

2019 OPTA Annual Conference

Saturday, March 9 | Holiday Inn Portland Airport, Portland, Oregon



OPTA

OREGON PHYSICAL THERAPY ASSOCIATION



2019 OPTA Annual Conference

Saturday, March 9 | Holiday Inn Portland Airport, Portland, Oregon

Conference Schedule

8:00 – 8:30 AM

Registration, Continental Breakfast, Exhibits & Poster Presentations

8:30 – 9:30 AM

OPENING KEYNOTE – 1 CE Hour

Reaching Beyond the “Triple Aim”: How Can Physical Therapy Promote a “Triple Win” for Society?

Todd E. Davenport, PT, DPT, MPH, OCS

Historically, most physical therapists have practiced in the context of episodic tertiary care roles that take place in clinic-based, fee-for-service environments. The American Physical Therapy Association’s mission and vision statements now compel us to also think outside these historical roles, in order to think about how to care for populations. The Triple Win emphasizes the inter-relationships between health, health equity, and the environment, and the importance of acting to improve them in parallel. The purpose of this presentation is to discuss the role of population health in realizing our professional mission and vision. Specific examples will be provided for how our physical therapy profession can build communities and transform society by promoting the Triple Win.

9:30 – 9:45 AM

Break with Exhibitors & Poster Presentations

9:45 – 10:45 AM

BREAKOUT SESSIONS A (Please Choose One) – 1 CE Hour

A1 Do You Really Know Your Patients? Basing Care on Patient Needs–Part 1

Dan Kang, PT, DPT

New Patient-Reported Outcome Measures (PROMs) are designed to “give patients a voice” in their health care and empower providers to provide a more comprehensive health intervention based on patient needs. Focusing instead on generic health domains, PROMs provide a framework for problem-solving a patient’s needs around physical function, pain interference, fatigue and self-efficacy. These generic health measures are available using the Patient-Reported Outcomes Measurement Information System (PROMIS), which was developed by the National Institute of Health. In this seminar, the development, accuracy, and clinical advantage of using PROMIS health domain measures for clinical decisions will be illustrated. The presentation will include data and clinical experience from hundreds of orthopedic patients over the past year. Both provider experience and research demonstrate that using PROMIS alters day-to-day clinical decision-making. Providers note increased confidence in interpreting health problems their patients are experiencing, efficiency in understanding their patients’ needs, and making clinical decisions that focus on key patient priorities. This new approach to assessment appears to enhance patient engagement, efficiency of care, and provider satisfaction. This seminar will focus on hands-on experience administering and interpreting generic PROMIS scales including physical function, pain interference, fatigue and self-efficacy. Orthopedic cases centered on persistent pain, fatigue problems, low self-efficacy will be included. The goal of this seminar is to give attendees a “hands-on” practical look at how generic health scales might significantly improve their effectiveness as providers.

A2 The 2018 Congenital Muscular Torticollis Clinical Practice Guideline: What’s New and Resources for Implementation

Erin Bompiani, PT, DPT, PCS

The original Clinical Practice Guideline (CPG) for Congenital Muscular Torticollis (CMT) was published in 2013. This document was the first clinical practice guideline published by the Academy of Pediatric Physical Therapy and set the standards for the physical therapy management of congenital muscular torticollis (CMT). Since its publication, implementation of the 2013 CMT CPG has been shown to improve clinical outcomes. In 2018 the CPG was updated through a systematic process and review of the evidence. It has undergone public review and has been approved for publication (anticipated October 2018). This session will provide an overview of

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the changes in the 2018 CMT CPG. The 17 action statements will be reviewed and the supporting evidence will be presented. The presentation will provide an overview of the flow sheets for referral paths and will discuss changes in the classification of CMT severity. In addition, resources developed by the knowledge translation committee of the Academy of Pediatric Physical Therapy will be reviewed to help participants implement the new guideline into practice.

A3 Integration of Pain Science Education with Opioid Use for Pain Management

Tiffany Nguyen, PT, DPT, and Heather Robinson, PT, DPT, LMT

Chronic pain affects 25.3 million adults in America. Opioids are often prescribed to help patients manage their pain; however, opioids can be dangerous. The median time from 1st opioid prescription to death is only 2.6 yrs. In 2016, more Americans died from opioid overdose than homicide. In an effort to better mitigate this devastating issue, this presentation will explore the use of pain science education as a non-pharmacological treatment for pain. We will review the basic neurophysiology behind acute and chronic pain processing-comparing traditional models to modern pain biology, discussing central nervous system sensitization and neuroplasticity, as well as connecting ties between the immune system and pain. Discussion will be held on the development of altered pain processing, touching on cultural influences and the effects of childhood trauma on chronic pain later in life. Attendees will learn how to identify high-risk opioid dosages and assist their patients with safe tapering from opioid use. We will explore the role of physical therapy in addressing chronic pain with or without opioid use and expand on the efficacy of pain science education during treatment. This will include guidance on the optimal approach for treating this population, with inclusion of alternative interventions such as virtual reality and sensory discrimination to reduce pain. Lastly, we will touch on the importance of a multidisciplinary approach and the use of words that heal rather than harm in order to enhance patient outcomes.

10:45 – 11:15 AM

Break with Exhibitors & Poster Presentations

11:15 AM – 12:15 PM

BREAKOUT SESSIONS B (Please Choose One) – 1 CE Hour

B1 Do You Really Know Your Patients? Basing Care on Patient Needs–Part 2

Dan Kang, PT, DPT

New Patient-Reported Outcome Measures (PROMs) are designed to “give patients a voice” in their health care and empower providers to provide a more comprehensive health intervention based on patient needs. Focusing instead on generic health domains, PROMs provide a framework for problem-solving a patient’s needs around physical function, pain interference, fatigue and self-efficacy. These generic health measures are available using the Patient-Reported Outcomes Measurement Information System (PROMIS), which was developed by the National Institute of Health. In this seminar, the development, accuracy, and clinical advantage of using PROMIS health domain measures for clinical decisions will be illustrated. The presentation will include data and clinical experience from hundreds of orthopedic patients over the past year. Both provider experience and research demonstrate that using PROMIS alters day-to-day clinical decision-making. Providers note increased confidence in interpreting health problems their patients are experiencing, efficiency in understanding their patients’ needs, and making clinical decisions that focus on key patient priorities. This new approach to assessment appears to enhance patient engagement, efficiency of care, and provider satisfaction. This seminar will focus on hands-on experience administering and interpreting generic PROMIS scales including physical function, pain interference, fatigue and self-efficacy. Orthopedic cases centered on persistent pain, fatigue problems, low self-efficacy will be included. The goal of this seminar is to give attendees a “hands-on” practical look at how generic health scales might significantly improve their effectiveness as providers.

B2 Promoting Participation to Enhance Fitness in Pediatric Physical Therapy

Shawn Isreal, PT, DPT

Pediatric physical therapists (PTs) have a critical role in promoting participation and enhancing fitness for their patients and clients to socialize with their families, communities, schools and peers. Children with disabilities are often more sedentary, involved in fewer social activities, and move less compared to age-matched peers. Additionally, they often are at higher risk for other health conditions, which can contribute to a more inactive

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lifestyle and overall less socialization. Specialized and adaptive community-based fitness programs for children with disabilities exist but are scarce, and they are often limited by accessible space, transportation, cost, and training of community staff to work safely with children with disabilities. Pediatric physical therapists have the expertise to advise and collaborate with children with disabilities, their families, schools, community members and local organizations on how to adapt, modify or create individualized programs to promote fitness, health and wellness. Pediatric physical therapists can promote participation in a variety of ways: during individualized treatment sessions; in collaboration with community organizations; by creating their own programs; and through environmental modifications. This presentation will cover examples of the variety and breadth of ways that pediatric physical therapists can promote participation for their patients/families with and without disabilities. The presenter will provide personal examples, touching on all categories of participation listed above, and participants will come away with ideas and a personal plan for how they can change or enhance their own clinical practice, and/or develop programs to increase participation for their patients and clients.

B3 Functional Movement Disorders – An Outpatient Approach to Treatment

Kate Scanlan, PT, DPT, NCS; Carly Lochala, William Rubin, MS, PT

Functional movement disorders (FMD) account for an estimated range from 16% of new patients attending outpatient neurology clinics to 20% of patients in movement disorder clinics. It is an increasingly common referral diagnosis received in outpatient physical therapy clinics, however there is generally a lack of confidence and expertise in practitioners in treating this condition. There is a growing body of evidence that physical therapy is a useful part of treatment, particularly when a targeted biopsychosocial approach is utilized. This talk seeks to summarize the evidence around physical therapy for FMD as well as describe the multidisciplinary approach to treatment utilized in the outpatient rehabilitation setting at Oregon Health & Science University.

Physical therapy can be beneficial to people with FMD to help regulate and adapt illness beliefs, reduce abnormal self-directed attention, and modify learned patterns of abnormal movement. We also have found in our practice that psychotherapy delivered prior to or alongside physical therapy treatment has been beneficial. In this talk we hope to provide a structural framework to help identify those who will benefit from physical therapy and when therapy should be initiated, how to structure the examination and what to look for to help guide intervention, intervention techniques for the main categories of functional movement disorders, and important clinical considerations that can impact the success of physical therapy. Additionally, we will provide some insight into the psychotherapeutic approach to FMD from our collaborating psychologist's perspective.

12:15 – 1:30 PM

Lunch, Business Meeting, Awards, Networking, Exhibitors and Poster Presentations

1:30 – 2:30 PM

BREAKOUT SESSIONS C (Please Choose One) – 1 CE Hour

C1 Eight Free, Easy Online Tools to Supercharge Social Media Posts–Part 1

Heather Chavin, MA

What should I post? In the world of social media, do you find yourself either “winging it” or worse yet, burying your head in the sand? Why not take an evidence-based approach and let the data point the way?

Even those with only basic social media and web skills can use data to identify popular post topics, write effective headlines and determine which of your posts are performing best so you can publish more on the topic or use them for paid social.

You will learn how to easily make engaging graphics with text overlay using free tools and royalty-free graphics. Publish them optimized for each social media outlet. Keep yourself and/or your team on track by building a content calendar based on free templates.

This is an interactive presentation filled with case illustrations, sample post evaluations and comparisons and attendee participation. Come ready to share and bring your mobile device.

C2 Deconstructing Pediatric Equipment–Part 1

Felicity Case, PT, DPT, PCS; Derek Kruse, ATP/SMS

Pediatric equipment, including wheelchairs, standers, gait trainers, and bath equipment continues to change and develop. Restrictions from insurance companies are getting tighter and tighter. This presentation will cover decision making for

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ordering specialized pediatric equipment based on patient need and known insurance-based limitations.

Topics that will be covered include when to recommend specialized equipment, how to choose between the options available, and the research behind using various types of equipment. It will be a partner presentation by a physical therapist and equipment vendor, explaining the equipment clinic process at a local children's hospital. This will include the discussions had with families in clinic, how to collaborate with all of the child's providers, including schools, and the follow-up process.

There will be case studies and a discussion opportunity. Letters of medical necessity examples will be shared and various equipment will be available for attendees to see.

C3 An Introduction to the Overhead Athlete: Pearls to Protect, Strengthen, and Train—Part 1

Jonathon Lee, PT, DPT, OCS, CSOMT, FAAOMPT

As of 2014, an estimated 4 million youth between the ages of 6-12 participate in baseball in the US. Alarming, injury estimates as high as 45% have been reported by the American Medical Society for Sports Medicine in regards to upper extremity injuries in our overhead baseball athletes.

The purpose of the presentation is as follows:

- Describe injury prevalence and statistics in the overhead athlete
- Evaluate data identifying risks of early sport specialization in regards to overall quality of life
- Recognize the biomechanical needs of the overhead athlete
- Identify publicly available tools for both providers and coaches in regards to arm care
- Utilize a progressive model to guide rehabilitation process from baseline athleticism to sport specific training
- Fine tune commonly used exercises for the overhead athlete to ensure appropriate global recruitment patterns

2:30 – 3:00 PM

Break & Door Prizes in Exhibit Area & Poster Presentations

3:00 – 4:00 PM

BREAKOUT SESSIONS D (Please Choose One) – 1 CE HOUR

D1 Eight Free, Easy Online Tools to Supercharge Social Media Posts—Part 2

Heather Chavin, MA

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4:00 – 4:15 PM

Break with Exhibitors & Poster Presentations

4:15 – 5:15 PM

BREAKOUT SESSIONS E (Please Choose One) – 1 CE Hour

E1 Top 10 Employment Law Mistakes

Grant Engrav, JD

Protect yourself from these top mistakes! This presentation will include information about increased scrutiny of PTs classified as non-exempt under the FLSA, wage and hour practices, independent contractor misclassification, ADA accommodations and discrimination, sexual harassment, non-competition agreements, and a brief summary of new laws.

E2 Maximizing Fun in School Based Practice: A Collaborative Approach between Adaptive PE Instructors, Special Educators and Therapists

Kate Stribling, PT, DPT, PCS; Michele Catena, PT, DPT; Alisha Chavez, Special Education Teacher; Mary Williams, OTR

Interprofessional collaboration provides the safe, high quality and student-centered care desired by all. Consistently practicing this in a public school setting can be challenging. This session will outline the interdisciplinary process used to develop a unique adapted program for students in kindergarten through fifth grade in a Portland public school. Physical Therapist, Occupational Therapist, Speech Language Pathologist and Adapted Physical Educator collaborators will describe the steps in planning and implementing adapted programming. This interprofessional collaboration supports student participation and IEP goals in a fun and inclusive format. Our team will provide examples of adapted activities as well as guidance in initiating similar interdisciplinary programs. This course will review current evidence to support the collaborative and co-teaching model in school based practice to produce maximum student benefit. We will present case studies to enhance understanding of this approach and provide an interactive opportunity for attendees.

E3 Foot Clinical Biomechanics Review and Use of the Foot Posture Index

Michael Bridges, DPT

This presentation will include a review of the typical biomechanics at the ankle and foot related to the gait cycle including general descriptions of the joints, their associated osteokinematics and arthokinematics, and muscular actions during the different phases of the gait cycle. Once a foundational review for the foot and ankle is completed, the Foot Posture Index, a static foot assessment, will be described and discussed.

5:15 PM

Conference Concludes

5:30 – 7:30 PM

Special PT Night Out

Spend the evening with your fellow PT's! Hosted by the OPTA Membership Committee, this is lively time to socialize, enjoy appetizers with a no-host bar, and connect with the people in your industry. Proceeds from the event will benefit the OPT PAC.

**Conference program and schedule subject to change.*



GENERAL CONFERENCE INFORMATION

Conference Location

Holiday Inn Portland Airport
8439 NW Columbia Blvd.
Portland, OR 97220
503.256.5000

Conference Lodging

To make reservations, call the Holiday Inn Portland Airport directly at 503.256.5000. Rates vary based on availability plus state and local taxes. Check-in time is 3:00 pm. Check-out time is Noon. Please check with the Holiday Inn Portland Airport for their cancellation and early check in policies.

Registration Information

Your Conference registration includes: Education sessions, electronic handout materials, exhibits, continental breakfast, lunch, breaks, and an early bird discount option.

Space is limited. Early registration is encouraged. In the event that room space becomes filled to capacity, some registrants will not be able to be accommodated and will be notified. Registrations will be accepted on a first-come, first-served basis.

Three easy ways to register:

Online through our website at www.opta.org. Payment can be made with credit card.

Fax your completed registration form with credit card payment to: 503.253.9172

Mail your completed registration form with check or credit card payment to: OPTA, 147 SE 102nd Ave., Portland, OR 97216

Cancellation Policy

Cancellations received on or before March 1, 2019 will receive a full refund minus a \$50 administrative fee. Cancellations received after March 1, 2019 will receive a 50% refund of their total fees. No shows and same-day cancellations will not receive a refund.

Speaker Handout Information

In an effort to minimize paper waste, session handouts (as provided by the speakers) will be available online at www.opta.org approximately one week prior to the conference. Registered attendees will be emailed information on how to access them.

Continuing Education Credits

OPTA CE courses and hours may be accepted by the Oregon Physical Therapy Licensing Board. A course completion certificate will be issued to registrants upon completion of the course. Oregon licensed therapists and assistants should consult Division 35 of the licensing board's administrative rules for CE requirements and note that there is no pre-certification of continuing education by the Oregon Physical Therapy Licensing Board.

OPTA Business Meeting

The OPTA business meeting will be held during lunch on Saturday, March 9. Individuals who wish only to attend the business meeting (and not have lunch) can do so by signing in at the business meeting door and sitting in the reserved area. If you wish to attend only the business meeting and have lunch, you must register in advance.

Exhibits

The exhibit area will be open Saturday, March 9 from 8:00 am – 4:15 pm. Please take advantage of the opportunity to visit with vendors during the exhibit hours and learn more about the products and services they offer. Door prize drawings will take place during the 2:30 pm break.

Questions?

Contact OPTA at 503.262.9247 or tollfree at 877.452.4919 or at info@opta.org.



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147 SE 102nd Ave.
Portland, OR 97216

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2019 OPTA Annual Conference Registration Form

Please provide the following information to register: (For additional registrants, please photocopy this form.)

Mr. Ms. Mrs. Dr.

First Name: _____ Last Name: _____ Designations: _____

Badge First Name (if different than above): _____

Company/Work Facility: _____

APTA Membership Number: _____ Oregon License Number: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Business Phone: _____ Email: _____ Fax: _____

Special Requirements:

If you have any special requirements (i.e., vegetarian diet, food allergies, handicap access, etc.) that would necessitate advance planning on our part, please let us know here: _____

Liability Waiver: By registering for this conference, you waive all liability to OPTA for any injury that may occur during this conference.

Registration Information

To completely register for the OPTA Conference it is necessary to also fill out all of the steps below to process your registration.

Step 1 – Select Your Registration Category

Early Bird discounted rates end after February 15, 2019. Registration includes the courses, electronic handouts, continental breakfast, lunch, and breaks.

CONFERENCE REGISTRATION

MEMBERS*

Registration Fee

	Early [†]	Regular
<input type="checkbox"/> PT Member*	\$219	\$259
<input type="checkbox"/> PTA Member*	\$169	\$209
<input type="checkbox"/> Student Member*	\$99	\$129
<input type="checkbox"/> PT Service Member	\$189	\$229
<i>Committee and board members currently volunteering service to OPTA</i>		
I serve OPTA as _____		

CONFERENCE REGISTRATION

NONMEMBERS

Registration Fee

	Early [†]	Regular
<input type="checkbox"/> PT	\$289	\$329
<input type="checkbox"/> PTA	\$219	\$259
<input type="checkbox"/> Student	\$149	\$189
<input type="checkbox"/> Other Healthcare Professional	\$289	\$329

*Member category eligibility includes any APTA member whether in Oregon or any other state.

[†]Early registration rates end after February 15, 2019.

Saturday Lunch and Business Meeting Only Registration \$40

Please register here if you wish to attend **only** the lunch on Saturday and none of the educational sessions.

Step 2 – Select Your Breakout Sessions

Please check your breakout session choices for the conference.

Saturday, March 9

- A1 Do You Really Know Your Patients? Basing Care on Patient Needs–Part 1
- A2 The 2018 Congenital Muscular Torticollis Clinical Practice Guideline: What’s New and Resources for Implementation
- A3 Integration of Pain Science Education with Opioid Use for Pain Management

- B1 Do You Really Know Your Patients? Basing Care on Patient Needs–Part 2
- B2 Promoting Participation to Enhance Fitness in Pediatric Physical Therapy
- B3 Functional Movement Disorders – An Outpatient Approach to Treatment

- C1 Eight Free, Easy Online Tools to Supercharge Social Media Posts–Part 1
- C2 Deconstructing Pediatric Equipment–Part 1
- C3 An Introduction to the Overhead Athlete: Pearls to Protect, Strengthen, and Train–Part 1

- D1 Eight Free, Easy Online Tools to Supercharge Social Media Posts–Part 2
- D2 Deconstructing Pediatric Equipment–Part 2
- D3 An Introduction to the Overhead Athlete: Pearls to Protect, Strengthen, and Train–Part 2

- E1 Top 10 Employment Law Mistakes
- E2 Maximizing Fun in School Based Practice: A Collaborative Approach between Adaptive PE Instructors, Special Educators and Therapists
- E3 Foot Clinical Biomechanics Review and Use of the Foot Posture Index

Step 3 – Payment

- Check made payable to OPTA or Visa MasterCard AMEX Discover

If paying by credit card, please complete the following:

Card Number: _____ Expiration Date: _____ Amount Authorized: _____

Cardholder's Name: _____ CW _____

Cardholder's Signature: _____

Credit Card Billing Address: _____ City: _____ State: _____ Zip: _____

We cannot accept registrations over the phone or via email due to credit card security. Please mail or fax in your completed registration form with payment or register online at www.opta.org.

Email Address to Send Credit Card Receipt to: _____

