



First Quarter Newsletter 2024

Save the Date: 2024 Fall Maine APTA Continuing Education Conference

We are thrilled to announce the return of our Continuing Education Conference this fall, marking another step towards healing after the challenges brought by the COVID-19 pandemic. The planning process is well underway, and we're excited to invite you to join us for a day of learning, networking, and professional growth.

Date and Location:

The event is scheduled for October 26th at the University of New England, offering an ideal setting conducive to a day brimming with invaluable knowledge exchange and networking opportunities.

Conference Tracks:

This year, we are pleased to offer three specialized tracks to cater to the diverse interests and needs of our attendees:

- Neurologic Physical Therapy
- Orthopaedic Manual Physical Therapy
- Student Physical Therapy Track

Registration:

Mark your calendars! Registration opens on June 1st. Don't miss out on the opportunity to secure your spot and expand your knowledge in your chosen field.

Sponsorship Opportunities:

To ensure that this event is a resounding success, we are seeking sponsors who would like to be a part of this exciting occasion. We have various sponsorship packages available, including General Sponsor, Booth Sponsor, Breakout Session Sponsor, and Meal Sponsor. Some sponsorships have limited availability, so act fast to secure your spot.

For more information on sponsoring the 2024 Fall Maine APTA Conference, please visit our website at maineapta.org and navigate to the "Sponsoring the 2024 Fall Maine APTA Conference" section or email Christie Krueger, Executive Director at info@maineapta.org.

Thank you for your continued support, and we look forward to seeing you at the conference for a day of learning, collaboration, and inspiration!



Discover Our Career Resources and Job Board

Whether you're in search of a fresh job opportunity, seeking guidance on refining your resume and interview skills, or an employer eager to post a job vacancy, we encourage you to visit our Career Center. Our Career Center is your one-stop destination. Simply head to www.maineapta.org, locate the blue heading labeled "Career Center," and click on the link provided.

Unlock your career potential today at our Career Center!

Member Highlight – Lindsay Dunstan

Lindsay graduated from Thomas Jefferson University with a Doctor of Physical Therapy in 2009. She completed her undergraduate work at Moravian College in Bethlehem Pa. Lindsay began working for Northern Lights in 2018 as a staff physical therapist. She began her role as a clinical lead in 2022 focusing her attention on implementing best practice and continuing education amongst Northern Light's clinical staff. Her experience consists of 4 years acute rehab, 2 years outpatient with a focus on neurological disorders and amputee care, and 8+ years home health. Lindsay became a Board-Certified Geriatric Specialist in 2020 while employed by Northern Light Home Health.

Lindsay is also a Certified Personal Trainer by the NCCA- accredited American Council of Exercise. She has a strong passion for health and fitness with a goal of living life to its fullest. Lindsay played collegiate soccer for Moravian College and was recently inducted into their hall of fame. Her love for the sport of soccer, fitness, and wellbeing drew her into her physical therapy career initially but she has come to discover a love for home health where she feels privileged to make a difference in people's personal lives and ultimately optimize their overall quality of life.

In her free time, she and her husband Ryan enjoy being active with their very energetic 8-year-old son Tucker, sweet 2-year-old daughter Reese, and 3 month old Bodhi.

Lindsay joined the Maine APTA to stay up to date on current news and events happening in Maine. She is passionate about continuing education and is always interested in the advancement of best practice strategies.



Student Special Interest Group: Connecting and Advancing Together

Students from Husson University and the University of New England recently gathered virtually for a Maine APTA meet and greet. Despite the distance, PT and PTA students connected, discussing the importance of advocacy in our field.

Our next Student SIG meeting is on June 6th at 7pm via Zoom. Special thanks to Hilde Everson and Narissa Libby for their leadership.

Hilde Everson from UNE was chosen as a recipient of the Student Conference Award at the New England Student Conclave. One recipient from four different educational institutions was sought out as there were four awards available.

Let's continue to support each other and advocate for our profession. Together, we'll create a brighter future for physical therapy in Maine and beyond.

Member Benefit Spotlight

Explore Student Loan Repayment Options

Learn more about your student loan repayment options with Laurel Road. Schedule a free consultation with a Laurel Road student loan specialist at [GradFin*](#) to get help navigating the different repayment options. [Schedule a free 30-minute meeting](#) with a specialist.

Pediatric PT Special Interest Group

Upcoming SIG Events & Meetings:

>> School Based PT Documentation & Billing Practices Discussion Thursday, April 11th
6:30-7:30pm via Zoom

<https://une.zoom.us/j/93612335790?pwd=UDhOUehyclBsYkZ4R2pxVFU5a1o3UT09>

Calling all school-based PTs! We will discuss topics related to documentation and billing across the state. The goal will be to share our questions & concerns with the Offices of MaineCare and Maine Department of Education.

Resources:

>> Maine Parent Federation Summer Camp Directory: Helpful resource to connect families and children with disabilities to summer programs.



- >> Visit maineapta.org for APTA Pediatrics news and events.
- APTA Peds Annual Conference is in November 2024 taking place in Providence, RI. They are seeking submissions for posters and platform presentations.
 - Register for the on the demand School-Based PT Course.

Have an idea for an event or collaboration? Have questions about the Maine APTA Pediatric PT Special Interest Group? Reach out to the board chair at ecyr3@une.edu.

Federal Affairs Update: Important Updates and Calls to Action

Dear Members,

We have several important updates and calls to action to share with you:

Prior Authorization Requirements:

We are looking to implement a more efficient process for prior authorizations. Our goal is to achieve a 3 to 7-day turnaround time, depending on the urgency indicated. This change aims to streamline the authorization process and ensure timely access to care for our patients.

Medicare Authorization Rethink:

In a recent announcement on February 7th, we revealed plans to rethink Medicare authorization procedures. Moving forward, if you have the order, sending out the plan within 30 days may potentially meet criteria, eliminating the need for a signature return within the same timeframe. We are exploring ways to simplify the process while maintaining compliance standards.

Advocacy for Relief from Medicare Cuts:

The bill, H.R. 6683, introduced in the U.S. House of Representatives, would provide full relief from the cuts, and make that relief retroactive to the Jan. 1 implementation date. APTA has joined with AMA and other provider groups to urge lawmakers to include the legislation in whatever package Congress adopts to fund the government in 2024, and the association is urging members and supporters to voice support for the bill with their lawmakers through the [APTA Patient Action Center](#) or [Legislative Action Center](#). Both resources make the process fast and easy. Your voice matters in securing much-needed relief for our profession.



Capitol Hill Day Representation:

Maine will be represented at Capitol Hill Day on April 15th and 16th. If you're interested in joining us, please let us know so we can coordinate office meetings with our senators and congressional representatives. Your participation is crucial in advocating for policies that benefit our profession and patients.

We appreciate your continued engagement and advocacy efforts. Together, we can make a difference in shaping policies that support our profession and ensure quality care for all.

If you have any questions or want any other information, please don't hesitate to reach out.
-Matt

Payment & Policy Update

January 2024

Federal:

Aetna and telehealth-Aetna is covering two-way synchronous telehealth but has a specific list of CPT codes that they will cover which does not include 97530 (therapeutic activities). Please refer to your provider communications from Aetna for more specific details.

[Aetna Now Covers Telehealth Delivered by PTs | APTA](#)

As of January 19, 2024, despite collaborative efforts between many patient organizations, APTA, AOTA and ASHA the Medicare fee schedule reduction of 3.4% will remain in place for now. In March, APTA will continue to urge Congress to support H.R. 6683. Please follow the APTA Action Center to easily email your legislators ([APTA Patient Action Center | APTA News | Congress Approves Temporary Spending Deal With No Fee Schedule Relief | APTA](#))

STATE:

Mainecare

Due to the Medicare fee schedule reduction, Mainecare will be updating their rates effective January 1, 2024. Mainecare rates for both OT and PT sections are based on 72.4% of the Medicare fee schedule and therefore are updated based on any changes to that fee schedule. Please follow the link below for the rate setting page as Mainecare will post the rates once they have updated them. These new rates will be retroactive to January 1, 2024.

[Medicare Standardization Rate Updates for Calendar Year 2024 \(CY24\) | Department of Health and Human Services \(maine.gov\)](#)



Maine State legislation

After much work from the Chapter's lobbyist, Gwen Simons and the Payment & Policy Committee last year, this year's session is a short session and fairly quiet for our profession. The Committee is watching a few bills. LD 1498 looks to add a process for providers to send complaints to the Bureau of Insurance, currently this Bureau will only accept complaints from patients.

One of the big wins for providers last year was with the passing of LD 1383, "An Act to Regulate Insurance Carrier Prior Authorization Requirements for Physical and Occupational therapy services" However, many private practitioners in the State are reported that payers are not aware and are denying services due to no auth in place. If you are experience any of these issues please reach out to Jen Corbeil, corbeil@comcast.net or Gwen Simons, gwen@simonsassociateslaw.com

We will be posting a process for appeal to assist providers.

The committee is looking for volunteers to help monitor bills, assist the committee in grass roots efforts. Please email Jen, corbeil@comcast.net for more information or to volunteer.

Thank you!

APTA Regulatory, Legislative, and Payment Updates

APTA Learning Center Course

June 6, 2:30 p.m. ET

Get inside intel from APTA's Health Policy and Payment team on the most significant and impactful federal and commercial payer policy updates in 2024.

Throughout the year, APTA's regulatory staff will provide regular updates on federal rulemaking impacting policy and payment for both outpatient providers (Medicare Physician Fee Schedule) and institutional, post-acute care providers (home health agencies, skilled nursing facilities, inpatient rehabilitation facilities, and long-term care hospitals). APTA will cover both proposed and final rules and may address other nonrecurring federal rules that impact physical therapists.

And on the commercial payer front, you'll receive regular roundups of significant updates to private payer policies, including changes at both national and regional levels.

This registration is for the June 6 webinar, which covers developments April-June 2024.



Get Involved: Open Volunteer and Board Positions Available!

We're on the lookout for passionate individuals ready to join us in shaping the future of the physical therapy profession. If you're eager to make an impact and drive positive change, we invite you to consider our open volunteer and board positions.

Current Openings:

- Vice President
- District 2 Chair
- District 4 Chair
- PTA Council Representative
- Student Council Representative
- Orthopaedic-Manual Physical Therapy Special Interest Group (OMPT SIG)
 - OMPT SIG Chair
 - OMPT SIG Secretary
 - OMPT SIG Nominating Chair

Your involvement is crucial in advancing our profession and serving our community. Whether you're a seasoned professional or just starting out, your unique skills and perspectives are valued.

To express your interest or learn more about these positions, please reach out to:

Christie Krueger, Executive Director, at ckrueger@orthopt.org

Amanda Benner, Nominating Chair, at abenner@une.edu

Join us in driving positive change and shaping the future of physical therapy!

Survey from the Knowledge Task Force for Balance Diagnoses

My name is Heidi Moyer, PT, DPT, GCS, CEEAA and I am the co-chair for the Academy of Neurologic Physical Therapy (ANPT) Knowledge Translation Taskforce for Movement Systems Diagnosis with Balance Dysfunction. I am reaching out to you on behalf of a research study conducted by myself; fellow co-chair Christina Burke, PT, DPT, MS, NCS; and task force members: Wendy Kriekels, PT, DPT, NCS; Arco Paul, PT, DPT, PhD, NCS; Ana Sanchez-Junkin, PT, DPT, NCS; and Suzanne Trojanowski, PT, DPT, NCS titled *Utility of ANPT Movement System Diagnoses for Balance Dysfunction and Movement Analysis of Tasks Frameworks*.



Our study focuses on the current clinical and academic utility of both the Movement System Diagnoses for Balance (Gill-Body et al 2021) and Movement Analysis of Tasks (Quinn et al 2021). We are interested in knowing how widespread the familiarity, use, and application of these frameworks are. The ANPT has created two knowledge translation taskforces (one for each framework) and this 15-minute survey will also be used to help determine which deliverables to prioritize for these groups.

If you are currently a licensed physical therapy professional (PT or PTA) we are interested in your opinion in this matter. We welcome any and all clinical backgrounds, specialties, and settings. Your contributions will ultimately help to guide improved evidence-based practice patterns regarding movement analysis and balance dysfunction categorization in the physical therapy field.

This study has been approved by the Angelo State University Institutional Review Board approval # **MOY-110923**. Access the Qualtrics Survey [HERE](#) or below at this web address: https://angelo.az1.qualtrics.com/jfe/form/SV_cU2QbExaXDPEBbU

If you have any questions or require further information about the study, please do not hesitate to contact the primary investigator of this study, Heidi Moyer heidi.moyer@angelo.edu

Best regards,

The ANPT Balance Movement System Diagnoses for Balance
Dysfunction KT Taskforce

Heidi Moyer, PT, DPT, CEEAA, GCS (co-chair)

Christina Burke, PT, DPT, MS, NCS (co-chair)

Wendy Kriekels, PT, DPT, NCS

Arco Paul, PT, DPT, PhD, NCS

Ana Sanchez-Junkin, PT, DPT, NCS

Suzanne Trojanowski, PT, DPT, NCS



Join Kennebec Pharmacy & Home Care at the 2024 Seating Symposium

The Seating Symposium is a one-day educational event for local healthcare professionals and students who are interested in learning more about Complex Rehabilitation Technology. Attendees will receive up to five hours of classroom time/0.5 CEUs in the Adult or Pediatric track as well as over two hours of dedicated time to meet with representatives from leading manufacturers in seating and mobility. Refreshments and lunch will also be provided.

This year's event will take place on **Friday, June 7th, from 8:00am-4:30pm** at the **Hilton Garden Inn Freeport Downtown** located at 5 Park Street, Freeport, ME 04032. Attendee check-in begins at 7:30am.

Registration Fee after April 26th: \$55

For more information or to register, please visit go.kennebecpharmacy.com/symposium.



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