grant Recipients Announced

Tabitha Galindo, PT, DPT, OPTA MLI Workgroup

The Oregon Physical Therapy Association (OPTA) designed the Member Led Initiatives (MLI) Grant to support local, member-driven projects that promote the values of the APTA within Oregon. We are proud to report that we received many admirable applications in the grant's inaugural year. Please join us in congratulating the following selected grant recipients:

- **Talina Corvus** — “Leadership Development Plan”
- **Kate Stribling** — “Power Mobility Training Platform Project”
- **Sharna Prasad** — “Drug Cabinet in the Brain”

Here is what the 2019 MLI grant recipients had to share about their up and coming projects:



Talina Corvus, PT, DPT, LMT

1. Leadership Development Plan

“Transformation requires leadership... Creating a low barrier to entry Leadership Development (LD) courses, available to PTs, PTAs, and students, can put the OPTA in a position to increase its engagement with Physical Therapy professionals in Oregon, grow its leadership pipeline, and create more diverse career ceiling

opportunities for therapists. This initiative plans to develop a leadership development curriculum that is accessible through an online platform to all Physical Therapy students and professionals.”

—**Talina Corvus**



Kate Stribling, PT, DPT

2. Power Mobility Training Project

“Individuals with severe motor impairments are often limited in their ability to independently engage with and learn from their environment. The motor development team at Portland Public Schools (PPS) and Oregon State University’s (OSU) College of Engineering have partnered to build a power mobility training platform. After developing initial designs with this project, OSU’s College of Engineering Prototype Development Lab can help create a standardized product design enabling other providers and individuals who experience disability to build and implement mobility training platforms in their communities.”

—**Kate Stribling**



Sharna Prasad, PT

3. Drug Cabinet in the Brain

“Oregon is ranked 6th in substance abuse in the country and 49th in the nation with resources (OHA). This epidemic cannot be managed without the engagement of the society. Our vision is to transform high and middle schools in Lebanon, OR with empowerment and choices of movement and behavior change. For the community to understand the biopsychosocial nature of pain, the teachers to feel empowered, and the students to have tools to deal with their stressors.”

—**Sharna Prasad**

We are incredibly pleased with the exceptional project applications we received and look forward to engaging with this year’s recipients and the communities they will serve. Recipients will be reporting on their funded projects throughout 2019 and 2020, so be on the lookout for social media and email updates! (facebook.com/OregonPhysicalTherapy, twitter.com/OregonPTs) Have your own idea? Our next cycle of applications will begin in 2020.

OPTA Leadership Development Initiative

The OPTA Leadership Development Initiative has been steadily moving along throughout the year and recently picked up steam powered by a grant from the OPTA member-led initiative program. These grant funds will be used to fund access for OPTA members to engage in a set of short leadership modules currently in development that will live on the Medbridge platform or another similar learning management system. The modules slated for creation include:

- Leading Yourself: The Basics
- Leading Others: The Basics
- How the OPTA / APTA “works” - details about the structure and function of the organization
- What the Oregon PT Licensing Board does and how it relates to OPTA
- What the Oregon Health

Authority does & how it relates to OPTA

- How the Oregon state legislature “works” - details about creating legislation and navigating processes in Salem
- OPTA-PAC: What it is and why it matters
- How to build effective relationships: One-to-One Conversations
- How to build strategic relationships with community groups
- How to mobilize local PTs / PTAs / students in your community
- Diversity & Inclusion: What it is and why it matters
- Introduction to LGBTQ+ Competency
- Current issues in Oregon health care: Overview of primary health systems,

ACOs, CCOs, and other key groups

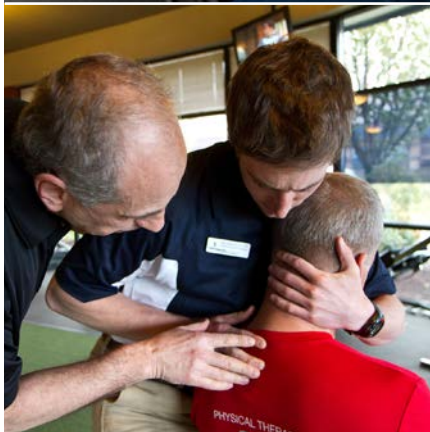
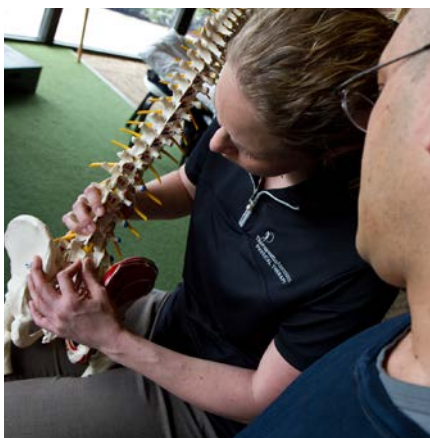
- Current issues in Oregon health care: Oregon State Health Improvement Plan
- Current issues in Oregon health care: Access/Equity issues
- Current issues in Oregon health care: Pain Management initiatives

Your Help is Needed!

We are looking for people with interest, experience, or expertise in any of the topics above to help with the creation of these modules.

We are also looking for individuals with skill in creating short animated “whiteboard” video to help us bring these modules to life!

Please contact info@opta.org if you would like to learn more about these important and fun volunteer opportunities. Thank you!



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My Post-Graduate Journey & Reflection

Andrew Ball, PT, DPT, MHA

When I graduated from PT school, it felt like I had officially arrived into true adulthood. After roughly two decades of education, I was now officially starting my career. With that came an opportunity to create new priorities. For me, it meant starting a family and buying a home. Fortunately, I found my first job quickly and, one week after graduating, I was in the clinic and preparing to see my first patient. This position in a reputable clinic included a very healthy continuing education fund. This meant that my APTA and OPTA dues were covered without a personal cost to me.

I graduated from school with a strong sense of duty to belong to our state and national organizations. The value of being a member was clearly outlined in school, and I took advantage of the reduced rates offered to students and recent graduates. I attended the OPTA conference and was able to nurture and widen my professional network. I had found my first job purely through word-of-mouth, so I was familiar with the benefits of a professional network.

After two years, I was ready to shift my career in a new direction and, with great difficulty, I started a new position that came with varied benefits. The



Andrew Ball

drawback, however, was that I now had just over 10% of my previous allotment for continuing education. With a new house, a young family, and my student loan payment increasing every year, I felt stuck between a rock and a hard place. With quiet regret, I pretended not to notice that I had not renewed my membership, and I let it lapse. I felt guilty about it because I knew and believed in the purpose of these organizations, yet I was not doing my part to contribute.

After a few long months, I couldn't stand the hypocrisy anymore. I renewed my membership, taking advantage of the quarterly payment options. My absence also inspired me to become more involved in the OPTA than I had been

previously. I looked at the list of open committee positions on the website, and reached out regarding a position that sparked my interest.

In full transparency, I am actively using the OPTA to help with the advancement of my own career goals. I am using my participation as an opportunity to solve problems, to improve and streamline processes, and to connect with interesting, important, and influential people. The OPTA wants you to use them as a resource, a continuing education source, and as a networking platform; effective professional relationships are intended to be mutually beneficial.

There is immense value achieved with my membership and through my active participation. There is tangible and measurable value in the skills I am developing, the people I am meeting, and the work I am doing. I am excited to explain to my employers how these skills and opportunities have shaped my development and will explicitly prepare me for bigger roles, and I encourage each of you to take time to examine how the OPTA has impacted your personal journey.

Employment Opportunities?

Check out OPTA's website for employment postings at 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 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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Gift or Bribe? Ethical Considerations in Accepting Gifts from Patients

Mary Ann Wharton, PT, MS, Immediate Past Chair, PPTA Ethics Committee

It is late Friday afternoon when Mrs. Smith, your last patient of the day, arrives for her therapy appointment. With a smile on her face, she hands you a large box of chocolate candy as you begin her treatment. You are pleased and surprised, but your conscience begins to tug at you. You smile, divert her attention, and try to decide what it is about this apparently simple act of gift giving that makes you feel slightly uncomfortable. You mentally ask yourself whether it is permissible to accept this gift while you are in a therapeutic relationship with Mrs. Smith. You acknowledge that she is a model patient and has been making excellent progress. However, something about the situation makes you take pause.

I am sure that most of you could recreate this scenario based on your own patient encounters. You may recall that special patient who brought homemade jellies or homegrown tomatoes. You may even have encountered situations where patients offered more extravagant gifts – cash, jewelry, tickets to a special sporting event or a gift certificate to a favorite restaurant. The circumstances may vary, but the story is similar.

In our culture, the act of gift giving is an acceptable way of showing appreciation or saying “thank you.” However, in clinical situations, the practice of gift giving deserves a closer look. Accepting gifts from patients may have implications beyond an expression of gratitude and may lead us to ask the question “Is it ethical to accept this gift?”

An obvious place to look for

direction regarding gifts is APTA’s Code of Ethics. In fact, Principle 7C of the *Code of Ethics for the Physical Therapist* states: “Physical therapists shall not accept gifts or other considerations that influence or give an appearance of influencing their professional judgment”. A similar standard for the physical therapist assistant can be found in Standard 7B of the *Standards of Ethical Conduct for the Physical Therapist Assistant*, which states, “Physical therapist assistants shall not accept gifts or other considerations that influence or given an appearance of influencing their decisions”. One may argue that, in the case outlined, accepting a simple gift would in no way compromise professional judgment or decisions regarding the physical therapy care for this patient. After all, she is a model patient who has been compliant with all of your recommendations. However, the implication contained in the *Code of Ethics and Standards of Conduct for the PTA* suggest that we look very closely at intent. While in most instances, the act of gift giving is not tied to ulterior motives and is simply an expression of gratitude, one should consider whether it is possible that there are underlying reasons for providing this gift. Could the patient want or expect preferential treatment? Is it possible that the patient would like to extend care beyond the agreed upon frequency and duration - a fact that may be an important consideration for a patient whose discharge is imminent. Is Mrs. Smith

using the gift as a means of manipulating your judgment regarding her plan of care? As therapists, we need to determine whether the patient’s intent in offering this gift is to express gratitude and appreciation, or whether it is given to influence an outcome, in which case it would constitute a bribe. The problem is that we cannot know with certainty the motive behind any action.

The implication of culture in accepting or refusing gifts is not addressed in *APTA’s Code of Ethics or Standards of Conduct for the PTA*. From the cultural perspective, it is traditional in some cultures to share a gift with an individual who has been helpful. For example, in Japan, *oseibo* and *ochugen* are gift-giving traditions in which individuals distribute gifts during winter and summer to express appreciation. Similar traditions abound in our multicultural society – Amish farmers providing homegrown produce, individuals of European descent sharing gifts of needlework. Consideration of culture is embedded in our therapeutic obligation. In situations where gifts are offered as part of a cultural tradition, the health care provider may feel a sense of discomfort in accepting the gift. However, refusing a gift that is given out of cultural tradition could be interpreted by the patient as impolite in the least and as a cultural affront at best.¹

Other considerations not addressed in APTA’s Code or Standards include the effect

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of the gift on others and the value of the gift itself. From an ethical perspective, one should consider how other patients and colleagues who are aware of the situation will interpret the meaning of Mrs. Smith's gift. Would it appear that she is now getting better care since you accepted her chocolates? What if the perceived value of the gift was larger than a gift considered acceptable – a week at a time share resort in the Caribbean, a diamond necklace, or \$5000 cash donation? Would this change your perspective regarding accepting such a gift? What if this gift was well within the means of the gift giver? How would that affect the appearance of value? While there are no definitive rules to determine whether to accept or reject a gift based on appearance and value, one must recognize that no fixed value can determine the appropriateness or inappropriateness of that gift.

A search of the literature offers little guidance about the whether it is permissible to accept gifts from patients. There are few guidelines that address this situation. The Occupational Therapy Code of Ethics has a similar statement to the APTA Code. Principle 4J of the Occupational Therapy Code states, "Refrain from accepting gifts that would unduly influence the therapeutic relationship or have the potential to blur professional boundaries, and adhere to employer policies when offered gifts." However, AMA's Principles of Medical Ethics does not address the subject at all.

In summary, acceptance of gifts from patients can signal ethical concerns ranging from intent to appearance to culture and policy.

There is no easy answer to this dilemma.

A summary of questions a therapist can ask him/herself to help in this decision process may include the following:

1. What is the patient's intent in offering the gift? Is it offered as an expression of gratitude, or is there an ulterior motive to influence care?
2. What is the relative and perceived value of the gift?
3. Would acceptance of the gift harm or enhance the therapeutic relationship?
4. Would rejection of the gift be an affront to the patient's culture?
5. How would others perceive this exchange of gifts? Would you be willing to have the gift known or disclosed to others? What if the gift exchange appeared on the front page of the newspaper?
6. Are there any institutional guidelines that prohibit acceptance of gifts or certain categories of gifts?

Ultimately, the decision to accept or reject a patient's gift is up to the individual therapist and must be determined on a case by case basis. Hopefully, the article and list of questions will give guidance and insight to facilitate an ethical decision.

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4. *American Occupational Therapy Association. Occupational Therapy Code of Ethics 2015.* Available at: <file:///C:/Users/marya/Downloads/691341003op1.pdf> Accessed 4/24/2019.

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Questions Regarding Your Physical Therapy License or Practice?

Contact the Oregon Physical Therapist Licensing Board

www.oregon.gov/PTBrd/pages/index.aspx

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Save the Date

March 14 2020

Holiday Inn Airport

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OPTA Spring Conference



Featuring Keynote Speaker Kai Kennedy, PT, DPT



Dr. Kennedy is an Associate Professor in the Department of Physical Therapy and Rehabilitation Science at UCSF. Dr. Kennedy has extensive experience addressing issues of health equity through the lens of functional movement. She leads programs providing rehabilitative care in underserved communities in the United States, the Caribbean, and West Africa. She has a keen interest in developing innovative curricular strategies that prepare students of health professions to provide effective care in community-centered

programs. She is also interested in issues of diversity, equity, and inclusion the physical therapy and rehabilitation workforce globally. Dr. Kennedy has a longstanding record of professional service and is currently serving on the Board of Directors for the American Physical Therapy Association's Academy of Physical Therapy Education, and on the American Physical Therapy Association's Staff Work Group for Diversity and Inclusion. Additionally, she is the first Physical Therapist to be named Atlantic Fellow for Health Equity.

Celebrating 50 Years of Collaborative Leadership

Stacy Mosbrucker, PTA, OR PTA Representative and Jeannie Thompson, PTA

At the recent fall business meeting and workshop, OPTA offered a first of its kind leadership workshop for PTAs. Attendance at the workshop was the best PTA turn out at an OPTA event in recent years. We also welcomed a large number of PTs to join us in our leadership journey.

Our guest speaker was David

Harris, PTA, Chief Delegate of the PTA Caucus. David spoke about the personal traits that are needed to be a good leader, and reminded us that most of us already have these qualities. He shared multiple examples of these traits in our daily lives and illustrated how we can utilize the same traits in leadership.

Following David's talk, we

worked together to address PTA engagement in OPTA. We were excited by the collaborative dialogue between the PTAs and PTs who were present. The group identified multiple barriers to PTA engagement, and then made some great suggestions for ways to reach out to PTAs in Oregon. We are looking forward to putting these ideas into action soon.



OPTA members celebrate 50 years of the PTA at our Fall Workshop on September 28



Oregon Delegation to APTA House of Delegates Spearheads New Core Values for PTs and PTAs

Michael A Pagliarulo, PT, MA, EdD, BA, BS, Chief Delegate Oregon

The APTA House of Delegates (HOD) addressed an unprecedented number of motions last June – 70 of them! This culminated a 2-year effort to review all policies and either revise them with contemporary language or rescind as necessary. The Oregon delegation, which includes 7 PT delegates, 2 PTA reps, and 2 SPT and SPTA awardees of the Emerging Student Leader Award, was fully engaged in this activity since last fall. One example of this was a review of separate Core Value positions for the PT and PTA. We teamed with the Washington delegation and PTA Caucus to introduce a motion that updated and merged these positions to create a universal set

of Core Values for the Physical Therapist and Physical Therapist Assistant. This was timely to reflect the contemporary nature of our new Vision and Mission Statements.

The HOD also adopted several motions that addressed societal issues. These included support for public health policies to reduce and prevent firearms-related injuries and death, CDC recommendations for age-appropriate vaccinations, physical therapist services having naloxone accessible to reverse the effects of an opioid overdose, and that the APTA provide resources on the use of cannabis or cannabis-based products for health-related conditions. The HOD also

adopted a motion to approve wound management physical therapy as an area of clinical specialization.

The governance cycle for 2020 has begun, and our delegation is already considering broader language for an APTA position that addresses environmentally responsible practice for the APTA and its members. This demonstrates the dedication and level of engagement of our delegation. It has been an honor to serve the OPTA as Chief Delegate, and I look forward to another opportunity to work with the delegation to best serve the needs of society and our members.



2019 Strategic Plan Mid-Cycle Progress Report

In 2018, the OPTA Board of Directors (BoD) implemented a three-year strategic plan with seven goals that reflected collective priorities for our members, our profession, and our community.

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

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

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

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

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

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

Goal 7: Oregon's APTA delegation continues to play a leadership role in national policy-making for APTA.

Through the volunteer leadership efforts of our members, committees, and the BoD, OPTA continues to demonstrate an authentic commitment to achieving outcomes that are intentional, valuable, and meaningful. Here are a few outcomes that have come from our strategic plan:

- \$20,000 from NWRA and APTA invested in lobbying for improvements in utilization management for physical therapy (SB 139)
- Awarded \$6,415.65 in OPTA grants to members in support of member-led projects and initiatives
- Three PTEd workshops and addition of Fall workshop in September, and CE in leadership development, cultural competency, and payment
- Recruited and hired a lobbyist to advance OPTA's efforts within a coalition to pass utilization management

- Social networking events through Monthly "PT Night Out" events throughout the state

To see the entire Mid-Cycle Progress Report, summarizing our 2018 and mid-2019 outcomes, outlines priorities for 2020, and highlights 2019 member accomplishments, please visit: <https://www.opta.org/strategic-plan>

OPTA "Members Only" Section Log-In

Just 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.

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.



Congratulations to 2019 APTA *Emerging Leader Award* winner, **Carol Ann Nelson, PT, DPT**.

Dr. Nelson was nominated by OPTA for her leadership in the chapter, including health promotion and management and our member-led initiative grant program.

Utilization Management Supported by OPT-PAC

With generous legislative action grants from Northwest Rehab Alliance (NWRA) and the APTA, as well as support and direction from OPT-PAC, a coalition of provider and patient advocacy groups led by the Oregon Medical Association, Oregon Chapter of the National Psoriasis Foundation, and the OPTA was formed to address transparency, fairness and efficiency in prior authorization.

Would you like to help in these efforts? The Oregon Physical Therapy Political Action Committee (OPT-PAC) is the political action committee (PAC) of the OPTA. The purpose of the OPT-PAC is to help elect legislators who will help further the interests of the physical therapy profession. OPT-PAC does this by providing financial support to political campaigns. The Oregon Physical Therapy Association actively lobbies on behalf of physical therapists statewide. Contributions to OPT-PAC are based on a wide range of criteria including electability, leadership potential and commitment to issues of importance to physical therapists. Your contribution helps to ensure that your voice is heard in Salem.

Your contribution to OPT-PAC is 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.

Donate to the OPT PAC Today! www.opta.org/opt-pac.

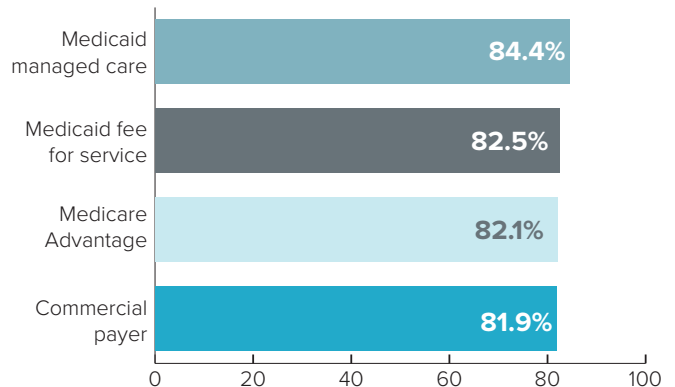
More than 8 out of 10
respondents say
administrative burden
increases by more than

25%

when a third-party
administrator is involved

Prior authorization

Percentage of front desk staff who spend more than 10 minutes to complete a prior authorization for each patient enrolled in these health plans



65% percent

of respondents say more than 30 minutes of staff time is spent preparing an appeal for 1 claim

APTA MGAM CAMPAIGN

MEMBER-GET-A-MEMBER!

October 2019 through September 2020

Monthly Prize: Any member who brings in a new member will be entered into a drawing for 1 year free APTA national membership. Referring members will receive 1 entry for each new member. If the referrer doesn't win the drawing, they remain eligible for drawings in subsequent months.

Campaign End Prizes: Any member who recruits 5+ new members, will be entered into a drawing at the end of the campaign for 1 of 5 iPads

Top Recruiter Prizes:
The top 3 members who recruit the most will receive complimentary registration to an APTA meeting within the next year (TBD) + a year of membership



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