



May 2018  
Volume 20, Number 5

### **Federation of State Boards of Physical Therapy (FSBPT®)**

In this News Brief:

- Susan Lindeblad, PT, Ph.D.
- Before June 1, 2018- Submit 2018 Excellence in Regulation Award Nomination Forms
- Topic for Your Board
- New Continuing Education Requirements for South Dakota PTs and PTAs; SD Also Joins ProCert® Accepting Jurisdictions
- Our Gratitude for Volunteers Hard at Work
- Spotlight on Member Resources: Minimum Data Set (MDS)
- Board of Directors Report
- In the Regulatory Industry
- In the News
- Board Liaisons to Jurisdictions
- Staff Contact Information

---

**Susan Lindeblad, PT, Ph.D.**, Managing Director of FCCPT®, passed away suddenly on May 10th, 2018. Sue was an FSBPT employee beginning in 2001 and served as Managing Director of FCCPT and as an FSBPT Staff Reviewer for ProCert®. Sue's contributions to public protection and regulation pre-dated her employment with FSBPT when she was on the Florida Board of Physical Therapy and also as a volunteer for NPTE® committees. Her contributions to the PT community were notable and her impact on the FSBPT will be lasting. Sue's [obituary](#) was published in *The Washington Post* on May 15, 2018.

---

### **LAST CALL - Before June 1, 2018- Submit 2018 Excellence in Regulation Award Nomination Forms**

To nominate a jurisdiction, including your own, submit a [Nomination Form](#) to [communications@fsbpt.org](mailto:communications@fsbpt.org) by 9am ET Friday, June 1, 2018.

**Late submissions will not be accepted.**

The Excellence in Regulation Award recognizes jurisdictions that have made significant accomplishments towards increasing public protection for consumers of physical therapy services in a number of areas. The winning jurisdiction(s) will be recognized at the Annual Meeting in Reston, VA in October.

## Topic for Your Board

Prepare your attendees for the Leadership Issues Forum (LIF) -- July 14-15, 2018!

- Compile a list of items you would like to discuss with other member jurisdictions and the FSBPT Board of Directors. LIF is an excellent opportunity to have meaningful dialogue and discussion and provide input from your jurisdiction to your Board of Directors.
- Are you sending a first-time delegate or funded administrator? This meeting also helps prepare them for their roles at the Delegate Assembly in October. Jot down your questions now!
- Finally, get excited about the program! In addition to presentations by FSBPT's leadership team, there will be updates from the Physical Therapy Compact, more information on the new Board Action Guidelines, and some new work will be presented by the Continuing Competence Committee on Risks, Support and Engagement.

We encourage you to use the month of June to discuss the above with your fellow board members and to give your questions and topics to your LIF attendees.

**Administrators**-- Authorizations for your jurisdiction's credentialed Voting Delegate and Funded Administrator to attend LIF have been emailed. If your attendees have questions when planning for the meeting, please have them [reach out to us](#).

---

## New Continuing Education Requirements for South Dakota PTs and PTAs; SD Also Joins ProCert® Accepting Jurisdictions

With an administrative rule change effective May 7, 2018, South Dakota physical therapists and physical therapist assistants applying for licensure renewals are now required to complete "15 continuing education hours in a one-year period in professional education activities updating competency in physical therapy". These are the first such requirements for PTs and PTAs in this state. The new rule also allows South Dakota to accept ProCert certifications of courses, making it the 33<sup>rd</sup> jurisdiction to do so.

---

thank  
you!

### Our Gratitude for Volunteers Hard at Work

This month, we thank the generous volunteer members of these groups for their support of our mission with work on-site:

- Basic Item Writers
  - Item Bank Cleanup Committee
  - Item Writer Coordinators
- 



### Spotlight on Member Resources: Minimum Data Set (MDS)

Is your jurisdiction interested in physical therapy work force data?

The Federation of State Boards of Physical Therapy (FSBPT) and the American Physical Therapy Association (APTA) collaborated with the National Center for Health Workforce Analysis to create a Minimum Data Set (MDS) that will

facilitate enhanced data collection to describe the physical therapist and physical therapist assistant workforce.

The MDS may help answer questions such as the number of providers; the race and sex of these individuals; and the facilities and geographic location in which services are provided. This data set will substantially facilitate workforce planning. For more information, [review the MDS page on the FSBPT site](#).

---

### **Board of Directors Report**

Information about the May 2018 Board of Directors meeting will appear in the June issue of the *News Briefs*.

---

### **In the Regulatory Industry**

#### **Citizen Advocacy Center's Annual Meeting October 16-17, 2018**

Citizen Advocacy Center's (CAC) annual meeting will take place on Tuesday and Wednesday, October 16 and 17, 2018, at the Washington Plaza Hotel in Washington, DC.

This year, the entire meeting will be devoted to sessions on team practice. The agenda will cover subjects including team practice in ambulatory and in-patient settings, the leadership of teams, team-oriented continuing education, regulating team practice, and evaluating team outcomes. Invited speakers will represent a variety of healthcare professions, including medicine, nursing, pharmacy, physical therapy, occupational therapy, optometry, social work, and others. The meeting will include a luncheon on Tuesday, October 16, 2018, where the recipient of the 2018 Ben Shimberg Public Service Award will deliver remarks.

A preliminary program and registration information will be posted on the [CAC website](#) by late May or early June.

---

### **In the News**

#### **"Trying Physical Therapy First For Low Back Pain May Curb Use Of Opioids", By Patti Neighmond, Published on the *NPR* website on May 23, 2018**

"Though Americans spend an estimated \$80 billion to \$100 billion each year in hopes of easing their aching backs, the evidence is mounting that many pricey standard treatments — including surgery and spinal injections — are often ineffective and can even worsen and prolong the problem.

"A study published Wednesday in the journal *Health Services Research* suggests trying physical therapy first may at least ease the strain on the patient's wallet in the long term — and also curb reliance on opioid painkillers, which carry their own risks.

“The researchers, from the University of Washington in Seattle and George Washington University in Washington, D.C., analyzed more than 150,000 commercial health insurance claims filed between 2009 and 2013 in six northwestern states. They checked the files of patients who had a new diagnosis of low back pain, comparing the insurance claims of people who had received physical therapy before seeing their family doctor or a specialist to those of people who received PT at a later date, or not at all.

“The study wasn't designed to look directly at how well physical therapy ameliorates pain. Instead, the researchers wanted to see if physical therapy reduced overall health care costs and patient outlay related to back pain — including the number of opioid prescriptions and the number of advanced imaging tests like MRIs and CT scans, as well as hospitalizations and ER visits.

“It turned out that patients who saw a physical therapist before trying other treatments had an 89 percent lower probability of eventually needing an opioid prescription, a 28 percent lower probability of having any advanced imaging services, and a 15 percent lower probability of making one or more ER visits.

“Overall, patients saw ‘significantly lower out-of-pocket costs — on the average, \$500 — when they visited a physical therapist first,’ says Bianca Frogner, a health economist at the University of Washington, and lead author on the study.

“‘People who get trained in physical therapy have very specialized knowledge about pain management,’ she says, ‘especially with the muscular skeletal system. They might actually understand this pain better than the average family physician.’

“It's also worth noting, she says, that some patients who could benefit from physical therapy don't get it, because of health insurance restrictions, or because they lack insurance, or the copayments are too high.”

Read the full article [here](#).

**“Doctor accused of fraud and misdiagnosing patients to fund 'opulent lifestyle'” By Jen Christensen, Michael Nedelman and Paul P. Murphy, Published on CNN website on May 16, 2018**

“(CNN) Maria Zapata went to see Dr. Jorge Zamora-Quezada a little more than five years ago because one of her knees was bothering her. The rheumatologist told her that she had arthritis and that he'd give her injections ‘to strengthen the cartilage’ in her knee, she said.

“Her husband asked, ‘Why are you giving her so many injections?’ The doctor reassured them that the treatment would help.

“But Zapata, 70, of McAllen, Texas, said the medication didn't help and might have been making things worse: There was discoloration on her legs. Other doctors raised concern about the treatments, and her family doctor even told her she didn't have arthritis.

“Zapata was not the only patient given treatment she might not have needed, according to a joint federal and local investigation.

“A task force investigating Zamora-Quezada announced Monday that he was being indicted in a fraud case involving \$240 million in claims that were in part based on ‘fraudulent statements’ to be submitted to health care benefit programs, resulting in \$50 million paid to the doctor.

“The news spread fast. Worried patients who were cared for at his Brownsville, Edinburg and San Antonio clinics expressed concern on Facebook; others shared stories about how their mothers, grandmothers and children were treated.

“The Department of Justice said Monday that the rheumatologist had given patients chemotherapy and toxic treatments they didn't need, all to fund his ‘lavish’ and ‘opulent lifestyle.’”

Read the full article [here](#).

**“Authority of Health Care Providers To Practice Telehealth”, A Rule by the Veterans Affairs Department, Published on the *Federal Register* website on May 11, 2018**

“The Department of Veterans Affairs (VA) is amending its medical regulations by standardizing the delivery of care by VA health care providers through telehealth. This rule ensures that VA health care providers can offer the same level of care to all beneficiaries, irrespective of the State or location in a State of the VA health care provider or the beneficiary. This final rule achieves important Federal interests by increasing the availability of mental health, specialty, and general clinical care for all beneficiaries.”

Read the full rule [here](#).

***The Fickenscher Files, Vol. 6, Issue 7; May 1, 2018***

**“Alright, Alright - Let's Exercise** - For many of us, getting our bodies moving with exercise is a challenging daily task or, should I say ‘chore’. Well, get the lead out. There's a new study that ties your marbles to your muscles. In a long-term study started in 1968, investigators found that high levels of cardiovascular exercise resulted in a dramatic reduction in dementia for middle-aged women at a level of 88% **LESS** than those participants who did not exercise regularly!! The dementia examinations occurred in six separate evaluations over time. In fact, the study showed that the highly fit women who did develop dementia did so an average of 11 years later than the moderately fit women. So, while the researchers follow-up with further studies, I recommend that everyone continue to exercise - and, we'll start with me...

“And, in a related consideration, researchers have for many years questioned why our cognitive abilities decline over time. The consensus has been that part of the reason is that the brain did not create new cells as older cells died off. Such a model would ultimately result in the loss of nerve connections leading to memory and reasoning loss along with declines in language skills. But, the researchers at Columbia University have reported that the brain, in fact, [makes new nerve cells](#), especially in the parts of the brain involved in memory. Specifically, the researchers found that cellular replacement occurred in older and younger people. However, in the aged brain, the reduction in blood flow for nourishing the new cells was far less than among the younger subjects. This takes us back full circle to the other study mentioned immediately above. So, the mantra (coming from multiple studies) is [exercise, exercise, exercise...](#)”

**“Wisconsin joins crowd of states regulating occupational licensure,” Published by CCRC Staff on the *Collateral Consequences Resource Center* website on April 30, 2018**

“On April 16, Wisconsin Governor Scott Walker signed into law Act 278, making his state the sixth in the past two months to establish new rules on consideration of criminal record in the context of

occupational and professional licensure. Effective August 1, 2018, licensing boards in Wisconsin will be prohibited in most cases from denying or revoking a license based on arrests or pending charges, and required to justify in writing any adverse action based on conviction. Boards will also be required to give applicants a preliminary determination as to whether a particular conviction will be disqualifying.”

Read the full article [here](#).

**“Nebraska Just Passed a Major Occupational Licensing Reform Measure. Here's Why It Matters,” By Eric Boehm on the *reason* website on April 18, 2018**

“Nebraska lawmakers struck a rare tri-partisan blow against onerous occupational licensing laws on the 60th and final day of the 2018 legislative session, voting 45–1 to pass a major reform bill authored by Libertarian state Sen. Laura Ebke.

“Ebke's Occupational Board Reform Act requires state lawmakers to undertake a review of Nebraska's occupational licensing laws with an eye toward loosening or eliminating requirements that serve as barriers to employment without benefiting public safety. The bill requires that licensing laws ‘respect the fundamental right of an individual to pursue an occupation’ and instructs lawmakers to favor less restrictive forms of regulation—which could include private certification, registration, insurance or bonding requirements, inspections, open market competition, or a combination of these approaches—in circumstances where one-size-fits-all licensing rules violate that right.

“‘It will help give power back to Nebraskans to cut the hidden tax of red tape that is creating barriers for working people across our state,’ says Jim Vokal, CEO of the Platte Institute, a Nebraska-based think tank.”

Read the full article [here](#).

---

**Board Liaisons to Jurisdictions**

Members of the board of directors serve as liaisons to multiple jurisdictions. Current liaison relationships are listed here for your reference.

Jurisdictions	Board Liaison
Delaware, District of Columbia, Kentucky, Maryland, Pennsylvania, Rhode Island, Tennessee, Virginia, West Virginia	 <p>Ron Barbato</p>
Arizona, Colorado, Kansas, Nevada, New Mexico, Oklahoma, Utah	 <p>Charles Brown</p>
Alabama, Florida, Georgia, Louisiana, Mississippi, North Carolina, Ohio, South Carolina, Texas	 <p>Tom Caldwell</p>
Arkansas, Illinois, Indiana, Iowa, Michigan, Missouri, Nebraska	 <p>Natalie Harms</p>
Alaska, California, Hawaii, Idaho, Oregon, Washington	 <p>Joni Kalis</p>
Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Puerto Rico, Vermont, Virgin Islands	 <p>Nancy Kirsch</p>
Minnesota, Montana, North Dakota, South Dakota, Wisconsin, Wyoming	 <p>David Relling</p>

## Staff Contact Information

<b>If you have questions, challenges or ideas, we want to hear from you!</b> <b>FSBPT®: (703) 299-3100   FCCPT®: (703) 684-8406</b> (Call FSBPT unless otherwise noted after name)	
<b>Subject</b>	<b>Point of Contact/Email Address</b>
ADA accommodations	Christine Sousa
aPTitude®	<a href="mailto:competencestaff@fsbpt.org">competencestaff@fsbpt.org</a>
Assessment or examination development questions	Lorin Mueller, PhD Susan Layton <a href="mailto:npte@fsbpt.org">npte@fsbpt.org</a>
Continuing competence	Jeffrey M. Rosa Heidi Herbst Paakkonen <a href="mailto:competencestaff@fsbpt.org">competencestaff@fsbpt.org</a>
Credentials review	Jaime Nolan, FCCPT
ELDD- Exam, Licensure and Disciplinary Database participation	<a href="mailto:eldd@fsbpt.org">eldd@fsbpt.org</a>
Exam registration processing	Christine Sousa
Foreign educated issues	Mark Lane Leslie Adrian
Immigration	Jamie Nolan, FCCPT
JAM- Jurisprudence Assessment Module	<a href="mailto:competencestaff@fsbpt.org">competencestaff@fsbpt.org</a>
Legislation or Model Practice Act	Mark Lane Leslie Adrian
Meeting arrangements	Paul Delaney
NPDB reports/questions	Angela Burnham
oPTion®	<a href="mailto:competencestaff@fsbpt.org">competencestaff@fsbpt.org</a>
PTC- Physical Therapy Compact	<a href="mailto:compact@fsbpt.org">compact@fsbpt.org</a>
PEAT®- Practice Exam & Assessment Tool	<a href="mailto:peat@fsbpt.org">peat@fsbpt.org</a>
ProCert®	<a href="mailto:competencestaff@fsbpt.org">competencestaff@fsbpt.org</a>
Reimbursement of expenses Other financial matters	Bill Aronson Linda Michelsen
School reports	<a href="mailto:schoolreports@fsbpt.org">schoolreports@fsbpt.org</a>
Score transfer & reporting	Christine Sousa
SCP PET- Supervised Clinical Practice Performance Evaluation Tool	<a href="mailto:scppet@fsbpt.org">scppet@fsbpt.org</a>
Security issues	Susan Layton <a href="mailto:security@fsbpt.org">security@fsbpt.org</a>
Anything else, including news to share with members	William A. Hatherill Jessica Happel



**Sign off:**

That's all the news today from the azalea and rhododendron covered banks of the Potomac, where the fish are faster, the fishing boats are longer, and the fishermen are still full of stories.

- *William A. Hatherill, CEO*