

# **APTA Kansas** **2021 Virtual Spring Conference**

Friday, April 16<sup>th</sup> – Saturday, April 17<sup>th</sup>



Your APTA Kansas Spring Conference will be going virtual April 16-17th, 2021. Please save the date and plan to join us from wherever you are.

On Friday evening, we will begin with a question and answer session for our abstract poster presenters followed by the APTA KS Business and Issues Forum. This will be worth 1.0 CEU for live attendees only. Recorded on demand version will not qualify for CEU.

Saturday April 17th will be a full day of speaker presentations, abstract platform presentations and awards. This will award 7.00 CEU's.

**Our speaker presentations will include:**

**Best Practices to Avoid an Audit: Billing and Documentation Compliance** - Aimee Riegel PT, DPT

**Staying Out of Trouble: Knowing and Mitigating Risk Course** - Yvonne Colgrove PT, PhD

**Rehabilitation Services Role in Treating Patients Affected by COVID-19 Across the Continuum of Care** - Clare Morris PT, DPT, Hilary Stanley MOTRL, Audrey Robinson OTRL, Carly McClelland PT, DPT and Mary Schwarz OTR

**Return to Play After COVID-19** - Luis Salazar MD

## Registration

	Full Meeting			
	Early Bird	Full Price		
PT Member	\$160	\$200		
PTA Member	\$120	\$160		
Student Member	\$30	\$35		
Lifetime Member	\$50	\$50		
PT Non-member	\$185	\$230		
PTA Non-member	\$140	\$185		
Student Non-member	\$35	\$40		

## Friday, April 16th

5:00pm **Welcome and Introduction**  
Camille Snyder PT, DPT

5:00–7:00pm **Poster Q&A**  
Students

7:00–8:30pm **Business and Issues Forum**  
*APTA Kansas Business Meeting & Delegate Updates and Discussion*  
Camille Snyder PT, DPT  
AJ Thomas PT, DPT, MS, Board Certified Specialist in Sports Physical Therapy  
Zane Ochs PT, DPT, Board Certified Specialist in Sports Physical Therapy  
Deanne Yates PTA, PhD  
Stacia Troshynski Brown PT, DPT, Board Certified Specialist in Orthopedic Physical Therapy

## Saturday, April 17th

8:30am **Welcome**  
Camille Snyder PT, DPT

8:45–10:15am **Best Practices to Avoid an Audit: Billing and Documentation Compliance**  
Aimee Riegel PT, DPT

10:15–10:30am **Break**

10:30–12:00pm **Staying Out of Trouble: Knowing and Mitigating Risk Course**  
Yvonne Colgrove PT, PhD

**Platform Presentations and Q&A**  
Linda D'Silva PT, PhD, Board Certified Specialist in Neurologic Physical Therapy

12:00–1:00pm **High Intensity Gait Training For a Patient With Subacute Subdural Empyema: A Case Report**  
Amanda Britton-Carpenter

**Impact of a Physical Therapy Managed Spinal Orthoses Program on the Cost of Care**  
Sue Willey

**Effect of High Intensity Interval Training Compared to Moderate Intensity Continuous Exercise on Pulmonary Function in Individuals with Chronic Stroke**  
Madison Henry

**Doctor of Physical Therapy Students: Relationships Between GPA, Health Habits, and Stress**  
Christina Wisdom

1:00–1:30pm **Lunch Break**

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1:30–1:45pm **Platform / Poster Awards**

Linda D'Silva PT, PhD, Board Certified Specialist in Neurologic Physical Therapy

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1:45–4:00pm **Rehabilitation Services Role in Treating Patients Affected by COVID-19 Across the Continuum of Care**

Clare Morris PT, DPT  
Hilary Stanley MOTRL  
Audrey Robinson OTRL  
Carly McClelland PT, DPT  
Mary Schwarz OTR

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4:00–4:15pm **Break**

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4:15–5:00pm **Return to Play After COVID-19**

Luis Salazar MD

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5:00 **Closing**

Aimee Riegel PT, DPT

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## Session Information

### Delegate updates for the upcoming 2021 House of Delegates (1.0 CEU)

*Anthony Thomas PT, DPT, MS, Board Certified Specialist in Sports Physical Therapy*

APTA Kansas Delegation will be reporting the upcoming activities of the 2021 Virtual House of Delegates planned in September. We will have discussion on possible subjects that may be suitable for forming a motion and submitting.



#### Objectives:

- Members and potential members will be informed on the upcoming activities for the 2021 HOD.
- Participants will be oriented on motion formation and language.
- Participants will be given the opportunity to discuss current professional needs that may be appropriate for motion formation.

#### Speaker's Bio:

**AJ Thomas** is a board-certified sports physical therapist and Chief Executive Officer at Rooks County Health Center. He also serves as the team Physical Therapist for Fort Hays State University Athletics. AJ has been active and served on the APTA KS Board of Directors since 2012.

## Session Information

### Best Practices to Avoid an Audit: Billing and Documentation Compliance

*Aimee Riegel PT, DPT*

#### Course Description:

Insufficient documentation continues to be the most common cause of improper payments to third party payers. Would your documentation pass an audit? Learn strategies to effectively support medical necessity and skilled services with your documentation.

#### Objectives:

- Provide background on Medicare FFS improper payments.
- Raise awareness of physical therapists (PTs) and physical therapy assistants (PTAs) on current documentation issues.
- Provide useable and clinically relevant information about defensible documentation in patient/client care.
- Identify legal, regulatory, and payer requirements for clinical documentation.
- Apply strategies to more effectively support medical necessity and skilled services in documentation.
- Provide tools and resources PTs and PTAs need to create documentation that will satisfy all the aforementioned requirements.



#### Speaker's Bio:

**Dr. Aimee Riegel, PT, DPT** is a graduate of the University of Kansas with a Bachelor of Science in Education with an emphasis in Exercise Science. She attended the University of Kansas Medical Center Physical Therapy program where she received her Doctor of Physical Therapy degree in 2007. She has practiced outpatient orthopedics her entire career, spending 6 years in Northeastern Kansas, where she served as the director of a small outpatient clinic prior to relocating to western Kansas in 2013.

Aimee founded FIT PT and Wellness, LLC in September 2019, a cash-based concierge practice, which she expanded to include a Fitness and Yoga Studio in October 2020. She provides services to clients in her fitness studio as well as in their homes. Aimee has a passion for helping adults stay active through their lifespan with an emphasis on health and wellness. Aimee specializes in Functional Dry Needling and is a level 2 Dry Needling practitioner. Aimee also teaches virtual and in person individual and group fitness programming, as well as offers specialty fitness and health workshops both locally and on a national level to increase awareness of health and wellness for all ages.

Aside from the clinic, Aimee devotes her time to her profession by serving on the Board of Directors for APTA Kansas. She currently serves as the Vice President of APTA Kansas. She previously served as the Payment Committee Chair from 2014 through 2019. Aimee has provided education on Defensible Documentation at various state conferences and launched the first webinar on the APTA Kansas Website. Aimee was awarded the APTA Emerging Leader award in 2017. She also founded and serves as executive director of a non-profit

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## Session Information

organization, Lovegrass Music Festival Association, which funds an annual free music festival in North Central Kansas.

Aimee is a native of Pawnee Rock, Kansas where she grew up on the family farm, attending Great Bend High School. She and her husband, Jason, spent 12 years in Lawrence before moving back to western Kansas to raise their two sons, Jonah and Jude. In her free time Aimee and her family enjoy playing bluegrass and performing in their band, 80 Proof Alice, camping, kayaking, hiking, shooting sports and attending concerts and sporting events.

### Staying Out of Trouble: Knowing and Mitigating Risk Course

*Yvonne Colgrove PT, PhD*

#### Course Description:

This course will review the malpractice insurance claims trends and Board of Healing Arts cases for a contemporary view of problems encountered by physical therapists and physical therapist assistants resulting in legal action. A review of the risk management process and recommendations for initiating, revisiting or revising existing risk management programs will be discussed.

#### Objectives:

- Discuss categories of potential risks within the different layers of regulation.
- Determine strategies for reducing different types of risk.
- Discuss the process of risk management
- Elucidate practical recommendations for reducing risk as a clinician.



#### Speaker's Bio:

**Yvonne Colgrove, PT, PhD** is the Director of Clinical Education and clinical associate professor in the Physical Therapy and Rehabilitation Science Department at the University of Kansas Medical Center. She has taught ethics and administration courses in the DPT and former post-professional DPT programs and currently coordinates all full time clinical education courses. Dr. Colgrove currently serves as the KPTA ethics committee chair and is currently involved in research projects including the use of yoga in chronic conditions and clinical education.

## Session Information

### Rehabilitation Services Role in Treating Patients Affected by COVID-19 Across the Continuum of Care

Clare Morris PT, DPT, Hilary Stanley MOTRL, Audrey Robinson OTRL, Carly McClelland PT, DPT, Mary Schwarz OTR

#### Course Description:

Since the COVID-19 pandemic swept the nation in early 2020 the world of healthcare has changed quickly and vastly to adapt to new demands in order to safely treat and care for patient's suffering from this extremely contagious disease. From treatment interventions to isolation precautions and beyond, each area of standard patient care has been forced to evolve to ensure that both patient's and healthcare workers remain safe. This presentation hopes to shed some light on how rehabilitation services, more specifically Physical Therapy, has been involved in adapting across the continuum of care as well as our role in treating patients diagnosed with COVID-19.

Each step along a patient's journey to recovery has been found to be unique and have its own challenges. We hope to share the experience we have gained with treating this population over the past year including therapeutic interventions utilized and suggestions on ways we have found to safely provide care while monitoring for adverse signs/symptoms common with this disease.

Our hope is to educate on the lingering effects of the disease we have begun to see and give us as therapists the appropriate information/tools to continue to help our patients return to as close to their prior level of function as possible even if for some that means a new "baseline". Our goal of this presentation is to provide you with information you can take and apply to what is a new but ever-growing population of COVID-19 patients.

#### Objectives:

- Obtain a basic understanding/definition of the COVID-19 virus, it's disease process and method of transmission.
- Gain knowledge of safe patient care and appropriate use of PPE while treating patients with COVID-19.
- Know how to appropriately manage and monitor vital signs and oxygen needs with therapy intervention, as well as how to appropriately identify signs and symptoms of decompensation.
- Compare and contrast COVID-19 to other respiratory disease/illness.
- Obtain a basic understanding of therapeutic interventions for both COVID + and COVID recovered patients within the acute care setting.
- Obtain a basic understanding of therapeutic interventions for COVID recovered patients within the acute inpatient rehab setting.
- Obtain tools to implement with the COVID patient population to utilize in any setting.
- Discuss and analyze specific patient case studies to compare and contrast patient outcomes.

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## Session Information

### Speaker's Bio's:



**Clare Morris, PT, DPT:** My name is Clare Morris and I have been a Physical Therapist since 2012. I graduated from Saint Louis University in 2010 with an undergraduate degree in Exercise Science and again in 2012 with my Doctorate in Physical Therapy. I began my practice as a PT working in the long-term acute care setting for Kindred Healthcare in Chicago for two years, I then transferred back to Kansas City and continued working for Kindred again within their long-term acute care setting for an additional two years. During this time I also held a PRN position at Research Medical Center. I then decided to work as a traveling physical therapist and began work for a company called Med Travelers where I spent a year and a half traveling all over the US working in a variety of settings including skilled nursing, outpatient and acute care. Finally I have settled back in Kansas City and have been working full-time for The University of Kansas Health System in their acute care setting since 2018. I have also held an ongoing PRN position at Truman Medical Center since 2018. I have been a member of our “COVID-team” at KU since April of 2020.



**Hilary Stanley, MOTRL:** Hello to all! My name is Hilary Stanley and I am an Occupational Therapist at the University of Kansas Health System. I graduated from the University of Missouri- Columbia with a Masters of Occupational Therapy in 2010. From there, I started my career as an acute care therapist working in general medicine at Barnes Jewish Hospital in St. Louis, Missouri and remained there for the next 7 years. After moving back home to Kansas City in 2017, I transitioned into skilled nursing with a short stint in assisted living, independent living, and memory care. I returned to my acute care roots in the summer of 2018 after accepting a PRN position at KU, which thankfully blossomed into a fulltime gig. I joined the “COVID team” in May 2020. Every day on this team is a learning experience and a testament to the balance of the beauty and fragility of human life.



**Aubrey Robinson, OTRL:** My name is Aubrey Robinson and I am an Occupational therapist at The University of Kansas Health System. I attended Kansas State University for pre-occupational therapy courses and received my undergraduate degree in occupational sciences in 2015 at The University of Kansas Hospital. In the following years I received my master's in occupational therapy in 2017. My career began as a PRN therapist splitting my time between MidAmerica Rehabilitation Hospital and Rehabilitation Hospital of Overland Park, both inpatient rehabilitation settings. I began working full time at The University of Kansas Health System in June of 2018 and am continuing to work on the acute care units. I have worked with a variety of patient populations however at this time primarily work with cardiac patients. I began working with COVID-19 patients in April of 2020.

## Session Information



**Carly McClelland, PT, DPT:** My name is Carly McClelland and I graduated from Saint Louis University in 2008 with an undergraduate degree in Exercise Science and again in 2010 with my Doctorate in Physical Therapy. I began my career working in the acute care setting at Baylor University Medical Campus in downtown Dallas, Texas; which is now Baylor Scott & White Institute for Rehabilitation. I worked for 5 and ½ years between the neuro-trauma ICU and step down unit, as well as serving as a mentor for the Neurologic Residency program in partnership with Texas Women’s University. I moved back home to Kansas City in 2016 and started working at The University of Kansas Health System in August of 2016. I began on the Neuro team working between the floor and the ICU. In December of 2016 I rotated over to the inpatient rehab unit and have been working in rehab ever since. Since Covid began I have cared for many recovered patients that are having prolonged mobility and cognitive deficits from their hospitalization to regain their strength for a safe discharge home and back into the community.



**Mary Schwartz, OTR:** I have been practicing as an Occupational Therapist for 35 years. I have primarily worked in inpatient and outpatient rehabilitation with the neuro population. During that time, I worked in driver rehabilitation at The Rehabilitation Institute of Kansas City,(now Ability KC)for over 15 years. I also was very involved in the Association of Driver Rehabilitation Specialists and served on the board for 4 years. In 2010, I returned to the inpatient rehabilitation field, working on the rehab unit at The University of Kansas Health System. I have had the opportunity to work with COVID recovery patients on our unit and assisting them with achieving the goal for return to home.

### Return to Play After COVID-19

*Luis Salazar MD*

#### Course Description:

Reviewing current literature of returning athletes after exposure and infection of COVID-19 and how we have gotten here.

#### Objectives:

- Review CDC and KDHE screening guidelines and precautions for group settings
- Identify the key factors to fluctuation of COVID-19 cases
- Transmission rates within sports/teams and variations
- Risk level by sport per NCAA resocialization guidelines
- Return to play guideline review- What we know thus far
- What does the future hold?

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## Session Information



### Speaker's Bio:

**Dr. Salazar** is board-certified in family medicine physician and fellowship trained in sports medicine. He earned a BS in biology and Master in Medical Sciences from Indiana University before going to medical school at the University of Kansas School of Medicine and completed his sports medicine fellowship at The Ohio State University Medical Center. Dr. Salazar has experience treating NCAA and NAIA collegiate athletes, including his current work with Division I athletes at the University of Kansas as part of Kansas Team Health. He enjoys engaging in teaching future physicians as an assistant clinical professor for the Sports Medicine fellowship at the University of Kansas Health System and is the current chair of the Kansas State High School Activities Association (KSHAA) Sport Medicine Advisory Committee.

He enjoys the intricacies of foot and ankle injuries and his special interests include caring for athletes of all abilities; ultrasound medicine; and the use of biologic treatment options. He also participates in Exercise is Medicine, a global health initiative committed to the belief that physical activity promotes optimal health and is integral in the prevention and treatment of many medical conditions.

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## Policies

### Cancellation and Refund Policies

APTA KANSAS hopes everyone who registers for OUR conference will be able to attend; however, APTA KANSAS knows extenuating circumstances do occur. The APTA KANSAS Cancellation and Refund Policies are as follows:

### Conference Refund and Cancellation Policy

The APTA KANSAS Conference Cancellation and Refund Policy will be as follows to assure consistency and is applicable to the annual APTA KANSAS conference.

- Conference registration canceled on-line 90 days prior to the conference is refundable but subject to a \$50 administrative fee.
- Registrants canceling within 0 – 30 days prior to the conference will not receive a refund. The refund and cancellation policy will not be waived. *Registration fees may be transferred to another individual*; the invoice for the new registration will be revised to reflect the new registrant's membership status.
- Please contact [info@kpta.com](mailto:info@kpta.com) if you need to cancel due to unforeseen extenuating circumstances.
- In the event APTA KANSAS must cancel the conference due to unforeseen circumstances, APTA KANSAS will refund the cost of registration. However, APTA KANSAS does not assume responsibility for any additional costs, charges, or expenses; to include, charges made for travel and lodging.

### Unforeseen Circumstances Defined for Refund and Cancellation Policies

Unforeseen circumstances is used to describe an event that is unexpected and prevents APTA KANSAS from continuing with a conference, training, or webinar. Examples of such circumstances can include, but are not limited to, inclement weather or other natural disasters, site unavailability, technology challenges, and presenter absence.

### Photograph/Video Policy

Photographs of the conference, workshops and events may be used for promotional material on the [www.kpta.com](http://www.kpta.com) website and social media. Registrant will email [info@kpta.com](mailto: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 APTA Kansas.

### Continuing Education

Courses will be approved for continuing education credit by APTA Kansas.

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

