



Message from the Practice Committee

The Practice Committee increases Academy of Neurologic Physical Therapy involvement with the Departments of Government Affairs and Reimbursement at APTA. Participates in activities, which promote and modify the practice of neurologic physical therapy. Serves as a resource to accrediting agencies to establish guidelines to neurologic practice.

Visit the Academy of Neurologic Physical Therapy website

Hello Academy Members!

The Academy of Neurologic Physical Therapy (ANPT) Practice Committee is pleased to bring you the next round of practice highlights and updates. Please scroll down to view resources on payment reform, pain science in neurologic physical therapy, ways to utilize APTA resources to stay up on best practice, and new resources from ANPT workgroups to help advance your practice.

We are also excited to announce that the Messages from the Practice Committee will be archived on the ANPT website for easy sharing or referencing at a later date. Here is the link to where [archived messages](#) can be found

Payment and Practice Updates

Merit Based Incentive Payment System (MIPS)

Many physical therapists in private practice providing services to patients covered by Medicare are now under the Quality Payment Program (QPP) that includes the Merit-based Incentive Payment System (MIPS). As of January 1, 2019, there are 3 categories for participating: Mandatory Participation, Opt-In Participation, and Voluntary Participation. The first two options result in payment adjustments where the voluntary participation allows therapist to submit data without being subject to payment adjustments. The APTA has many resources to assist you with this value-based reimbursement model. Check out the APTA's [MIPS webpage](#) and the APTA's [QPP webpage](#).

Patient Driven Groupings Model (PDGM)

Centers for Medicare and Medicaid Services is moving home health agencies away from a volume-based payment model and to a new value-based payment system called Patient-Driven Groupings Model (PDGM). This new model set to begin January 1, 2020 will focus on patient needs and rely more heavily on patient characteristics in order to pay for home health services.

For more information, please see the following resources.

- [APTA Resource Page:](#)
- [CMS Overview Document](#)
- [CMS Home Health Final Rule Fact Sheet:](#)

Pain Science and Neurologic Physical Therapy

CSM 2019 delivered multiple presentations that discussed pain management and how the science behind pain can impact physical therapy practice across the lifespan and across practice settings. With one session focusing specifically on concepts of neuroplasticity, physical therapists specializing in neurologic physical therapy practice should be educating themselves on current concepts of pain science. See a [summary of the CSM pain topics](#).

Knowing patients living with neurologic health conditions or degenerative diseases may be at risk for developing chronic pain related issues, neurologic physical therapists should also consider integrating the concepts of pain science into their practice to help prevent reliance on opioids for pain management early on in the pain management process. Below are current resources available through the APTA members to promote alternative options to opioid for pain management.

- **PTNow Resource for Pain Management** (<https://www.ptnow.org/opioid>): APTA clinician resources which includes links to the Center for Disease Control and Prevention (CDC) clinical practice guidelines on chronic pain, a white paper highlighting how PT can transform pain management, and downloadable resources for clinicians and clients.
- **Pain Reframed Podcast** (<https://www.ispinstitute.com/pain-reframed-podcast/>): Free podcast sponsored by Evidence in Motion and the International Spine and Pain Institute.
- **PT in Motion Summary** (<http://www.apta.org/PTinMotion/News/2018/03/07/JAMAOpoidStudy/>): AMA Study: Opioids no better than non-opioids in improving pain-related function, intensity for chronic back pain, hip/knee OA.

Keeping up with the Best Practices APTA Resources Can Help!

Utilize PTNow: Tools to Advance Physical Therapist Practice!

PTNow provides APTA members access to journals and other resources, including full-text access from more than 4,500 clinical and academic publications. Included in PTNow are Clinical Summaries, CPGs, Test and Measures, and Cochrane Reviews.



The Rehabilitation Reference Center provides information and resources in the fields of physical therapy, sports medicine, occupational, and speech therapy. Check it all out at www.ptnow.org using your APTA membership ID.

Sign up for Friday Focus!

Friday Focus highlights pertinent news from the past month and links to related information. It's free to APTA members, but **YOU MUST SIGN UP** to receive the updates. You can sign up by updating your email preferences within your APTA profile and opt-in to be subscribed. APTA members can receive any of 4 monthly electronic newsletters dedicated to 4 specific topics:

- **Professional Issues:** covers career development, integrity, practice management, licensure, and peer review. Typically delivers the first Friday of every month
- **Evidence and Patient Care:** covers evidence and research related to patient care and health services. Typically delivers the second Friday of every month.
- **APTA and You:** covers association and member issues. Typically delivers the third Friday of every month.
- **Payment:** covers payment trends, initiatives, legislation, regulation, and other related issues. Typically delivers the fourth Friday of every month.

Advancing Neurologic Physical Therapy Practice Special Interest Group (SIG) Highlights

Joining a special interest group is free and can add value to your practice. See below for a highlight of what the SIG's are working on for their members. Take a look, [sign up](#), get active!

Assistive Technology/Seating and Wheeled Mobility SIG:

- This SIG has created **six FREE modules** on Wheelchair Seating and Positioning at the Academy of Neurologic Physical Therapy Synapse Education Center, providing 1.2 CEUs upon completion of all six. Check it out at www.anptsynapsecenter.com/public/page-courses/
- Check out the **Wheelchair User's Shoulder Pain Index (WUSPI)** at www.ptnow.org. This is a self-report measure of shoulder pain experienced during functional activities. The WUSPI takes approximately 5 minutes to administer.

Balance and Falls SIG

- **ANPT BFSIG Poster Award Winners Announced** - Congratulations to the five 2019 CSM ANPT Balance and Falls poster winners! Each will be featured in the SIG's May newsletter and receive an award certificate and a \$50 award. Join the SIG to receive the newsletter!
- **Announcing the ANPT Balance and Falls SIG second annual fall prevention video challenge** in concert with National Fall Prevention & Awareness Day, which is the first day of Fall each year. The video that gets the most points combined will receive **\$500** from the ANPT Balance and Falls SIG. Here is the link to the winning video from 2018 : <https://www.youtube.com/watch?v=xd0wAhezM4k&feature=youtu.be>. The team from University of Nebraska won \$500 for their good work, and the video helped the cause of #NFPAD!
 - Video Theme is to answer one of the following questions:
 - **How do physical therapists decrease injurious falls within the community?**
 - **What are some patient education techniques that you have used in the clinic to prevent falls?**
 - **What are some novel treatment techniques that you have utilized in the clinic to prevent falls?**
 - Video should be a minimum of 30 seconds and no longer than 45 seconds in length
 - Videos should be submitted directly to BalanceFallsSIG@gmail.com

Brain Injury SIG:

- This SIG has a quarterly online journal club, clinical discussion night, and offers an abstract and fact sheet around a topic related to brain injury. This quarter focuses on central vestibular dysfunction. Join the SIG to be a part of these quarterly discussions or check out last month's [fact sheet on hypoxic-ischemic brain injury](#).
- The Brain Injury SIG will soon be recruiting **2 student interns**. Stay tuned for more information on how to apply.

Degenerative Diseases SIG:

- Coming Soon: A **podcast** titled "4D: Deep Dive into Degenerative Diseases." The DDSIG plans to interview clinicians, researchers, and other stakeholders interested or impacted by degenerative diseases in hopes of providing members with a fun way to engage and access resources at any time.
- The DDSIG is grateful for the participation of Mackenzie Wilson and Maggie Morehouse as student physical therapists on the leadership team. A call for applications for the DDSIG **2 student positions** will be going out in early spring!

Spinal Cord Injury SIG

- Check out the **SCI Health and Wellness White Paper** developed by the SIG to help provide education on physical activity for people with SCI after rehabilitation. The paper is titled "*Bridging the Gap Between Physical Therapy and Long-Term Physical Activity and Training in People with Spinal Cord Injury (SCI): Recommendations from the SCI Special Interest Group*" and can be [accessed on](#)

[the SIG website.](#)

- [SCI Fact Sheets](#) available online specific. Check out the most recent one focused on aging with SCI.

Stroke SIG

- The Stroke SIG has many initiatives aimed at providing education and tools for physical therapists working with clients post stroke. **Learn more** through Twitter ([@APTASrokeSIG](#)), Facebook (APTA Stroke Special Interest Group), or join the Stroke SIG email blasts for more information.
- Check out our weekly abstract, clinical pearl videos, podcasts, factsheets for clinicians and/or patients, infographics, and knowledge translation on the [website page](#).

Vestibular SIG

- Check out the most recent **podcast** produced by the SIG titled “Skew Deviation: Importance and Connection to Vestibular Rehabilitation”. <http://www.blogtalkradio.com/aptavestibularsig>
- [Patient Education Fact Sheets](#) specific for vestibular rehabilitation can be access [here](#).

Translating Knowledge into Practice: ANPT Taskforce Highlights

Health Promotion and Wellness (HPW) Taskforce:

- The HPW Task Force hosted a 2-day preconference course at CSM 2019. This **course is now available at the [ANPT Synapse Center](#)**,
- Coming Soon: 1) a white paper publication on HPW for people with neurologic disorders, (2) dissemination resources for NCS residency programs, and (3) strategies that could be used by the ANPT Special Interest Groups to sustain attention to HPW issues in neurologic PT practice.

Core Set of Outcome Measures KT Taskforce

- Check out the new [Quick Reference for Rehabilitation Professionals and Quick Guide for Administration of All Measures](#) which are now available on the website.
- Coming soon: **A Patient Report Card** to help communicate results from the Core Set with the patient and future care providers.

Locomotor Training KT Taskforce

- Coming Soon: A survey to identify current beliefs and practices related to gait training with patients who have neurological conditions of SCI, TBI, and CVA. The survey will also gather information on the barriers and facilitators that members identify when thinking about implementing the key recommendations of the Locomotor Training Clinical Practice Guidelines (CPG) that will soon be published. **Please provide your input!**
- **Reference sheets** are in development and plan to be rolled out at the time of CPG publication. Stay tuned!

ANPT Movement System Diagnosis Task Force (Subgroup: Task Analysis)

- This group has developed a **framework for task analysis** which includes a "checklist" that can be used to identify key movement system constructs of the following core tasks: sitting, sit to stand, standing, walking, step ups and reach/grasp/manipulation.
- Stay tuned around early summer for an **opportunity to provide feedback** on the checklists and constructs that have been developed.
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ANPT Movement System Diagnosis Task Force (Subgroup: Diagnosis)

- This group has developed an **initial set of movement system diagnoses** applicable to individuals with balance deficits. Criteria for establishing diagnoses was based on the white paper published by the original ANPT Movement System Task Force as well as guidelines provided by APTA. The article titled **“White Paper: Movement System Diagnoses in Neurologic Physical Therapy” (Hedman, 2018)** can be access through [PubMed](#) or through your JNPT membership access.

- The Diagnosis Group **proposed three main diagnostic labels:** Deficit in Steady State Postural Control, Deficit in Anticipatory Postural Control, and Deficit in Reactive Postural Control. For each diagnostic label, a “diagnosis description” will be list developed which will include the specific movement observations and associated examination findings unique to the individuals with that movement system diagnosis. Stay tuned for an opportunity to review towards the end of summer.

The Practice Committee

We hope you have found these resources useful. The ANPT Practice Committee welcomes your feedback and questions. Please send all inquiries to Heather Knight at info@neuropt.org.

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