

物理治疗师助理与边远地区的功能障碍者的服务

From Disability to Ability, How Physical Therapist Assistants are Improving the Function of People with Disabilities in Rural Areas.

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**Culture**  
of Disability 2023

## Where I Work





# Awards

# Learning Objectives

- ▶ Have awareness of what a Physical Therapist Assistant(PTA) is.
- ▶ Verbalize ways in which the PTA works to advance the PT profession.
- ▶ Have a working knowledge of what the Definition of Rural is.
- ▶ Understand How a PTA can facilitate the treatment of Rural patients.

# What is Rural?

- ▶ Merriam-Webster Dictionary defines Rural as:
  - Of or relating to the country, country people or life, or Agriculture.
- ▶ The Census Bureau's Definition
  - To qualify as an urban area, the territory identified according to criteria must encompass at least 2,000 housing units or at least 5,000 people.
  - “Rural” encompasses all population, housing, and territory not included within any urban area.
  - Generally speaking, Rural is any area that has less than 5,000 People.

# What is Rural?

- ▶ Rural percentage of population has declined from 54.4% in 1910 to 19.3% in 2020.
- ▶ 80.7% of the US population occupies just 3% of the land mass as of 2020.
- ▶ In Mississippi we have 82 counties, of those 80 are considered Rural.
- ▶ 380,407 resident are or the age of 65.
- ▶ Mississippi is rural.



# Facts about Mississippi

- Famous People from MS
  - Elvis Presley was Born in Tupelo, MS
  - Faith Hill is from Star, MS
  - Jim Henson, Greenville, MS (Creator of Kermit the Frog)
  - Oprah Winfrey, Kosciusko, MS
  - Jimmy Buffet, Pascagoula, MS
  - James Earl Jones, Arkabutla, MS (Voice of Darth Vader)
  - B.B King, Berclair, MS (King of the Blues)



# Facts about Mississippi

- ▶ Mississippi is the poorest state in the United States.
- ▶ Mississippi ranks 3<sup>rd</sup> in number of obese people.
- ▶ Mississippi ranks 2<sup>nd</sup> in Least Healthy State.
- ▶ Mississippi ranks 49<sup>th</sup> out of 50 states as the least educated.
- ▶ Mississippi Ranks # 1 for the most unhealthy diet.
- ▶ Mississippi has the Lowest Health IQ in the Country.



## Who are these Rural people



# Physical Therapist Assistants in Rural areas must Be Generalists.

In a typical day in Rural Mississippi I will encounter and treat the following:

- ▶ 101 year old female with dementia and a Right Intramedullary nailing after a fall.
- ▶ 75 year old with PVD, that underwent femoral-popliteal bypass and renal artery bypass that became infected and required an irrigation and debridement procedure followed by VAC application.
- ▶ 84 year old woman with a Left Total hip replacement.
- ▶ 55 year old male with septic arthritis of knees, morbid obesity, DM.

# Physical Therapist Assistants in Rural areas must Be Generalists.

- ▶ 54 year old 500 pound female with generalized weakness.
- ▶ 75 year old male with Parkinsons and visual deficits.
- ▶ 84 year old male with Left Above Knee Amputation who is mentally challenged since birth.
- ▶ 66 year old female with Coronary Bypass Graft(CABG).
- ▶ 65 year old male with Chronic Obstructive Pulmonary Disease(COPD).
- ▶ At least 2 stroke patients per day.



# Disparities Rural Vs Urban

- ▶ In Rural settings, a PTA must be willing and able to treat whatever diagnosis walks through the door.
- ▶ In Urban areas, PTAs have the ability to specialize in certain diagnoses, such as Pelvic rehab, orthopedics, neuro, wound care.
- ▶ In Rural areas transportation can be a big issue, no public transportation.
- ▶ Funding is often times unavailable in rural settings.



# What Is A Physical Therapist Assistant?

- ▶ That depends on who you ask.
- ▶ WCPT defines Support Personnel as physical therapist support personnel only assist the physical therapist in administration of physical therapist selected interventions/treatment and only in a properly conducted physical therapy service under the direction and supervision of the physical therapist
  - ▶ PT Assistant
  - ▶ PT Aide
  - ▶ PT Technician
  - ▶ PT Helper

# What Is A Physical Therapist Assistant?

- ▶ The American Physical Therapy Association Definition of a PTA

Physical therapist assistants are educated and licensed clinicians who provide care under the direction and supervision of a PT.



# What Is A Physical Therapist Assistant?

- ▶ My Definition of what a Physical Therapist Assistant is
  - ▶ The Physical Therapist Assistant(PTA) is a Didactically and Clinically trained mobility specialist. They must graduate from an accredited program of instruction and pass the National Physical Therapist Assistant Exam. They are licensed and regulated in all 50 states and US territories. PTAs are the only Physical Therapist extender. They provide skilled PT interventions to ALL, under the General supervision of a Physical Therapist. PTAs may have special training in a specific area of PT, such as Geriatrics, Pediatrics, Oncology, Orthopedics, Neurology, Pelvic Issues, Sports Injury, Integumentary, Practice Management. The PTA is a Life Long Learner, as such, they are required to attain Continuing Education each year throughout their career.

# Pre Requisites to get into a PTA Program

- ▶ College Writing.
- ▶ Human Anatomy and Physiology with Dissection
- ▶ General Psychology.
- ▶ Developmental Psychology.
- ▶ College Algebra.
- ▶ Oral Communications.
- ▶ American History.

# Didactic Education

- ▶ Functional Anatomy
- ▶ Pathophysiology
- ▶ Modalities(with Lab)
- ▶ Medical Terminology
- ▶ Functional Mobility
- ▶ Gait Training
- ▶ Special Populations(Pediatrics, Geriatrics, Orthopedics, Neurology)
- ▶ Assistive Technology, Assistive Devices, Braces, Prosthetics

# Clinical Education

- ▶ Required to have Inpatient and Outpatient Rotations.
- ▶ Each Program has varied time frames for Rotations.
- ▶ Some programs have part time Rotations for the first 2, then they progress to Full Time.
- ▶ Work the schedule of the Clinical Instructor
- ▶ Clinical Instructor grades on a Proficiency Scale, from beginner to Entry-Level.
- ▶ These are Pass/Fail.

# Didactic+Clinical=PTA

- ▶ Must Pass the Didactic portion in order to progress to the Clinical
- ▶ If you pass both the Didactic and Clinical portions you will Graduate with either an Associates of Science (AS) Degree or an Associates of Applied Science (AAS) Degree.
- ▶ It is required to graduate from an Accredited PTA Program, in order to sit for the National PTA Exam.

# Why Does The World Need PTAs?

- ▶ November 15, 2022 the World Population hit 8 Billion people.
- ▶ WCPT Annual Report 2022 stated that there were 1,917,615 Physiotherapists around the World.
- ▶ If we do the Math  $8,000,000,000$  divided by  $1,917,615$
- ▶ That's 3 PTs for every 10,000 people Globally.
- ▶ In the Asian Western Pacific Region its 1.5 PTs per 10,000.
- ▶ In China, there are 6 Accredited PT schools for 1.4 Billion people.
- ▶ A PT working with 2-3 PTAs can treat many more people.
- ▶ PTAs are the Future, China could benefit from the use of PTAs.

# The PTA Has Demonstrated Effectiveness

- ▶ The PTA Celebrated its 50<sup>th</sup> year of being a profession in the US in 2019.
- ▶ After 54 Years, The PTA has demonstrated the ability to assist the PT in providing Physical Therapy services.
- ▶ The PT/PTA Team is a cost effective way to treat.
- ▶ The PTA is a valuable team member inside and outside the clinical setting.
- ▶ They participate in advocacy and legislative efforts together with the PT.

# What I Do





A LITTLE ABOUT ME,  
AN AVERAGE PTA

# American Physical Therapy Association(APTA) Involvement

- ▶ I have been a member of APTA since 1999.
- ▶ Sections involved in;
  - ▶ Academy of Geriatrics
  - ▶ Academy of cute Care
  - ▶ Academy of Clinical Electrophysiology and Wound Care Management
  - ▶ Federal PT Section (Military, Veterans Admin, Public Health)
  - ▶ Home Health Section

# American Physical Therapy Association (APTA) Involvement

- ▶ PTPAC (Physical Therapy Political Action Committee) Trustee
- ▶ APTA-Mississippi PTA Council Representative to the House of Delegates.
- ▶ Academy of Acute Care Board of Directors-PTA Liaison
- ▶ Academy of Clinical Electrophysiology and Wound Care Management Federal Affairs Liaison.
- ▶ Capitol Hill Participant-Mississippi delegation member.
- ▶ Credentialed Clinical Instructor

# PTPAC (Political Action Committee)



# APTA-MISSISSIPPI PTA COUNCIL REPRESENTATIVE



# CAPITOL HILL DAY MISSISSIPPI DELEGATION



# PT/PTA TEAMWORK



Onsite registration

# World Confederation of Physical Therapy(WCPT)

Geneva 2019



Past President of WCPT, Emma Stokes



Vice President of WCPT  
Suh-Fang-Jeng(Left)





# World Confederation of Physical Therapy(WCPT)

Dubai 2021



World Confederation of Physical Therapy(WCPT)



# APTA's PTA Advanced Proficiency Pathways

Moving the Physical Therapy Profession Forward

# Physical Therapy is Evolving. We must become Experts in our Setting.

- ▶ There are 32,704 board-certified clinical specialist Physical Therapists.
- ▶ There Approximately 150 PTAs with Advanced Proficiency at this time.
- ▶ In order to complete the PT/PTA Team, the PTA must strive to have the latest information in their setting.
- ▶ The Advanced Proficiency Pathway can achieve this.



## The American Board of Physical Therapy Specialties offers board-certification in 10 specialty areas of physical therapy:

- ▶ Cardiovascular and Pulmonary.
- ▶ Clinical Electrophysiology.
- ▶ Geriatrics.
- ▶ Neurology.
- ▶ Oncology.
- ▶ Orthopaedics.
- ▶ Pediatrics.
- ▶ Sports.
- ▶ Women's Health.
- ▶ Wound Management.
- ▶ **APTA Home Health offers Advanced Competency in Home Health Certification**
- ▶ **APTA Pelvic Health offers Board Certification in Women's Health PT**

# Advanced Proficiency Evolves to Advanced Proficiency Pathways(APP)

- ▶ May 1, 2016, discontinues the Recognition of Advanced Proficiency program.
- ▶ The APP program uses multiple approaches to help applicants gain and demonstrate proficiency in areas of interest.
- ▶ There are 32,704 board-certified clinical specialists Physical Therapists.
- ▶ In order to complete the PT/PTA Team, the PTA must strive to have the latest information in there setting.
- ▶ The APTA enhanced the Proficiency is making this possible.

# 8 Areas of Advanced Proficiency

- ▶ Acute Care.
- ▶ Cardiovascular and Pulmonary.
- ▶ Geriatrics.
- ▶ Neurology. (New pathway available!)
- ▶ Oncology.
- ▶ Orthopedics.
- ▶ Pediatrics.
- ▶ Wound Management.
- ▶ **Advanced Competency in Home Health Certification**



## Eligibility to Participate in the Advanced Proficiency Program And Fees

- ▶ To participate in the program, you must be an APTA member and have a current unrestricted PTA license.
- ▶ Enrollment fee: \$135.
- ▶ Final program portfolio review fee: \$135.
- ▶ Costs of continuing education (varies per participant). This will depend on what classes you take

# Prerequisites

Prior to enrollment, you must complete **these** courses in the APTA Learning Center:

- ▶ [Information on APTA's Revised Code of Ethics for the Physical Therapist and Standards of Ethical Conduct for the Physical Therapist Assistant](#)
- ▶ [Leading the Team: A Practical Guide to Working with PTAs](#)
- ▶ [Professionalism Module 1: Introduction to Professionalism](#)

## Supervising Physical Therapist Selection

- ▶ The supervising physical therapist must be an individual who agrees to assist the applicant through the PTA Advanced Proficiency Pathways program
- ▶ They may be asked to provide clinical mentoring, selected clinical experiences, relief time for clinical mentoring, and professional and/or personal support to the applicant, all as permitted by facility and regulatory guidelines.
- ▶ They also agree to demonstrate professional behaviors and provide opportunities as they arise for the applicant to develop skills in advocacy, leadership, and mentoring.
- ▶ They agree to promote enhanced PT-PTA collaboration, including communication and documentation.
- ▶ They also are asked to sign off on the applicant's submitted total work hours in the content area of the Advanced Proficiency Pathway at the conclusion of the program.

# Mentor Selection

- ▶ Participants are responsible for recruiting their clinical mentor, who provides instruction and feedback until the PTA is able to perform interventions or behaviors independently, as indicated in provided assessment tool post-enrollment.
- ▶ The clinical mentor is a PT who has demonstrated competency in the content area and has accepted responsibility for teaching and guiding the PTA through the clinical education component of the curriculum.
- ▶ The clinical mentor and supervising physical therapist can be the same person, providing that the supervising physical therapist has the required skills to serve as a clinical mentor.

## Post-Enrollment Program Requirements

- ▶ Submission of evidence of completion of 60 contact hours of continuing education coursework (online or in person) within the designated specialty pathway. Course details and proof of completion required.
- ▶ Completion of mentored clinical experiences (see mentor requirements above) with knowledge and skills assessments, conducted with previously designated clinical mentor. Final completed assessment document uploaded by clinical mentor.
- ▶ Documentation of 2,000 clinical hours of work experience in the selected content area. Following submission, verification request emailed to designated supervising physical therapist.

# Achieving Advanced Proficiency

- ▶ Find your Passion and Strive to gain the knowledge necessary to treat the population you serve to the best of your ability.
- ▶ I have Advanced Proficiency in the Areas of;
  - Acute Care
  - Integumentary (Wound Care)
  - Geriatrics



# Credentialed Clinical Instructor Another APTA Certification

- ▶ I became a Credentialed Clinical Instructor because I wanted to better my teaching abilities.
- ▶ I believe that I am better at clinical instruction because of this credential.
  
- ▶ Information is available at <https://www.apta.org/for-ptas/pta-advanced-proficiency-pathways>

# References

- ▶ CMS Medicare Claims Processing Manual(Pub.100-4) at <http://www.cms.hhs.gov/manuals>
- ▶ National Rural Health Association(2018) <https://www.ruralhealthweb.org/about-nrha/about-rural-health-care>
- ▶ Bell, A. (2018). Rural Health Care Presents Needs and Opportunities. *PT in Motion*, 10(5), 8-12.
- ▶ Reducing Potential Excess Deaths from the Five Leading Causes of Death in the Rural United States (2017, January 13). Retrieved from <https://www.cdc.gov/mmwr/volumes/66ss/ss6602a1.htm>
- ▶ USDA Highlights Key Accomplishments in 2018 That Are Building Rural Prosperity (2018, December 21). Retrieved from <https://www.rd.usda.gov/newsroom/news-release/usda-highlights-key-accomplishments-2018-are-building-rural-prosperity>
- ▶ World Physiotherapy Global Report, Annual Membership Census 2022.

Questions?????

