



Message from the Practice Committee

The Practice Committee increases Academy of Neurologic Physical Therapy involvement with the Departments of Government Affairs and Reimbursement at APTA. Participates in activities, which promote and modify the practice of neurologic physical therapy. Serves as a resource to accrediting agencies to establish guidelines to neurologic practice.

Visit the Academy of Neurologic Physical Therapy website

Hello Academy Member!

The ANPT Practice Committee is pleased to bring you Part 2 of the Message focusing on practice highlights and updates. Please scroll down to see new resources available from our Special Interest Groups and the ANPT workgroups. If you missed Part 1 of our Message, which focused on COVID-19 updates, please see the new Practice Resources page that can be found on the ANPT website [Practice Resources](#). This new tab now houses previous Messages from the Practice Committee as well as other resources to advance your practice, such as EDGE recommendations on outcome measures, Clinical Practice Guideline resources, and resources from the Health Promotion and Wellness Knowledge Translation Taskforce.

New Clinical Practice Guidelines (CPG's): Guiding PT Practice

What are CPGs? According to the National Academy of Medicine and the definition adapted in the APTA's [Clinical Practice Guideline Process Manual](#), "Clinical practice guidelines are statements that include recommendations intended to optimize patient care that are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options."

What can a CPG do for you? CPG's allow providers to understand the state of the evidence on a specific area of practice. They can help reduce unwarranted variability in practice by driving clinicians towards what the evidence base supports as best practice and guide clinicians' decision making processes. CPGs do not eliminate the need for PT's to use sound clinical reasoning skills to apply the recommendations in practice, and they do not replace the role an individual patient's values and beliefs play in developing a patient centered plan of care.

Recently Published CPG's Impacting Neurologic PT Practice

Concussion CPG: Quatman-Yates CC, Hunter-Giordano A, Shimamura KK, et al. Physical Therapy Evaluation and Treatment after Concussion/Mild Traumatic Brain Injury. *J Orthop Sports Phys Ther.* 2020;50:170-217.

Locomotor Training CPG for Chronic Stroke, TBI, and Incomplete SCI: Hornby TG, Reisman DS, Ward IG, et al. Clinical practice guideline to improve locomotor function following chronic stroke, incomplete SCI, and brain injury. *J Neuro Phys Ther.* 2020;44:49-100.

Check out the [full list of APTA sponsored CPGs](#)

Advancing Neurologic PT Practice: Special Interest Group (SIG) Highlights

Joining a special interest group is free and can add value to your practice. See below for a highlight of what the SIGs are doing. [Take a look](#) at the ANPT website SIG information, sign up, get active!

Assistive Technology/Seating and Wheeled Mobility SIG:

Here are a couple of great resources:

General Mobility Device Clinical Documentation Guide (.pdf)

This documentation guide provides information for physical therapists regarding documenting to demonstrate the patient's need for skilled therapy services and recommended durable medical equipment (DME)-mobility assistive equipment (MAE) based on the patient's health condition, diagnosis, functional prognosis, and factors that indicate treatment effectiveness and outcomes.

Medicare Policies for Mobility Assistive Equipment (.pdf)

This document provides information and resources on key Medicare requirements to support and document the need for mobility assistive equipment.

Balance and Falls SIG

If you haven't already checked out the [January 2020 Newsletter](#) or the two new [2020 Podcasts](#) on the Balance and Falls SIG page, please do! Podcasts posted earlier this year include Episode 3: Stroke Balance and Locomotion Research And Episode4: Trialliance CSM Presentation

See the Centers for Disease Control and Prevention (CDC) information for fall prevention interventions and guidelines for fall prevention program planning, development, implementation, and evaluation:

[Preventing Falls : What Works: A CDC Compendium of Effective Community-based Fall Prevention Interventions from Around the World](#)

[Preventing Falls : How to Develop Community-based Fall Prevention Programs](#)

Brain Injury SIG

If you missed our Combined Journal Club & Clinical Discussion Night on Spasticity/Tone Management, the recording is now [available on our website!](#)

The new topic of the quarter is Visual Perceptual Deficits

Degenerative Diseases SIG

Check out new [podcasts](#) on exciting topics, including: the use of virtual reality in rehabilitation, cerebellar ataxia, bridging the gap between research and the clinic, movement system diagnoses, and Huntington's Disease

April is Parkinson's Awareness Month. Check out the [Parkinson's Foundation](#) website for resources.

Spinal Cord Injury SIG

We're recruiting PTs and PTAs with experience in SCI rehab and who are SCI SIG members to be listed in our [interactive map of SCI clinicians!](#) Email Rachel Tappan at rachel-tappan@northwestern.edu or Casey Kandilakis at Casey.Kandilakis@shepherd.org to be added to the list.

Listen to the recent episode of the SCI SIG's podcast, Discussions in Spinal Cord Injury Science, where we interview George Hornby, PT, PhD and Carey Holleran, PT, DHS, NCS about the Locomotor Training CPG published in JNPT in January. Available [here!](#)

Stroke SIG

Trying to use core outcome measures through telehealth? See this link for a list and more information on each of the ANPT [CPG efforts](#).

Let us know how you are using these via telehealth/e-visits. We need to continue to measure, get creative and educate our patients. Reach out to strokesig@gmail.com

Vestibular SIG

This past week a member of our leadership group Sarah Gallagher, PT, DPT, NCS, presented with other telehealth experts to answer common questions in setting up a virtual practice. Follow the link below to watch this presentation: <https://youtu.be/P-C82vPrmcg>

Check out the Vestibular SIG Podcasts by [clicking here](#).

Translating Knowledge into Practice: ANPT Taskforce Highlights

The purpose of these groups is to help clinicians integrate evidence-based practice into clinical practice. See below for resources these work groups have developed.

Core Set of Outcome Measures KT Taskforce

An interactive [Patient Report Card](#) was published to assist clinicians (electronically or on paper) with documenting a patient's change on the core measures over time. The report card is patient-friendly and includes averages for community-dwelling adults and/or healthy adults and potential indications for fall risk based on current referent values.

[Pocket Cards](#) on four of the 6 core measures are now available for clinicians and students to use as a quick reference (protocol, interpretation of score all in one place).

Locomotor Training KT Taskforce

[Check out high intensity training clinical resources](#) including calculations for heart rate max, heart rate reserve, and continuing heart rate monitoring device options!

Haven't read it yet? Check out the [Clinical Practice Guideline](#)!

We hope you have found these resources useful. The ANPT Practice Committee welcomes your feedback and questions. Please send all inquiries to Heather Knight at info@neuropt.org

The Practice Committee

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