



## APTA PA SED Newsletter | May 2021

*Learn About the Latest News, Upcoming Events and More!*

### Message from the SED Chair



Greetings Southeast District!

We thank you for reading our **May** issue of the **Southeast District e-newsletter**. Looking to Spring, we are seeing signs of hopeful change all around us. In that spirit, I am grateful to share with you a number of signs of hope in the SED:

- The SPT/SPTA Class of 2021 has shown their resilience in navigating this past year successfully to graduation. Congratulations to our District's PT and PTA Class of 2021!
- A special shout out as well to all of the academic and clinical educators and staff who helped them get to the finish line!
- We are seeing signs of sustainable progress towards an equality of representation in our profession. The Southeast District is fortunate to have members who are actively

working for change. The latest contribution is the launching of a PA chapter of the **National Association of Black Physical Therapists**.

- The FORCE (for Advocacy) is strong with the SED and our path towards a productive two-year legislative cycle in Harrisburg is becoming clear. See our first opportunity for change in supporting our call to action for **SB 485** - an act to allow increased access to physical therapy in favorably modifying our direct access privileges and explicitly stating dry needling is within our practice act.

We know that there are a number of challenges as we look ahead to what the rest of 2021 will bring for our members and the patients and communities that we serve. The SED is always looking to support our members in as many ways as we can. This month, our May meeting will be all about our own self-care and clinical efficacy, as we learn about **Compassion Fatigue** from our own **Kelly Duszak McArdle**.

Finally, the SED PA PT PAC Committee is hoping to achieve a synergy with both political action and closing our exercise circle with the first ever virtual exercise class and PA PAC fundraiser! Broadcast live from a secret roof-top location in South Philly, Wednesday night May 26, at 6:00 p.m.! Hear the latest on legislative issues and then work-up a sweat as Susan Whitworth, leads us in a Yoga Sculpt class. Special shout out to **Bow Arrow**, SED APTA PA PT PAC liaison, for leading this event, with a special assist from **Carolyn Murphy**, SED Advocacy chair and **Dan Van Der Kwast**, SED representative for the APTA PA PT PAC Committee.

Thanks again for allowing us to serve the membership of the SED. I am always interested in hearing from you how we can do better. Please reach out to me anytime.

Stay Safe and Well,

M. Alex Haddad, PT, DPT, PhD, OCS  
Chair, Southeast District  
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## Upcoming Educational Events



### SED Business Meeting\*

**May 11 - 6:30 - 8:00 p.m.**  
(Please note change in day of week)

**Course Title:** Compassion Fatigue and Satisfaction: Remaining Resilient Amidst Today's Healthcare Challenges

**Speakers:** Kelly Duszak McArdle, PT, DPT, OCS, Cert. MDT, RYT

**Course Description:** Compassion Fatigue is a consequence of caring for and helping others that is present in Healthcare professionals across many disciplines including Physical Therapists. It has become more prevalent in recent years with healthcare delivery, practice and insurance changes. In the past year with the COVID-19 Pandemic, CF may have become more common in the medical community causing those who work in healthcare to lose their Compassion Satisfaction (CS) or consider professional or job changes. This continuing education presentation will provide an in depth overview of risk factors or CF, related terms, effects on providers and how it is regulated. Attendees will be able to identify the stages of CF as well as become familiar with "antibodies" or strategies to address CF and find resiliency in their work and profession.

[Register now!](#)

\*This course has been applied for one general contact hour.

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## **SED PA PAC Event - Virtual Exercise Class**

***May 26 - 6:00 - 7:00 p.m.***

[Register today](#) to join the SED as they live-stream from the rooftops of South Philly for an exercise class instructed by Susan Whitworth! This 40-minute class is designed for people of all fitness levels and does not require any equipment. Proceeds from the event will benefit the PA PT PAC, which helps support PA candidates that are strong allies of our profession in Harrisburg. Prior to the class, you will have the opportunity to hear the latest in legislative and advocacy updates that will affect all of us in PA.

**About your instructor:** Susan is a Yoga Sculpt Certified instructor that creates sequences to empower mindfulness and functional movements. With a masters degree in Occupational Therapy, Susan has a background in human anatomy and utilizes a holistic approach to help others set and achieve individualized goals both on and off the mat. Through music and rhythm, Susan's classes are focused on alignment, customization of movement and most importantly finding fun in fitness! Set to upbeat music, this class offers customizations to all fitness levels. A towel/mat and water are recommended.

[Register now!](#)

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**SAVE THE DATE:**

- **Sept. SED Business Meeting** | Sept. 8 | 6:30 to 8 p.m.- *Topic TBD*  
(Please note: We are hoping to hold this meeting in-person)
- **Nov. SED Business Meeting** | Nov. 10 | 6:30 to 8 p.m. - *Topic TBD*

## IN CASE YOU MISSED IT (ICYMI)

### **APTA Centennial Mosaic - Please Join in and Upload your Picture!**

[APTA's Centennial Mosaic is still open](#). So far they've received about 1,000 photos. If you haven't done so already, please take a moment to browse the mosaic, get inspired, and upload your favorite photo and an anecdote about yourself, a personal hero, or the profession. And, please share the mosaic with your friends, family, component leadership, and members. The platform makes it easy to share mosaic photo tiles via social media.

[Visit the APTA Centennial Mosaic page to submit your photo today!](#)

The APTA's [strategic plan](#) includes an objective to foster the long-term sustainability of the physical therapy profession by making APTA an inclusive organization that reflects the diversity of the society the profession serves. Check out the APTA [Diversity, Equity, and Inclusion](#) home page to learn more.

### **[APTA's New Telehealth Certificate: A Behind the Scenes Look](#)**

Providing physical therapy via telehealth improves access to care, but it can present challenges. This [podcast](#) explores a new online course series that leads to an APTA telehealth certificate.

## HOT TOPICS in Federal Policy and Reimbursement

On March 1, 2021, APTA government affairs staff recorded a 50-minute webinar that provides the latest information on what is happening across the federal and state policy and reimbursement landscape. This webinar will help physical therapists, physical therapist assistants, and physical therapy students stay apprised of the policy changes at the federal and state level that may impact them and their practice. This is a **free** webinar and the [pre-recording is now available](#).

## LATEST ON LEGISLATION

Check out the latest [update](#) on Senate Bill 485 (SB 485) amending the Pennsylvania Physical Therapy Act (Act 38 of 2008) allowing increased access to Physical Therapy and explicitly stating that dry needling is within the scope of practice of the physical therapist.

APTA Pennsylvania has a **new one-page SB 485 information handout**, which includes pertinent details on both dry needling and direct access, as well as talking points. You can also print the [map for all states using dry needling](#) and send these resources to your state senators to assist with the conversation and email contact.

## MINORITY AFFAIRS COMMITTEE

**[Submit your application](#) for the APTA PA ADAPT Scholarship!** The APTA Pennsylvania ADAPT scholarship is a one-time monetary award of up to \$10,000 to a PT or PTA education program to support development programs that aim to increase recruitment and enrollment of students from under-represented racial and ethnic minority groups (URMG). [Review the deadlines and requirements!](#)

### Application Deadlines

- Round 1: Feb. 8, 2021-June 1, 2021
- Round 2: May 1, 2021-Aug. 1, 2021

### NABPT PA Virtual Meet and Greet Networking Event

[National Association of Black Physical Therapists Pennsylvania](#) will be having their Virtual Meet and Greet event on Thursday, May 13, 2021, at 8:00 p.m. ET. **The focus of this event is to officially introduce NABPT to the PA PT community and invite interested attendees to learn more about chapter board positions during a subsequent meeting.** Please [register via Eventbrite](#) and share the invite with all who may be interested. If you have any questions, please feel free to email [nabpt.pa@gmail.com](mailto:nabpt.pa@gmail.com).

## PTA FOCUS

The latest PTA Focus piece from the PTA SIG featured another SED PTA! Check it out here: [April 2021 PTA Focus](#).

Do you work with or know a member PTA that you think we should know about? Send an email to the [PTA SIG](#) and they can tell their story in an upcoming PTA Focus piece.

## DID YOU KNOW?

**APTA Monthly Payment Plan - a great opportunity to make membership more affordable.**

New in 2021: In response to member requests, the APTA is excited to offer a monthly installment plan for payment of annual membership dues. Each month, members will be charged one-twelfth of annual dues plus a \$1 monthly administrative fee. Membership is still for a full year. This opportunity is being phased in for existing members upon renewal.

[Find out more about all three ways to pay.](#)

**THE UPSIDE**

**The Southeast District would like to bring you more good news.** Borrowing from something the APTA calls “The Good Stuff” and named after the Philly Inquirer’s Sunday section, the SED brings you an occasional series that highlights recent media coverage of physical therapy or the good things that are happening around us. Let the [SED](#) know if you have a feel-good story to share and it may make the next Upside!

**Have an idea for the next SED update or a great event idea?** You can submit comments and suggestions [here](#).

**If you or someone you know is struggling with their mental or physical health and safety,** please visit and share these resources available: [Mental Health Resources SED](#).