



KANSAS
PHYSICAL THERAPY
ASSOCIATION

2020 Spring Conference

March 6–7, 2020

KU Edwards Campus
BEST Conference Center
12600 Quivira Rd
Overland Park, KS 66213

Register online at www.KPTA.com

Conference Schedule

Friday, March 6

8:00–9:00am *Registration*

Room A

(Please be sure to only register for a single session in any given time slot on Friday)

9:00–10:30am	<i>Promoting Sleep Health: Practical Information for Physical Therapists and Physical Therapist Assistants</i> Catherine Singhsukon, PT, PhD	3.0 CEUs total for both morning sessions
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10:30–10:45am *Break*

10:45am–12:15pm	<i>Promoting Sleep Health (continued)</i> Catherine Singhsukon, PT, PhD	3.0 CEUs total
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12:15–1:30pm *Lunch on Your Own*

1:30–3:00pm	<i>Why Words Matter: Facilitating Behavior Change with Health Coaching</i> Catherine Singhsukon, PT, PhD	3.0 CEUs total for both afternoon sessions
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3:00–3:15pm *Break*

3:15–4:45pm	<i>Why Words Matter (continued)</i> Catherine Singhsukon, PT, PhD	3.0 CEUs total
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Room B

(Please be sure to only register for a single session in any given time slot on Friday)

9:00–10:30am	<i>The Intersection of RED-S and Recovery: A Physical Therapist's Role</i> KSAND Rebecca McConville, MS, RD, LDN, CSSD & Ariel Johnston, RD	1.5 CEUs
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10:30–10:45am *Break*

Conference Schedule

Room B (continued)		
10:45am–12:15pm	<i>The Role of Age and Chronic Conditions on Healthy Brain Aging</i> Sandra Billinger, PT, PhD, FAHA, CES, CEEAA	1.5 CEUs
12:15–1:30pm	<i>Lunch On Your Own</i>	
1:30–3:00pm	<i>What is Nordic Walking aka Urban Poling? Research & Techniques</i> Jon Schultz, PT, OCS	1.5 CEUs
3:00–3:15pm	<i>Break</i>	
3:15–4:45pm	<i>Practical Application of ACTIVATOR Poles for Orthopedic, Neurology & Cancer Rehab</i> Jon Schultz, PT, OCS	1.5 CEUs
Room C (Please be sure to only register for a single session in any given time slot on Friday)		
9:00–10:30am	<i>Encouraging Health & Wellness Outside Clinic Walls</i> Lainey Faulkner, CPTA & Mengyi Li, MPH	1.5 CEUs
10:30–10:45am	<i>Break</i>	
10:45am–12:15pm	<i>Charged with Transforming Society: Innovations in Population Health and Wellness</i> Stacia Troshynksi Brown, PT, DPT	1.5 CEUs
12:15–1:30pm	<i>Lunch On Your Own</i>	
1:30–3:00pm	<i>Pelvic Floor Health: The Societal Impact and How We Can Help</i> Sarah White-Hamilton, PT, DPT, PRPC	1.5 CEUs
3:00–3:15pm	<i>Break</i>	
3:15–4:45pm	<i>Prevention of Workplace Burnout</i> Tammy Wellbrook, MS, IOM, CAE	1.5 CEUs

Conference Schedule

Friday Evening, March 6

4:45–6:00pm	<i>Dinner on Your Own</i>	
6:00–6:55pm	<i>Kansas Human Trafficking</i> Jennifer Montgomery	3.0 CEUs for entire evening session
7:00–7:55pm	<i>Expanding Access via Telehealth</i> Janine Gracy, MS, CHES, CPP	3.0 CEUs for entire evening session
8:00–9:30pm	<i>Courageous Leadership — Living a Life of Influence</i> Dan Meers aka KC Wolf	3.0 CEUs for entire evening session

Saturday, March 7

7:00–7:30am	<i>Urban Poling Walking Event — Sunrise Walk</i>	
8:00–8:30am	<i>Registration / Exhibits</i>	
8:30–10:00am	<i>Re-Engineering Practice to Meet Consumer-Based Values, Adopt a Retail Mindset, and Become a Leading Health Resource for Your Community</i> Jennifer Gamboa, DPT, OCS	6.0 CEUs for entire session
10:00–11:00am	<i>Poster Presentations / Exhibits</i>	
11:00am–12:00pm	<i>Platform Presentations</i>	1.0 CEUs
12:00–1:30pm	<i>Business Luncheon Issues Forum & Meeting</i>	1.0 CEUs
1:30–3:30pm	<i>Re-Engineering Practice (continued)</i> Jennifer Gamboa, DPT, OCS	6.0 CEUs for entire session
3:30–3:45pm	<i>Break / Exhibits</i>	
3:45–5:45pm	<i>Re-Engineering Practice (continued)</i> Jennifer Gamboa, DPT, OCS	6.0 CEUs for entire session

Registration Fees

Columns in white include discount for Early Bird pricing if registered before Thursday, February 20, 2020.

	One Day March 6th OR March 7th 9 hours of CEUs		Two Days March 6th AND March 7th 17 hours of CEUs		Business Lunch (Saturday) <i>Please register for the lunch if you plan to attend</i>	
	Before 2/20/20	After 2/20/20	Before 2/20/20	After 2/20/20	Before 2/20/20	After 2/20/20
PT Member	\$144	\$180	\$272	\$340	\$0	\$0
PTA Member	\$118	\$148	\$224	\$280	\$0	\$0
Student Member	\$36	\$45	\$68	\$85	\$0	\$0
Life Member	\$50	\$63	\$95	\$119	\$0	\$0
PT Non-member	\$180	\$216	\$340	\$408	\$12	\$12
PTA Non-member	\$143	\$178	\$270	\$337	\$12	\$12
Student Non-member	\$50	\$63	\$95	\$119	\$12	\$12

Registration fees include admittance to the Exhibit Hall and breaks. While there is no cost for the business meeting to KPTA members, you must register for lunch if you plan to attend.

Accommodations

Fairfield Inn & Suites Kansas City Overland Park

12440 Blue Valley Pkwy, Overland Park, KS 66213
913-338-3600

Overnight guests enjoy special features including: Free high-speed, wireless Internet access throughout the property, 24-hour Business Center, indoor pool, and an on-site Fitness Center.

Secure your reservation at the KPTA rate of only \$129.00 per night by following the reservation link:

<https://www.marriott.com/events/start.mi?id=1568643430913&key=GRP>

The association's reservation block will expire on February 5, 2020.



Session Information

Friday, March 6

Promoting Sleep Health: Practical Information for Physical Therapists and Physical Therapist Assistants

Catherine Siengsukon, PT, PhD

9:00am-12:15pm — 3.0 Contact Hours of CE — Room A

Overview:

Sleep is essential for proper functioning of the body and is therefore a critical component of optimal health. Sleep disruptions occur in 1/3 of the US population and frequently occur in individuals with various conditions that are typically treated by PTs and PTAs. Therefore, knowledge about sleep and skills to screen for sleep disorders and to promote quality sleep are necessary for healthcare providers to promote health and facilitate optimal outcomes. This session will provide an overview of sleep and a discussion of the impact of sleep on body structures and functions. The presenter will provide practical information to screen for the most common sleep disorders and information that can be integrated into practice to promote sleep health.

Objectives:

At the completion of this session, participants will be able to:

1. Discuss why sleep is a critical component of health and prevention
2. Describe how sleep impacts the proper function of various body systems
3. Select and implement appropriate screening tools for the most common sleep disorders
4. Incorporate strategies into practice to promote clients' sleep health

Speaker's Bio:

Katie Siengsukon, PT, PhD, is an Associate Professor in the Department of Physical Therapy and Rehabilitation Science and is the Director of the Sleep, Health & Wellness (SleepWell) Laboratory at the University of Kansas Medical Center. Dr. Siengsukon received her MPT from Rockhurst University in 2002 and her PhD in Rehabilitation Science from the University of Kansas Medical Center in 2008. Dr. Siengsukon has presented her research and education sessions on sleep-related topics at international and national conferences, including CSM, World Confederation for Physical Therapy's Congress, American Congress of Rehabilitation Medicine's Annual Meeting, and the Consortium of MS Centers' Annual Meeting.

The Intersection of RED-S and Recovery: A Physical Therapist's Role

Rebecca McConville MS, RD, LDN, CSSD; Ariel Johnston. RD

9:00-10:30am — 1.5 Contact Hours of CE — Room B

Overview:

RED-S (relative energy deficiency in sport) occurs when athlete's caloric intake does not meet their energy expenditure. This can cause a cascade of physical and mental issues such as decreased bone density, impaired immune system function, prolonged injury recovery, and a decline in physical performance.

Athletes have been affected by RED-S for years but with the increase of clean eating, fad diets, and elimination diets it is more important than ever to be able to recognize the signs and symptoms in young athletes and get them the professional help they need sooner rather than later.

Physical therapists and dietitians are often part of a multidisciplinary team that works with many of these athletes and have prolonged interactions with them that puts them in the unique position to identify treat, and prevent RED-S. Early identification and prevention are especially important because injuries are a time when athletes are prone to disordered eating. This presentation will equip the audience with the ability to do just that.

Objectives:

At the completion of this session, participants will be able to:

1. Define what RED-S is and how it evolved from the Female Athlete Triad.
2. Learn the impacts of RED-S on endocrine system, hormonal function, bone health, growth, body composition, performance, and mental health.
3. Identify common symptoms that may present during their physical therapy. Identify when that athlete needs to be referred to a specialist such as a sports RD or sports psychologist.
4. Explore the relationship between the Registered Dietitian and Physical Therapist's role in management and prevention.

Session Information

Speakers' Bio:

Rebecca McConville MS, RD, LDN, CSSD is a board-certified sports specialist and eating disorder dietitian. In addition to Becca's private practice, she serves as a consultant to the University of Missouri Kansas City Athletics, Kansas City Ballet, local colleges and previously worked with the Kansas City Chiefs. Becca is also the author of Finding your Sweet Spot- How to Avoid RED-S (Relative Energy Deficit in Sport) by Optimizing Your Energy Balance. She is a co-host of a podcast called PHIT for a Queen devoted to female athletes. Becca has a strong passion for providing athletes with skills and education during their transition out of sport so that they may thrive into their next chapter of their lives.

Ariel Johnston is a registered dietitian, cooking instructor, and owner of her own private practice, The Tasty Balance. She focuses on treating those with eating disorders and promoting a positive relationship with food and body for girls and women of all ages. In 2019 she was named Young Dietitian of the Year in Kansas. As a former collegiate athlete, she understands firsthand how under fueling can impact performance and how food can be more than fuel.

Encouraging Health and Wellness Outside Clinic Walls: Supporting Patients with Arthritis after Physical Therapy through Evidence-Based Community Programs

Lainey Faulkner, CPTA; Mengyi Li, MPH

9:00-10:30am — 1.5 Contact Hours of CE — Room C

Overview:

Throughout our careers in physical therapy we will encounter many patients who suffer from or are at risk for arthritis. We are often tasked with helping patients manage their arthritis pain and helping them to prevent disability. This presentation will explore a few CDC recommended physical activity programs designed for adults with arthritis. We will also discuss the importance of counseling your patients on the positive effects of physical activity in self-management of arthritis symptoms and referring patients to appropriate programming after discharge from therapy.

Objectives:

Participants will:

1. Understand the burden of arthritis in Kansas.
2. Be aware of available evidence-based community programming appropriate for adults with arthritis.
3. Understand and be able to explain the benefits of each evidence-based community program that is presented.
4. Be able to incorporate recommended programs and other physical activity options into home exercise programming through successful counsel and referral.
5. Understand how to get involved in offering evidence-based programming for adults with arthritis.

Speakers' Bio:

Lainey Faulkner, CPTA is the Arthritis Program Manager in the Bureau of Health Promotion at the Kansas Department of Health and Environment. She graduated from Washburn University in 2015 with an Associate of Science: Physical Therapist Assistant degree and then again in 2016 with a Bachelor of Health Science: Health Services Administration degree. After graduation in 2015, Lainey worked as a PTA in a variety of settings but ended up working in the outpatient setting for the majority of her PTA career. She joined KDHE in February 2019.

Mengyi Li has a Bachelor's degree in Nutrition Sciences from University of Wisconsin Madison and a Master of Public Health degree in Epidemiology from Emory University-Rollins School of Public Health. After joining KDHE in August 2018, she serves as the Chronic Disease Epidemiologist under the Health Promotion section of Bureau of Epidemiology and Public Health Informatics in the Kansas Department of Health and Environment. She works mostly with the Community-Clinical Linkages Program on chronic disease prevention and management as both epidemiologist and evaluator with areas of focus on arthritis, diabetes, heart disease, stroke, hypertension, and high cholesterol.

Session Information

The Role of Age and Chronic Conditions on Healthy Brain Aging

Dr. Sandra Billinger, PT, PhD, FAHA, CES, CEEAA

10:45am-12:15pm — 1.5 Contact Hours of CE — Room B

Overview:

There is increased awareness regarding healthy brain aging worldwide with the goal of delaying the onset set of dementia. Evidence continue and the message that heart health for brain health. Physical therapists and physical therapy assistants have a significant role in identifying cardiovascular risk factors and educating their patients/clients on reducing sitting time and engaging in regular physical activity. This session will address these factors in addition to focusing on how we can measure cerebrovascular response (brain blood flow) during an acute bout of exercise and the impact of aging and chronic conditions (stroke, kidney disease) on the cerebrovascular health.

Objectives:

Participants will be able to:

1. Identify how cardiovascular risk factors (#vitalsareVITAL) that can be screened in physical therapy practice affect brain health
2. Understand how physical activity/exercise benefits overall vascular health
3. Identify measures of cerebrovascular health in response to acute exercise
4. Understand how cerebrovascular response to exercise changes with age and chronic conditions

Speakers' Bio:

Dr. Sandra Billinger, PT, PhD, FAHA, CES, CEEAA is Associate Professor and practiced for over 10 years in geriatrics, neurologic and cardiopulmonary physical therapy. Dr. Billinger has received continuous grant funding the NIH, American Heart Association (AHA) and the Cardiovascular and Pulmonary Section research grant of the American Physical Therapy Association. These grants have focused on cardiovascular health, exercise-related interventions and how physical activity impacts stroke recovery. She has over 70 publications in peer-reviewed journals. Dr. Billinger's work focuses on the benefits of aerobic exercise across all stages of stroke recovery and brain health. She given over 20 CEU courses to clinicians in the US and internationally regarding exercise testing, interpretation and prescription. She served as Chair, Stroke Rehabilitation and Recovery Committee for the AHA Stroke Council (2014-2017) and was the Writing Group Chair and lead author for updating the AHA Scientific Statement for Physical Activity and Exercise Recommendations for Stroke Survivors. Dr. Billinger was awarded the AHA/ASA Stroke Council Lecture Award at Scientific Sessions in 2016. She has served in various roles within the American Physical Therapy Association (APTA) and was awarded the Margaret L. Moore Outstanding New Academic Faculty Member award by the APTA in 2014.

Charged with Transforming Society: Innovations in Population Health and Wellness

Stacia Troshynski Brown, PT, DPT

10:45am-12:15pm — 1.5 Contact Hours of CE — Room C

Overview:

Since the APTA House of Delegates adopted a new vision statement in 2013 – transforming society by optimizing movement to improve the human experience – more of the work of the physical therapy profession has taken on this charge to think bigger, broader, and more inclusively about the impact physical therapy can and should have on the larger society. How is the physical therapy profession moving the needle forward, though, in the arena of health and wellness while addressing social determinants of health? Join this interactive, thought-provoking session to learn about innovative advancements occurring in health and wellness in two largely-ignored populations for health and wellness: the un/under-insured population and the progressive multiple sclerosis population. Leave with an understanding of structural models for implementation, as well as a well-rounded concept of the challenges facing these populations in their journeys along the health and wellness continuum. Take home a few readily implementable ideas, along with the empowerment to make a difference in your own community.

Session Information

Objectives:

Participants will be able to:

1. Define the concept of population health.
2. Define the main goals of the National Physical Activity Plan.
3. Identify challenges to population health and wellness in the un/under-insured population.
4. Identify opportunities in population health and wellness in the un/under-insured population.
5. Identify challenges to population health and wellness in the progressive/chronic disease populations.
6. Identify opportunities in population health and wellness in the progressive/chronic disease populations.

Speakers' Bio:

Stacia Troshynski Brown is currently a faculty member in the Physical Therapy and Rehabilitation Science Department at the University of Kansas Medical Center. She has worked with and studied the challenges associated with health and wellness in both the under-served population and the progressive/chronic disease population for the last five years. She is the current Population Health Champion for Kansas and is also a Kansas Delegate to the House of Delegates. She received her DPT from the University of Nebraska Medical Center and worked in out-patient and in-patient settings in the Kansas City area for 9 years before becoming a full-time faculty member at the University of Kansas Medical Center. She loves asking the obscure questions and pushing the physical therapy profession forward.

Why Words Matter: Facilitating Behavior Change with Health Coaching

Katie Siengsukon, PT, PhD

1:30-4:45pm — 3.0 Contact Hours of CE — Room A

Overview:

Do you frequently provide education to your clients to exercise or to start another health-promoting behavior only to have them not do it? Simply providing education to clients to change a behavior (ie. start an exercise program, eat a healthier diet, improve sleep health) is often not sufficient to produce and sustain behavior change. Health coaching is a growth-promoting relationship that empowers the client to self-discover behavior change strategies through goal setting, problem solving, and building self-efficacy. This session will provide an overview of coaching and a discussion of the theories and models that are used during coaching. The attendees will practice coaching techniques and apply coaching techniques through case studies.

Objectives:

Participants will be able to:

1. Discuss the framework and rationale of coaching to promote behavior change
2. Describe the theories and models that form the basis of health coaching practice
3. Incorporate health coaching strategies into practice to promote behavior change

Speakers' Bio:

Katie Siengsukon, PT, PhD, is an Associate Professor in the Department of Physical Therapy and Rehabilitation Science and is the Director of the Sleep, Health & Wellness (SleepWell) Laboratory at the University of Kansas Medical Center. Dr. Siengsukon received her MPT from Rockhurst University in 2002 and her PhD in Rehabilitation Science from the University of Kansas Medical Center in 2008. Dr. Siengsukon has presented her research and education sessions at international and national conferences, including CSM, World Confederation for Physical Therapy's Congress, American Congress of Rehabilitation Medicine's Annual Meeting, and the Consortium of MS Centers' Annual Meeting. Dr. Siengsukon is a Certified Health and Wellness Coach through Wellcoaches®.

Session Information

What is Nordic Walking aka Urban Poling? Research & Techniques

Jon Schultz, PT, OCS

1:30-3:00pm — 1.5 Contact Hours of CE — Room B

Overview:

Learn the benefits of using uniquely designed Nordic walking poles for active rehabilitation. This introduction will provide an overview of Nordic walking aka Urban poling including: general health benefits and research for this form of fitness and rehabilitation (280+ studies on PubMed). Both the Activator technique for improving balance and gait retraining as well as the traditional Nordic walking technique for increasing gait speed, stride and core strengthening will be taught.

Speakers' Bio:

Jon Schultz is the owner of Optimum Performance Physical Therapy in Urbandale, Iowa. He is board certified in Orthopaedics (OCS). He also has been certified in Postural Restoration (PRC) and as a Master Trainer through Urban Poling. Jon attended Vanderbilt University on a four year Army ROTC scholarship, graduating with a degree in psychology. He obtained his Masters of Physical Therapy from Baylor University.

Jon served in the Army as a combat arms officer, aide-de-camp for a general officer, and in various positions as a PT (physical therapist). He also served as the rehab director of the Federal Medical Center in Rochester Minnesota while finishing his career in the government as a Public Health Officer.

Jon has received extensive postgraduate training in advanced human biomechanics and alternative pain treatment strategies at the Mayo Clinic.

His rehab business serves individuals seeking to become pain free and remain independent without taking powerful medications or resorting to invasive surgeries & injections. He also works with professional, collegiate, and elite high school athletes looking to significantly improve their athletic performance in addition to remaining injury free.

He currently serves on the board of the Partnership for a Healthy Iowa.

Pelvic Floor Health: The Societal Impact and How We Can Help

Sarah White-Hamilton, PT, DPT, PRPC

1:30-3:00pm — 1.5 Contact Hours of CE — Room C

Overview:

This session will present an overview of the societal impact of different pelvic floor health conditions, and how physical therapists can help to reduce this impact on the lives of these individuals. Information on how hip and low back kinematics can contribute to pelvic floor dysfunctions will also be touched on, along with evidence based treatment options.

Objectives:

Participants will be:

1. Aware of the societal and financial cost of pelvic floor conditions.
2. Able to identify individuals who could benefit from pelvic health physical therapy.
3. Able to recognize the symptoms and common causes of: stress urinary incontinence, urge urinary incontinence, and fecal incontinence.
4. Familiar with resources for the treatment of: stress urinary incontinence, urge urinary incontinence, fecal incontinence, pelvic pain, diastasis recti, and constipation.
5. Familiar with precautions to provision of certain treatments for pelvic floor care.

Speakers' Bio:

Sarah White-Hamilton, PT, DPT, PRPC is a full time practicing physical therapist in Lawrence, Kansas with Pelvic Health Specialists. She is passionate about growing the awareness of pelvic health options for both men and women. She has held her Pelvic Rehabilitation Practitioner Certification since 2019. Sarah earned her DPT from University of Nebraska Medical Center and her BS in Cell and Molecular Biology from Missouri State University.

Session Information

Practical Application of ACTIVATOR Poles for Orthopedic, Neurology & Cancer Rehab

Jon Schultz, PT, OCS

3:15-4:45pm — 1.5 Contact Hours of CE — Room B

Overview:

In this session you will learn about the practical applications of the evidence-based Activator program for pre and post rehabilitation for orthopedics, neurological conditions and cancer. Learn innovative exercises with poles for pre/post hip and knee surgery, breast cancer rehab, Parkinson's and how to increase flexibility, posture, balance and movement of the affected side for stroke clients.

Speakers' Bio:

Jon Schultz is the owner of Optimum Performance Physical Therapy in Urbandale, Iowa. He is board certified in Orthopaedics (OCS). He also has been certified in Postural Restoration (PRC) and as a Master Trainer through Urban Poling. Jon attended Vanderbilt University on a four year Army ROTC scholarship, graduating with a degree in psychology. He obtained his Masters of Physical Therapy from Baylor University.

Jon served in the Army as a combat arms officer, aide-de-camp for a general officer, and in various positions as a PT (physical therapist). He also served as the rehab director of the Federal Medical Center in Rochester Minnesota while finishing his career in the government as a Public Health Officer.

Jon has received extensive postgraduate training in advanced human biomechanics and alternative pain treatment strategies at the Mayo Clinic.

His rehab business serves individuals seeking to become pain free and remain independent without taking powerful medications or resorting to invasive surgeries & injections. He also works with professional, collegiate, and elite high school athletes looking to significantly improve their athletic performance in addition to remaining injury free.

He currently serves on the board of the Partnership for a Healthy Iowa.

Prevention of Workplace Burnout

Tammy Wellbrock, MS, IOM, CAE

3:14-4:45pm — 1.5 Contact Hours of CE — Room C

Overview:

Modern working life has become increasingly stressful to many of us, with ever-growing demands lurking in the back of our minds as constant reminders that bringing home the bacon is no piece of cake. Job burnout is a special type of work-related stress — a state of physical or emotional exhaustion that can have serious consequences. Are you worried that this might happen to you?

Objectives:

Participants will be able to:

1. Understand the seriousness of burnout
2. Acknowledge workplace factors
3. Recognize signs or symptoms
4. Take proactive steps for prevention

Speakers' Bio:

With more than 25 years of experience in building quality customer relations, Tammy Wellbrock served 8 years as the President/CEO for the Hays Area Chamber of Commerce. Under Tammy's direction, the Chamber was a 2013 ACCE Finalist for Chamber of the Year. Wellbrock has always been actively involved with the local Chamber through serving on the Board of Directors as well as various committees. She served on the Chamber of Commerce Executives of Kansas and held the role of President in 2016; most recently, she was elected to serve as a Board of Education member for her local school district. Tammy has a BA and MS in Communications, plus she completed her Institute of Organization Management (IOM) designation in 2014 and earned her Certified Association Executive (CAE) in 2016. In July 2019, Tammy launched her own professional training, facilitating and coaching business called Girl Twin Solutions.

Session Information

Human Trafficking in Kansas

Jennifer Montgomery

6:00–7:00pm — 3.0 Contact Hours of CE for the entire Friday Evening Session

Overview:

Human trafficking is based on recruiting, harboring and transporting people solely for the purpose of exploitation. It is one of the fastest growing criminal industries in the world. Healthcare providers are in a unique position to help identify and assist potential victims. This course will provide an overview of human trafficking in Kansas, common indicators of human trafficking in a healthcare setting, a basic review of state and federal human trafficking laws, strategies for intervention and assessment of potential victims and best practices for trauma-informed care.

Objectives:

Learning outcomes include:

1. Being able to identify indicators of human trafficking
2. Understanding the complex nature of this crime
3. Identifying common ways traffickers seek control over their victims
4. Recognizing techniques traffickers use to lure teens
5. Recognizing common tattoos or branding seen on human trafficking victims
6. Understanding typical medical presentations of human trafficking victims in a healthcare setting
7. Identifying services needed for human trafficking victims
8. Reviewing state and federal human trafficking laws
9. Understanding the role of first responders in human trafficking situations
10. Recognizing the elements of victim-centered care
11. How to intervene when human trafficking is suspected/how to report human trafficking

Speakers' Bio:

Jennifer Montgomery began working on human trafficking issues in the office of Kansas Attorney General Derek Schmidt in 2013. She currently leads the attorney general's anti-human trafficking efforts as Director of Human Trafficking Education and Outreach. She is an author and has provided presentations and trainings on human trafficking to health care professionals, law enforcement officers, school administrators, members of the business community, students, faith community and non-profit leaders and members of the public. Additionally, she has served as a guest instructor for undergraduate and graduate level courses on social justice and human trafficking at the University of Saint Mary in Leavenworth and the University of Kansas in Lawrence. Through her life experience and professional work, Jennifer is a passionate advocate for women and youth who have experienced sexual abuse and exploitation. Jennifer also serves as the public affairs director for the attorney general's office. A fifth generation Kansan and KU graduate, she returned to Kansas after working in Washington, D.C., as a congressional staffer for the Kansas delegation and holding various positions in government affairs and public relations in the U.S. and Europe. Jennifer volunteers as a Shawnee County CASA Citizen's Review Board member and as a mentor with the Kansas Women's Leadership Institute at the University of Kansas. She is currently president of the board of directors of Freedom Now USA, an anti-human trafficking non-profit organization affiliated with the Topeka Rescue Mission.

Session Information

Expanding Access to PT via Telehealth

Janine Gracy, MS, CHES, CPP

7:00–8:00pm — 3.0 Contact Hours of CE for the entire Friday Evening Session

Objectives:

Participants will:

1. Explore the benefits and barriers of telemedicine & telehealth
2. Identify the necessary components of an organizational assessment for telehealth readiness by examining one such tool (eSTART)
3. Review technical advances in telehealth to increase familiarity with existing technologies and capabilities in the telehealth domain
4. Review Research concerning telehealth and Physical Therapy
5. Review known aspects of the new Kansas Telemedicine Act

Speakers' Bio:

Janine Gracy, MS, CHES, CPP, is the Project Director of the Heartland Telehealth Resource Center serving Kansas, Missouri and Oklahoma. She has spent her career in the field of health sciences, leading organizations and communities in public health initiatives and the strategic planning process. She has extensive experience in program development, organizational management, grant writing and building the capacity of individuals and organizations through leadership, coaching and best practice training. Janine has a Master of Science in Education, a Bachelor of Science in Education, both in Health Sciences from the University of Kansas. She is a certified Health Education Specialist and a Certified Prevention Professional. Janine grew up in rural Kansas and is a champion of programs concerning health, education and health care access.

Courageous Leadership — Living a Life of Influence

Dan Meers

8:00–9:30pm — 3.0 Contact Hours of CE for the entire Friday Evening Session

Overview:

On November 23, 2013, Dan Meers came within inches of losing his life while practicing a bungee jump and zip line stunt at Arrowhead Stadium... home of the Kansas City Chiefs. What Dan anticipated being the thrill of a lifetime ended up being the spill of a lifetime. The stunt went terribly wrong and Dan plummeted 75 feet before crashing into the stadium seats. Miraculously Dan survived. He spent 9 days in the hospital and got some really big scars. Dan smiles when he says, "Scars are just Tattoos that come with a Cool Story". During this powerful presentation Dan shares his incredible story and the important lessons that he learned during his long road to recovery about leadership and about life.

Speakers' Bio:

Dan began his career in 1986 at the University of Missouri – Columbia. Dressed as the school mascot, Truman Tiger, it didn't take long for Dan to establish himself as one of the top college mascots in the nation. After finishing second in 1988, Dan was selected the nation's #1 college mascot at the 1989 National Collegiate Mascot Championships. As graduation approached, Dan began to receive offers to use his talents at the professional level.

After graduating with honors, Dan decided to trade in his tiger stripes for bird feathers and began his professional career as Fredbird, the mascot for the St. Louis Cardinals baseball team. Although many thought Dan's "bird legs" were a perfect match for his costume in St. Louis, Dan stayed only a short time. He was offered a job in professional football and decided to exchange his bird suit to become a wolf.

Today Dan is widely known as KC Wolf, the official mascot of the Kansas City Chiefs. He travels throughout the United States and the world entertaining thousands of people both in and out of costume. Dan is in high demand not only as a mascot but also as a humorous and motivational speaker to audiences of all ages. His enthusiasm, optimism and love for life are contagious and makes Dan an inspiration to all those he meets.

Dan lives in Kansas City, MO with his wife, Cam and their 3 children, Mycah, Aaron, and Mallory.

Session Information

Saturday, March 7

Urban Poling Walking Event — Sunrise Walk

Jon Schultz, PT, OCS

6:45–7:15am — Morning Exercise Session, No CEUs awarded

Overview:

Join an urban poling instructor for a fun and easy sunrise or sunset workout either to jumpstart your day with a revitalizing walk! Did you know that just by adding poles to your walk you can burn a minimum of 20% more calories compared to regular walking? Come out for an opportunity to fit in an enjoyable low impact exercise session for yourself, while learning why Nordic walking aka urban poling is quickly becoming one of the fastest growing forms of fitness and tool for rehabilitation globally!

Demo poles to be provided.

Registration is required

Speaker's Bio:

Jon Schultz is the owner of Optimum Performance Physical Therapy in Urbandale, Iowa. He is board certified in Orthopaedics (OCS). He also has been certified in Postural Restoration (PRC) and as a Master Trainer through Urban Poling. Jon attended Vanderbilt University on a four year Army ROTC scholarship, graduating with a degree in psychology. He obtained his Masters of Physical Therapy from Baylor University.

Jon served in the Army as a combat arms officer, aide-de-camp for a general officer, and in various positions as a PT (physical therapist). He also served as the rehab director of the Federal Medical Center in Rochester Minnesota while finishing his career in the government as a Public Health Officer.

Jon has received extensive postgraduate training in advanced human biomechanics and alternative pain treatment strategies at the Mayo Clinic.

His rehab business serves individuals seeking to become pain free and remain independent without taking powerful medications or resorting to invasive surgeries & injections. He also works with professional, collegiate, and elite high school athletes looking to significantly improve their athletic performance in addition to remaining injury free.

He currently serves on the board of the Partnership for a Healthy Iowa.

Re-Engineering Practice to Meet Consumer-Based Values, Adopt a Retail Mindset, and Become a Leading Health Resource for Your Community

Jennifer M. Gamboa, DPT, OCS

8:00–10:00am; 1:30–3:30pm; 3:45–5:45pm — 6.0 Contact Hours of CE

Overview:

Market forces are turning patients, employers, and communities into activist healthcare consumers. There is a significant increase in competition among providers to draw patients upstream; including a growing number of retail clinics. Consumers are trading lower premiums for higher deductibles and there has been an explosion of telehealth (604% growth from 2006 to 2015 as measured by Medicare reimbursement). At first blush, convenience and affordability seem to be driving patient choices. A more nuanced understanding of consumer-based values provides physical therapists with significant strategic opportunities to re-engineer practice using a retail mind-set to meet consumer demand, create upstream value, and build non-traditional revenue streams. This course will be divided into 3, two hour segments that build upon one another to help participants understand, plan for, and develop a framework for delivering consumer-centric physical therapy services.

Objectives:

8:00 to 10:00 AM: Defining Consumer-Based Values

At the end of this segment, participants will be able to:

1. Distinguish between patient-centered and consumer-centric business frameworks
2. Compare and contrast 3 distinct definitions of value
3. Describe the evolution of value in healthcare and assess the impact on emerging business models
4. Explain the impact of social determinants of health on value-based outcomes

Session Information

1:30 to 3:30 PM: Adopting a Retail Mindset

At the end of this segment, participants will be able to:

1. Describe the market forces that have turned patients into consumers
2. Describe 5 key attributes of consumer-driven health care consumption
3. Define the key elements of consumer loyalty
4. Evaluate their current organization's consumer responsiveness and assess the opportunities for proactive consumer engagement.

3:45 to 5:45 PM: Becoming a Leading Health Resource for your Community

At the end of this segment, participants will be able to:

1. Map trends in healthcare consumerism to 3 distinct business opportunities/models
2. Describe at least one methodology for assessing individual and aggregate health needs that can be modified/influenced by physical therapy
3. Assess the utility of specific operational strategies to deliver consumer-value driven physical therapy across a spectrum of practice settings and delivery models

Speakers' Bio:

Jennifer M. Gamboa, DPT, OCS, has been helping people get better, stronger, faster for almost 25 years.

A Physical Therapist by training, she founded an integrated health clinic in 1995. Today, Body Dynamics is the largest cash-base practice in the country, employing 20 FTE multi-disciplinary providers, servicing 3 industrial athlete programs, and sponsoring 2 youth sports teams. Throughout her practice, she's seen first-hand the profound changes people and organizations can realize when "we meet them where they are," and partner with them to navigate towards their best self.

Working with an integrated team requires courageous collaboration, deep curiosity and respect for multiple approaches, and an understanding that there is always a next small step. Living upstream on the spectrum of health care, Jen and her team have been privileged many times over to help roll clients off medications and maximize their health potential even if living with chronic disease, including Parkinson's, MS, post-Polio, and post-stroke. In addition, her team has saved organizations hundreds of thousands of dollars by delivering upstream solutions to curb downstream expenses.

KPTA Terms & Conditions for Conferences

Conference Policy:

The conference registration fee is refundable until February 1, 2020. Cancellations made between February 2nd and February 27, 2020 are subject to a 25% cancellation fee. No cancellation and/or refund requests are granted after February 28, 2020. Appeals for exception to this policy for extreme circumstances such as death in the family, car accident, jury duty, etc. must be received by the close of the event and will be reviewed by the Board after the event with decision notification being sent within 30 days of the last day of the event. All cancellations and refund requests must be made in writing via email to info@kpta.com. No refunds will be made for cancellations received after the close of the event. Substitutions are permitted. Please contact the KPTA Office (info@kpta.com or 913-295-9919) with your concerns.

Photograph/Video Policy:

Photographs of the conference, workshops and events may be used for promotional material on the www.kpta.com website and social media. Registrant will email info@kpta.com with a picture of them self (for identification purposes) if the registrant does not wish to have his/her photograph posted.



Program Information

This program is designed to be of interest to physical therapists and physical therapy assistants presented by leaders in their field of physical therapy.

Speakers, topics and schedule are subject to change. All program materials will be available online for registered attendees prior to the meeting.

Exhibits will be present displaying products and services of interest. Products and services displayed are not necessarily endorsed or sanctioned by the Kansas Physical Therapy Association.

Continuing Education

Courses will be approved for continuing education credit by the KPTA. In conjunction with the Kansas State Board of Healing Arts (KSBHA) the KPTA approves courses for continuing education credit for physical therapists and physical therapist assistants licensed in Kansas. Additionally, the KPTA provides a continuing education tracking service to Kansas licensed PTs and PTAs. The KPTA tracking service is recognized by the KSBHA in that KSBHA acknowledges KPTA provided CE reports on behalf of tracking subscribers for their license renewal CE requirements.

Lodging Information

Fairfield Inn & Suites
Kansas City Overland Park
12440 Blue Valley Pkwy,
Overland Park, KS 66213
913-338-3600

Secure your reservation at the KPTA rate of only \$129.00 per night by following the reservation link: <https://www.marriott.com/events/start.mi?id=1568643430913&key=GRP>



Questions about the meeting?

Contact the KPTA Office at info@kpta.com or 913-295-9919
