

# MarylandPT

OFFICIAL PUBLICATION OF APTA MARYLAND



**Call for  
Research  
Proposals**

## Newsletter Highlights

## Premier Conference

October 22, 2022

MESSAGE FROM THE  
PRESIDENT

MEET OUR PARTNERS  
PERLA AND PCI HIPA

CHECK OUT **RED HOT**  
JOBS ON OUR NEW  
JOB BOARD

**ICYMI** - APTAMD'S  
SPRING MEETING ON  
DEMAND. LEARN  
ABOUT MD 2-1-1;  
REGULATORY AND  
PAYMENT UPDATES;  
AND, HOW TO  
ADDRESS SDOH

MEMBER SPOTLIGHTS:  
MONIQUE CARUTH, PT,  
DPT & KIYANNA  
MONROE, SPT

PAC MEETING MAY 5TH

*it's time to*

# REVITALIZE

Your Path. Your Passion. Your Profession.



# Meet our Partners



Perla helps you connect with trusted healthcare lawyers, bankers, practice manager consultants and accountants.

We only approve a small percentage of advisors for the Perla Network and each advisor specializes in supporting and working with healthcare businesses.

**APTAMD members can access the Perla Network of trusted healthcare advisors for free.**



## COMPLIANCE AND SECURITY FOR HEALTHCARE PROVIDERS

Every minute spent on HIPAA compliance for healthcare providers and administration is a minute lost with patients. With increasing malware attacks on doctors, cyber security has never been more important to for healthcare providers and practices. That is why we offer a full service HIPAA, OSHA, and PCI compliance and security program – giving you peace of mind and more time to focus on what really matters... your patients.

**In the coming weeks, APTAMD members can access free courses and CE programs covering topics like Infection Control, HIPAA Compliance, and Cybersecurity; as well as free compliance tools.**

Learn more at <https://www.aptamd.org/aptamd-partners/>

## APTA Maryland Board of Directors

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**Vic President - Roy Film**

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**PTA Caucus Representative - Kelly Yeager**

**Open Positions on APTA Maryland Board of Directors**

Director for Government Relations, Southern District Chair

Learn more about these positions by emailing [aptamd@aptamd.org](mailto:aptamd@aptamd.org) or call 800-306-5596.



# A Message from the President

JD SHEPPARD PT, DPT

During our 2022 legislative session in Annapolis, APTA Maryland has been devoted to improving access to care for Marylanders. We have met with legislators, professional societies, and patient groups to rally support for our bill. High co-pays continue to limit patient access to medically necessary care, disproportionately affects underrepresented groups, and has the potential to negatively impact the opioid epidemic in our state.

As you know APTAMD introduced a bipartisan sponsored bill to address fair copays (HB 974/SB 725) as it would prohibit insurers, nonprofit health service plans, and health maintenance organizations from imposing a co-payment, co-insurance, or deductible for covered physical therapy services that is greater than the co-payment, co-insurance, or deductible imposed for a primary care visit under the same plan or contract. The House and Senate committees voted to refer the bill for study over the summer. APTA Maryland developed a list of concerns and questions for the Maryland Health Care Commission to study. These questions have been approved by our bill sponsors and we are now awaiting the House and Senate's approval. A report is due to be given to the legislators by December 1, 2022.

Our attention now shifts to the upcoming gubernatorial elections as our PAC and government relations committee meet to discuss fundraising and key legislators we wish to support.

**Want to join our team? Your Voice = Our Goals = Our Actions.**

All members are invited to join our PAC committee and or our government relations committee. [Interested?](#)



The Maryland Physical Therapy PAC promotes the interests of the physical therapy field within the state of Maryland. Our aim is to increase patient access to physical therapy, fight for fair reimbursements, and lift up the goals and viewpoints of the physical therapy profession. The Maryland Physical Therapy PAC is able to achieve this through our fundraising efforts and financial support to candidates who support the physical therapy profession at the Maryland Legislature.

**The Maryland Physical Therapy PAC is made possible by the support of those within the physical therapy profession.**

Chair: Mary Miller Treasurer: Lauren Melito

**<https://www.aptamd.org/donate/>**





## Featured Physical Therapy Jobs

Physical Therapists and Physical Therapist Assistants in Maryland know they can rely on the APTA Maryland Career Center to find their next position. We have the top employers who are looking for qualified, local talent.

PTs and PTAs can access our free resources to assist you in your career path. Additionally, we send out two emails per month containing the latest jobs posted to our job board so you can let your next job come to you.







# APTA Maryland Spring Meeting

Thank you to everyone that joined us in person or on line for our spring meeting.

## In Case You Missed It

### APTA Maryland's Spring Meeting On-Demand

The Chapter has added our spring courses to our on-demand webinar catalog. This catalog is free for members and \$200 for non-members. To access it, go to [aptamd.org](http://aptamd.org)>>My APTAMD>>Webinar Catalog. Members must be logged in for free access.

- **Addressing Social Determinants of Health including information on Maryland 2-1-1: The Missing Link to Addressing Social Determinants of Health**

Social determinants of health (SDOH) are conditions in the environments in which people were born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH contributes up to 80% of a patient's health outcome and contribute to wide health disparities and inequities. In our current system, patients' health-related social needs frequently remain undetected and unaddressed.

This course will look at SDOH in PT and guide participant through the Race Implicit Association Test and explore ways you and the health system can mitigate the impact of bias. In addition, you will learn about efforts emerging to integrate social and environmental needs into the health care system and match patient needs with community resources. An inventory of resources was identified as an important component of linking health care delivery sites to social and community resources. The most cited current resource inventory was United Way's 2-1-1 which you will learn how to access and connect your patients and their families to needed resources.

- **APTA Payment, Regulatory, and Legislative Advocacy Updates**

2022 brings numerous changes to Medicare regulations related to payment under the Physician Fee Schedule, the PTA differential, remote therapeutic monitoring codes, etc. Hear from APTA staff on commercial and Medicare changes, the latest in CPT coding, along with regulatory updates on Telehealth, the PTA Differential, Workforce Diversity Bill, PT Student Loans, Prior Authorization and other hot topics.

***Each course from the spring meeting meets the basic criteria for three (0.3) CEUs by the Maryland Board of Physical Therapy Examiners.***



### 2-1-1 and Social Determinants of Health The Missing Link to Improved Health Outcomes

You can't address SDOH if you don't know how to link patients to community resources. 2-1-1 is the most comprehensive source of information about local resources and services and is available 24/7.

# REVITALIZE

Your Path. Your Passion. Your Profession.

SAVE  
-THE-  
DATE-

The APTA Maryland and APTA DC Premier Physical Therapy Conference, is about advancing physical therapy practice by showcasing evolving, evidence based, and innovative topics.

## About the Conference

Hybrid Event (In Person & Virtual Options)

## Conference Highlights

Special Keynote

Exhibit Hall

## Sessions in the Works

Blood Flow Restriction

Concussions

Diagnostic Imaging

Long COVID & Post Viral Fatigue

## Stay Tuned for Information on

Special Tracks for Students and Early Professionals

## Call for Abstract Proposals

Deadline for proposals: June 30th

Notifications of acceptance: August 1st



## Sponsorship & Advertising Opportunities

WE OFFER BASIC EXHIBITOR PACKAGES, SPECIAL SPONSORSHIPS, AND ADVERTISING OPPORTUNITIES TO SHOWCASE YOUR COMPANY.

INCREASE YOUR EXPOSURE AND ENHANCE ATTENDEES' EXPERIENCES WITH VARIOUS SPONSORSHIP OPPORTUNITIES.

ALL COMPANIES THAT ADD A SPONSORSHIP OPTION TO THEIR ANNUAL CONFERENCE REGISTRATION WILL RECEIVE LOGO RECOGNITION IN OUR ON-SITE BOOKLET. IDEAS ARE NOT LIMITED TO ITEMS ON THIS LIST.

HAVE A UNIQUE IDEA TO ENGAGE WITH OUR AUDIENCE AT THE APTAMD AND APTADC ANNUAL CONFERENCE? CONTACT US AT APTAMD@APTAMD.ORG OR 800-306-5596.





# APTA Maryland's Diversity, Equity and Inclusion Committee

Mentorship. Diversity in the Workforce. Diversity in Leadership. HEAL



Michael Ukoha PT, DPT - Chair

The mission of the diversity, equity, and inclusion (DEI) committee is to foster the long-term sustainability of the physical therapy profession by making APTA Maryland an inclusive organization that reflects the diversity of the society the profession serves.

We strive to include a diverse group of members and potential members inclusive of gender, race, sexual orientation, socioeconomic status, disabilities, religion, ethnicity, and age.

APTA Maryland continues to collaborate and enhance our initiatives of the DEI Committee. We have had collaborations with Baltimore City Health Department, Live & Grow Mentorship, as well as various academic institutions.

We have continued our commitment to introducing the profession of physical therapy to high school students in different counties throughout the state. We host our monthly mentor nights with students and early career professionals the 1st Tuesday of each month at 8 pm. **Join us for our next mentor night on May 3rd that will discuss Steps to PTA Leadership. Learn more at: [www.aptamd.org/workspace/](http://www.aptamd.org/workspace/)**

Additionally, we have implemented our mentorship pipeline with historically black colleges & universities (HBCUs).



**Health, Equity, Accessibility, and Literacy (HEAL)**

HEAL is how we engage the community through service opportunities to create positive change in the communities we serve.

Call for Volunteers to Participate in Baltimore City Health Department's Annual International Overdose Awareness Day Event.

Health Fair August 31, 2022 | 12-5 pm

Candlelight vigil to remember those we lost as a result of drug overdose from 5-6 pm

Come out and provide education on safe ways to manage pain and provide screenings. PT promotional materials will be provided.

Sign Up Today!  
[www.aptamd.org/heal/](http://www.aptamd.org/heal/)

**APTA MARYLAND'S  
NEXT MENTOR NIGHT  
JANUARY 4  
@ 8:00 PM**

**I AM AN  
ADVOCATE OF  
OUR PROFESSION**

**OPEN MIC NIGHT  
JUNE 1 AT 8 PM**  
PREP FOR BOARDS AND STUDY TIPS  
#MentorNight #YourCareer

**BECOME A SUCCESSFUL  
ENTREPRENEUR**  
Learn the business side of physical therapy

**Mentorship Night**  
TREATMENT IDEAS 4.6.21 8p  
Treating in the grey area  
COMPLEX PATIENTS

**APTA Maryland  
8 PM**  
t the larger issues.  
your profession, clients,  
community

**Evidence Based Practice**  
How to check efficacy of your practice in the

**Live AND Grow MENTORSHIP**  
**Mentor Night Event**  
Feb 1st | 8pm  
Networking. Mentorship. Community.  
OPEN FOR ALL PRE-PT STUDENTS  
APTA Maryland Diversity, Equity, & Inclusion Committee

**MENTORSHIP NIGHT  
FINDING WORK/LIFE BALANCE**  
DURING COVID 19  
01.05.21 | 7PM

**APTA Maryland Mentor Night**  
Tuesday, November 2nd at 8:00 pm  
November Topic  
Continuing Education for New Grads  
APTA Maryland

**Mentorship Night**  
TIPS & TRICKS FOR YOUR NEXT INTERVIEW  
**APTA MARYLAND**  
05.04.21. 8PM



**COLLECT LIMBS FOR  
LEGS4AFRICA  
TO HELP PEOPLE  
GET BACK ON  
THEIR FEET**

**WHAT WE COLLECT**

- Feet, Pylons & Knees
- Stump socks
- Suspension devices
- Prosthetic arms
- Workshop tools

**WHAT WE DON'T COLLECT**

- Electronic knees
- Crutches
- Wheelchairs
- Orthopedic shoes
- Orthopedic braces

FIND OUT MORE AT:  
[LEGS4AFRICA.ORG/COLLECT](https://LEGS4AFRICA.ORG/COLLECT)

**LEGS4AFRICA**

## APTAMD Supports Legs4Africa

As we prepare for PT Day of Service this October, our DEI Committee is working with this amazing organization that recycles/repairs prosthetics for amputees needing them at rehab centers throughout Africa.

We are looking to partner with vendors and medical suppliers to help us support Legs4Africa.

If anyone is interested in assisting us in this effort, or if you have contacts to share, please reach out to [dei@aptamd.org](mailto:dei@aptamd.org).

Since 2015, PT Day of Service has brought together over 23,000 volunteers from all 50 US states and nearly 85 countries around the world.

Join us by providing local service for a global effect on October 8th, 2022!

## Survey Open - Respond Today to Inform Future Telehealth Policy in Maryland!

THE MARYLAND HEALTH CARE COMMISSION INVITES ELIGIBLE PROVIDERS  
TO PARTICIPATE IN AN ONLINE TELEHEALTH SURVEY

- **WHAT:** NORC at the University of Chicago is conducting an online survey of provider experiences providing telehealth services using audio-video or audio-only technology. The survey should take no more than 15 minutes; responses are voluntary and confidential.
- **WHO:** The following eligible providers may access the survey using their National Provider Identifier (NPI) active as of 10/1/2021:
  - Primary care providers, specialty providers engaged in primary care, and nurse practitioners
  - Behavioral health providers (psychiatrists, psychologists, licensed certified social workers, and licensed professional counselors)
- **WHEN: Now!** The online survey is available at [mdtelesurvey.norc.org](https://mdtelesurvey.norc.org).
- **WHY: Responses to the telehealth survey are VERY IMPORTANT** and will be used to inform recommendations on audio-visual and audio-only coverage and reimbursement for Maryland's 2023 legislative session. Please respond promptly!

NORC was competitively selected by MHCC to conduct a study on the impact of telehealth as it relates to audio-only and audio-visual technologies, as required by the *Preserve Telehealth Access Act of 2021* passed by the Maryland General Assembly. Please contact NORC at [mdtelehealthsurvey@norc.org](mailto:mdtelehealthsurvey@norc.org) to learn more.



# APTAMD Members in the Spotlight

## Get to Know APTAMD's Secretary, Monique Caruth PT, DPT



Monique Caruth is an entrepreneur, mentor, advocate, and leader for the profession and the chapter. With Monique's support and guidance, the chapter has engaged in innovative and integral changes to enhance the chapter's mission and vision. This includes helping to create educational programming on diversity, equity, and inclusion and social determinants of health, serving as a mentor to students and early professionals, and actively working to guide the chapter in our efforts to inspire future leaders from diverse backgrounds.

As part of women's history month, we conducted an interview with Dr. Caruth on her path to PT and her passion for paying it forward.

### What's one word to describe you? Why?

**Evolving**, because I realize that I don't know everything and even my opinions are subject to change. But my principles stay steady. We live in a world where the majority of people don't lean in to understanding the background of others and that is the root cause of racism and xenophobia in our society.

### What woman inspires your work today? Why?

If I go back to childhood, I would pick my mother. Growing up I didn't quite understand how much she sacrificed. She got pregnant with me at 20 and 2 years later she had my sister and then 4 years after my younger sibling. She was a 25-year-old new wife and mom with no high school education. My dad had limited high school education too. They were able to sacrifice and work hard so we were well educated which they saw as key to our future. My siblings and I were all college educated and raised with love, encouragement, unconditional love, and support.

I recently came out and declared that I am a lesbian. Growing up in a very spiritual home in the Caribbean, I was afraid of disappointing my mother and it was such a huge relief that she embraced me with unconditional love. That has inspired me even more. I am more open, and more content and the reason is that I know no matter what happens, I have her love.

### What opportunity are you most proud of to date? Why?

I enjoy being with students. I know how challenging it was when I was seeking a mentor during and after PT school. I had a desire to own my own business and was shot down by a lot of people. I try to be the mentor that I didn't have to inspire those interested in being a business owner in the PT field, sharing the realities and helping them to find a balance. This is what I enjoy the most so far.

I am so grateful that APTAMD took the initiative to create a DEI space and develop a mentorship program where I can inspire others including high school students. I am blessed to share the value I see with others as well because you see more engagement in membership.

### What would be your advice to girls out there that want to be where you are?

You have to believe in yourself. In each and every one of us, we have desires, and we question them. You can get stuck in focusing on what other people think of you and your decisions, so I advise them to believe in yourself, trust that you have a purpose to fill, surround yourself with people who will love you and encourage you and help you find open doors to advance your personal goals and dreams.

*Monique serves as the Maryland Board of Director's Secretary in addition to being Secretary for the APTA Home Health Section. In addition, she is the owner of Dr. Monique J. Caruth, LLC/LTD, a minority-owned, women-owned and operated rapidly growing staffing group providing nursing, rehabilitation and social work services in the DMV.*

## APTAMD Members in the Spotlight

### Get to Know APTAMD's SSIG Chair, Kiyanna Monroe, SPT



APTA Maryland's Student Student Special Interest Group (SSIG) has re-emerged following a lapse due to the COVID 19 pandemic. As many know, our PT and PTA students were severely affected by academic, financial and COVID- related stressors, and the ability for students to connect and engage with the chapter and national association was challenging. Now with our new leaders at the helm, the SSIG has reemerged and is ready to engage all PT and PTA students in Maryland.

We invite you to get to know our new SSIG Chair, Kiyanna Monroe, SPT. Kiyanna is a student at the University of Maryland School of Medicine Department of Physical Therapy and Rehabilitation Science

#### **What are your goals in your new role as SSIG Chair for APTA Maryland?**

As the SSIG Chair for APTA Maryland, my goals in this new role include increasing student involvement within the chapter, promoting diversity and inclusivity in the field, while also cultivating life-long relationships between physical therapy professionals and the community.

#### **Why is it important to you to be a member of the Chapter and National APTA?**

It is important that I am a member of the APTA Maryland Chapter and National APTA because I understand how resourceful the APTA can be. From educational events and networking opportunities, these resources provide insight and connections for students and practicing professionals.

#### **What are your hobbies?**

In my free time my hobbies include bowling and journaling!

#### **Do you have a favorite quote?**

My favorite quote that I live by daily is, "To thine own self be true."- William Shakespeare

## John Shober's Celebration of Life



This past October we lost a beloved friend and colleague. John was passionate about physical therapy, and he will be missed by many patients, staff and those in the PT community.

We continue to send our condolences to his wife and fellow APTAMD Member, Cathy Latoof.

John graduated from the University of Maryland at College Park in 1977 and from the University of Maryland's School of Medicine, Department of Physical Therapy in 1980. He served as an adjunct faculty at the school's Physical Therapy Department. He earned a Doctoral Degree in Physical Therapy at Rocky Mountain University in Utah in 2005. He served as a Maryland delegate to the APTA and served on the Maryland State Board of Physical Therapy Examiners for 10 years. He was awarded the Chapters Florence P and Henry O Kendall Awards and University School of Medicine PTRS Alumnus of the Year for his contributions to the profession.

When talking to colleagues and friends they describe John as kind, generous, devoted, caring, gentle, and he will be missed by us all.

**Funeral service will be on May 27th at 3pm at Faith Lutheran Church: 8 Sherwood Rd in Cockeysville MD, 21030**

**An informal Celebration of Life will be the next day, May 28th, from 2-7 pm at Oregon Ridge Park Arts and Sciences Pavilion (behind the Lodge). 13555 Beaver Dam Rd, Cockeysville 21030.**

**Food will be served from 3-5. Soft drinks will be provided, but if you want other beverages, they cannot be in glass containers. Feel free to bring snacks and deserts to share.**

**Please RSVP for this event to [clatoof58@gmail.com](mailto:clatoof58@gmail.com) or 410-274-4486.**





## Stay Connected With Us

Facebook

Instagram

Twitter - Chapter

Twitter - Student Special Interest Group

<https://www.facebook.com/AptaOfMaryland>

<https://www.instagram.com/aptamd/>

<https://twitter.com/APTAofMaryland>

<https://twitter.com/aptamdSSIG>

Chapter Office

Chief Delegate

Diversity, Equity, and Inclusion Chair

President

Student SIG

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[dei@aptamd.org](mailto:dei@aptamd.org)

[president@aptamd.org](mailto:president@aptamd.org)

[ssig@aptamd.org](mailto:ssig@aptamd.org)



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#aptamdDEI

#aptamdSSIG

#BetterTogether

#ChoosePT

#PTFAM



## You're Invited!

### 5.5.22

### 7:30-8:30 pm

The Maryland Physical Therapy PAC and the Chapter's Legislative Committee will discuss the upcoming election and ways to protect and support the profession through advocacy.

[www.aptamd.org/donate](http://www.aptamd.org/donate)

Contribute through advocacy, fundraising, and or through the donation of funds.