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Issue 17

July 2008

## A FEW WORDS FROM OUR CHAIR...

Cheryl Tibbetts, MPT, OCS



### "Time" is a four letter word

I hope everybody is having a wonderful summer full of family vacations, days at the beach and barbeques...though I know some of our members' summer has been derailed by dealing with the wildfires. I'm sure we all have been busy with a myriad of things; summer is just one of those times. Then again, so is the fall when the kids go back to school, then there's the holidays, then any winter vacation that may be scheduled, spring break, graduation, the kids getting out of school and then, here we are again at summer again.

Life seems to always be so busy for all of us that it seems impossible to squeeze one more thing in to the day. So when you get the email or newsletter from the CPTA or APTA asking you to write your legislator, or worse yet actually go to see them, or when someone asks you to get more involved by running for office or sitting on a committee, I know a lot of you think to yourself, "I don't have time." Yet, here I am, multitasking as usual, watching TV to relax while writing this column and still thinking about the evaluation letters I need to write tonight for work, all the while keeping an ear out for my kids who might need something. I'm not giving you the laundry list of my life to make you think, "Wow, she does all that!" And I certainly don't want anyone to think I'm preaching to you about how busy I am and how you should spend your time. I am just hoping that this column might make you think twice the next time you say you "don't have time" for something.

Clancy Hultgren very eloquently stated at Chapter Annual Conference a few years ago that, "We all have the same 24 hours in a day. The difference is how we choose to spend them." I have had a moment or two in my life that I would call an epiphany, hearing those words was one. So many times we say we cannot do something because we "don't have time" and feel like it is out of our control. Of course we all have control over how we spend our time and we should say, "I can't make time" instead of "I don't have time."

I constantly find myself questioning what is truly important to me. For me my family comes first then my career which of course begins with the physical therapy profession and is inextricably linked to my practice (both my actual office and the way I treat my patients). That is why I have chosen to be involved at the level I am. To me the PT profession is important enough for me to make time to not only practice PT but also to promote and protect it. I choose to do that by donating my time, and for those of you interested, there are plenty of ways you could too. If you don't feel you have the time, then perhaps you can help the profession by donating money to the PAC, sponsoring a Con Ed course, donating to the PT Fund, etc. And, if nothing else, simply by being a member you are involved in promoting and protecting our wonderful profession and for that I thank you all.

## 2008 DISTRICT EVENT CALENDAR

Be sure to mark these dates on  
your calendar!

### August 12th: District Meeting

**Topic:** Evidence Based  
Practice

**Speakers:** Alain Claudel, PT

**Location:** Dominican Hospital,  
Santa Cruz

### September 9th: District Meeting

**Topic:** Town Hall Meeting

**Location:** Good Samaritan  
Hospital, San Jose

### September 26-28th: Chapter Annual Conference

**Topic:** Chapter Annual Conference

**Location:** Oakland Marriott City  
Center, Oakland

### November 11th: District Meeting

**Topic:** TBA

**Location:** Salinas Valley Memorial  
Hospital, Salinas

The San Jose District newsletter welcomes any and all submissions including articles, letters to the editor and advertisements. For a list of advertising rates please contact the newsletter editor, Cheryl Tibbetts, PT at [cheryl@valleypt.net](mailto:cheryl@valleypt.net) or 831-338-4458.



## THE SPEAKER'S CORNER FOR OUR August 12 MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

### **Alain Claudel, PT, DPT, ECS**

*Evidence-based medicine is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients (CEBM).* That's a dainty definition, but how do I start and where find answers to the patient who is in the waiting room right now? We will

attempt to answer these questions and many more through a review of evidence-based practice, simple and fun statistics and live searches for the best evidence.

Alain received a BS in PT from the Université Claude Bernard in the Lyon, France before coming to the US. In this country, Alain has pursued interests in neurology and electrophysiology. Alain has a tDPT from Rocky Mountain University of Health Professions and is a doctoral candidate in the electrophysiology DSc program as well as clinical specialist in electrophysiology. Finally, Alain is the Director of Rehabilitation at Community Hospital of the Monterey Peninsula. The vision of CHOMP is to aggressively pursue the rapid adoption and integration of evidence-based best practices in the delivery of quality care for every patient across the continuum of care. Rehab's vision is to be at the forefront of this endeavor.

### **ARE YOU ON THE DISTRICT LIST SERVE?**

Are you familiar with List Serves? They are basically an electronic mailing list but your email address is not sent to all the recipients. The email comes from the District's List Serve account with Yahoo! and is distributed to District members who are signed up for the List Serve service. The List Serve is an excellent way to receive information about District events with reminders for District Meetings and Continuing Education courses, etc; members can post job listings, equipment for sale or courses they are offering; any question or information a member wants to get out to the District membership can be posted. All posting are screened for appropriateness by the District's Webmaster.

If you are not already on the District's List Serve you may join by going to the District website at: [www.sjdist-cpta.org](http://www.sjdist-cpta.org) then click on the "San Jose District Newsletter/Meetings/Activities" button, scroll to the bottom portion of the page and click on "Physical Therapy List Serve". This takes you to the Yahoo! page where you can join the group. Don't miss this member benefit that will help keep you informed about local events.

### **MEMBER GET A MEMBER CAMPAIGN**

**Current members bring a non-member to a San Jose District meeting and each of you (the member *and* the non-member) receive a \$5 Starbucks gift card just for attending the meeting.** When you arrive at the meeting simply present your current membership card to the Membership Services person at the sign-in table and introduce your non-member colleague. (Offer is limited to one Starbucks card per member and non-member, per meeting)

If your non-member colleague joins the APTA let the California Chapter office know and you will also receive \$25 from the CPTA!

## San Jose District Members Support Needed for the CAL-PT-PAC

What would you do if a bill was introduced in the state legislature which would have a major impact on your ability to practice physical therapy and you had no voice in Sacramento? You can be assured that in every legislative session there are bills introduced that can take away from the practice of physical therapy. Also, the CPTA periodically introduces bills to solidify our position in the health care field in the area of practice, as well as policy on reimbursement. Without advocacy efforts in Sacramento, as well as in our backyard legislative districts, we would probably find ourselves being gradually squeezed out of healthcare. Many of the groups that support bills to enhance their standing at the cost of infringing on our ability to provide care have strong political advocacy programs. And this is why we need to have a strong CAL-PT-PAC, which uses our contributions to support candidates and legislators who are supportive of physical therapy. With a strong PAC supporting our efforts, we can defend the physical therapy profession in the legislative process. However, we can only be successful with your help in building a strong and successful PAC.

**Our District's goal for 2008 is to raise \$11,400; and through the end of June we have contributed \$3,075.**

Contributing to the PAC over the last 4 months are 2600 CLUB (\$500-\$999): Stuart Katzman. SUSTAINING Investors (\$100-\$499): Chris Ota, Mitch Ronning, Trina Semplinski, Philo Short, Deanne Smith, and Ann Vivian. GENERAL contributors (up to \$99): Damon Anderson, Barbara Asplund, Alison Barker, Gina Basuino, Anne Cunningham, and Gina Perez. THANK YOU for your recent contributions!

Previous contributors include: 2600 CLUB - Bruce Beekley, Bob Williams. SUSTAINING Investors - Denise Alberto, Dan Brady, Marianne Damon, Amy Folkins, Paul Murdock, and Suzanne Patenaude. GENERAL contributors - Burnett Hartsock, Colleen O'Kane, and Bettye Pina.

Won't you join your colleagues and support your profession by making a contribution to the CAL-PT-PAC?

Included in this newsletter is a CAL-PT-PAC contributions form, please complete this PAC Contribution form and send it along with your contribution to the CAL-PT-PAC. If you would like to contribute at the Grizzly or 2600 Club level, you can make your contribution by credit card and spread the payments over several months, though the total needs to be contributed by the end of 2008. If you would like to contribute at either of these levels, please let me know and I will arrange for a coupon booklet to be sent to you.

We thank you for your support, and your profession thanks you.

Bob Williams, PT, MA  
District PAC Chair

PS. Another way you can help the profession is to donate to your local politician's campaign personally. The upcoming fall election is a great time to meet your potential legislator and have an impact in their campaign either monetarily or by donating your time. Candidates are always looking for people to answer phones, stuff envelopes, distribute pamphlets, etc. in addition to monetary donations.

~Cheryl Tibbetts



## CAL-PT-PAC Contribution Form

*Maximizing the impact of every dollar donated!*

The California Physical Therapy Political Action Committee's (CAL-PT-PAC) philosophy is to support the election of members of the California Legislature who support the profession of physical therapy. Please complete the form below and send it along with your contribution to the CPTA Office, 2880 Gateway Oaks Dr, Suite 140, Sacramento CA 95833. To obtain further information, you may call (916)929-2782, (800)743-2782 or visit the website at [www.ccapta.org](http://www.ccapta.org).

### Support Legislation that is good for Physical Therapy ~ Back the PAC!

Name: \_\_\_\_\_  
*(Please specify if donor is a company or individual. One donor per form.)*

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Employer\*: \_\_\_\_\_

\*Required by state law. If self-employed, please write self. If this information is incomplete we will be required to return your contribution.

Occupation:  PT  PTA Other: \_\_\_\_\_

District: \_\_\_\_\_

I would like to make the following contribution:

\$1000 ~ Grizzly\*\*  
 \$500—\$999 ~ 2600 Club\*\*  
 \$100—\$499 ~ Sustaining Investor  
 Other: \_\_\_\_\_

\*\*Installation plan available for Grizzly and 2600 Club members if paying by credit card. Please contact the CPTA office for more details.

Amount\$: \_\_\_\_\_ No money orders or cashier's check. **No Cash donations over \$99.**

Check#: \_\_\_\_\_ Payable to CAL-PT-PAC (Full amount only. No check installments.)

Cash (cash contribution may not exceed \$99 per state law) Credit: Visa or MasterCard ONLY.

Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

**\*\*\*Contributions are not deductible as charitable contributions for Federal Income Tax purposes\*\*\***

## AB 120-Continuing Competency Update

- A licensee must accumulate 30 hours of continuing competency hours in each license cycle. A licensee must submit evidence of completing those hours to the board in order to renew his or her license. In order to implement this requirement:
  - (1) For licenses that expire between October 31, 2010 and October 31, 2011, if the renewal is submitted prior to the expiration of the original license, 15 hours of continuing competency shall be completed.
  - (2) For licenses that expire on and after November 1, 2011, the full 30 hours shall be completed.
- Continuing competency hours must be obtained in subjects related to either professional practice of physical therapy or patient/client management.
  - (1) The professional practice of physical therapy includes professional accountability, professional behavior and professional development.
  - (2) Patient/client management includes examination, evaluation and diagnosis prognosis; plan of care; implementation; education; and discharge.
- A licensee's continuing competency hours must include the following:
  - (1) Two hours in ethics, law and regulations, or some combination thereof.
  - (2) Four hours in life support for health care professionals.

### **Job opening at Myofascial Therapy**

Myofascial Therapy in Campbell, Ca. is seeking a part-time physical therapist, physical therapy assistant for 20 flexible hours.

Our one-on-one treatments require manual therapy, myofascial release, and craniosacral specialties. Our expert staff is excited to mentor the right motivated individual. Send your resume to [myofascial@att.net](mailto:myofascial@att.net) or phone 408-376-0900

**For additional information on the proposed language of AB 120 and how to make comments please visit the CPTA or PT Board website**

### **Job opening at Planet Granite**

Is your current job going nowhere? Are you frustrated that you aren't recognized for YOUR hard work and loyal patients? Or are you just stuck in a rut?

Start a great new job with the opportunity to learn, grow and be rewarded for YOUR hard work and loyal patients.

We have a physical therapist opening at Planet Granite in Sunnyvale. It's a great opportunity to learn, grow and work with an experienced team. And there is tremendous opportunity for future growth and even ownership.

[Planet Granite](#) is a great facility with a private treatment area, over 5,000 square feet of gym space, and more than 20,000 square feet of bouldering and climbing walls.

To get started on this new and exciting career, send your CV and cover letter telling us about you, your skills and training. We look forward to talking with you soon!

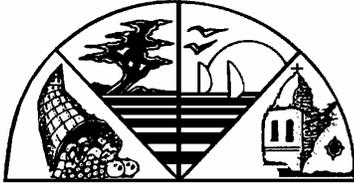
Contact: Sturdy McKee, CEO, MPT

[Sturdy@sfsspt.com](mailto:Sturdy@sfsspt.com)

415.593.2532

[San Francisco Sport and Spine Physical Therapy](#)

[www.SFPhysicalTherapy.com](http://www.SFPhysicalTherapy.com)



*San Jose District*  
California Physical Therapy Association

1220 30th Avenue  
Santa Cruz, Ca 95062

**SAN JOSE DISTRICT**  
**MEETING**

**August 12, 2008**  
**Dominican**  
**Santa Cruz Hospital**  
**Rehab Campus**  
**610 Frederick Street**  
**Santa Cruz, CA**

First Class Mail  
US Postage Paid  
Coastal Mailing

**NEXT DISTRICT MEETING:**

**AUGUST 12, 2008**

**DOMINICAN SANTA CRUZ HOSPITAL**

**REHABILITATION CAMPUS**

**610 FREDERICK STREET, SANTA CRUZ, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

**PRESENTATION:**

**“EVIDENCE BASED MEDICINE IN DAILY PRACTICE”**

**ALAIN CLAUDEL, PT, DPT, ECS**

WE ALSO MAY HAVE THE TWO CANDIDATES FOR THE 27TH DISTRICT ASSEMBLY  
SEAT PRESENT FOR A DISCUSSION ON HEALTHCARE IN CALIFORNIA