

## APTA Michigan 2021 Fall Conference Session Information for Saturday, October 16



### Implicit Bias in Messaging and Healthcare: 8:00am – 10:00am

If you have a brain you are biased. Implicit bias is established by biology and shaped by social conditioning, which is hugely impacted by the messages we receive every day. Evidence demonstrates that biases permeate the healthcare sector on both an individual and organizational level, playing an important role in health disparities. If healthcare professionals continue to operate without an awareness and understanding of bias, disparities will continue to remain vastly untouched. During this session we will establish baseline awareness and understanding of how implicit bias operates in the human brain, demonstrate how implicit bias is interwoven in societal systems like the media and healthcare, and identify strategies to reduce bias in decision making and maximize patient wellbeing.



**Yesenia Murillo** is devoted to dismantling targeted and systemic inequities through structural and organizational change. Yesenia is an Equity and Cultural Competency Practitioner working for the Michigan Department of Health and Human Services since 2017. In her current role, she acts as a health and race equity, inclusion, and cultural competency practitioner in developing and leading curricula, facilitation, technical assistance, tools, plans, resources and departmental projects. She has spent the past 12 years of her career embedding a social justice framework to both private and public entities. Yesenia earned her Bachelor of Arts in Sociology and is an incoming Master of Public Health candidate at the University of Michigan. She received the following certificates and professional courses: Unconscious Bias Learning Lab; Cultural Intelligence Facilitator; Technology of Participation (ToP) Facilitation Methods; Coaching for Equity course; Diversity, Equity and Inclusion in the Workplace. Her specialties include community organizing, healing circles, training/facilitation, curricula development, program management, public health programming, public speaking, and diversity, equity, and inclusion organizational operation. During her tenure, Yesenia has continuously centered marginalized populations. She has had the privilege of serving racial/ethnic minority groups, battered women, immigrants and refugees, victims of rape and sexual assault, formerly incarcerated persons, youth in juvenile correctional facilities, and people with disabilities.

### Concurrent Sessions 10:30am – 12:30pm

#### Long COVID/PASC - Learning From A Physical Therapist's Lived Experience

As the healthcare world recovers from the acute surges of COVID-19, many of those infected continue to struggle with symptoms of the disease. They experience persistent fatigue, brain fog, joint pain, breathlessness, and more. These, often, young, fit, and otherwise healthy patients have suddenly found themselves facing the difficulty of chronic illness. The physical therapy profession is poised to facilitate recovery, however, typical exercise-based interventions may actually not be the best course of treatment. Through the lived experience of one clinician infected in March 2020, learn of the latest research on Long COVID and treatment strategies to finally help those patients who just are not getting better.



**Ted DeChane, PT, DPT** is a Physical Therapist in Clinton Township, Michigan. He practices mainly in pediatrics, covering multiple settings including school-based, outpatient, and acute care. Ted became ill with COVID-19 in March of 2020 and continues to experience persistent symptoms. After connecting with other therapists afflicted with Long COVID, he became a founding member of the Long COVID Physio group and has since advocated for proper patient care and awareness.

## Exercise During Pregnancy & Postpartum – Considerations for Core and Pelvic Health

During pregnancy, many women are told to either continue what they've been doing for exercise or to only walk & do yoga. The women who are having kids are on average more active and pursuing fitness more regularly than previous generations. Pelvic health, especially in the postpartum period has been a taboo topic, leaving women with little information and guidance during this chapter- with many turning to social media for guidance on #fitpregnancy or #postpartumfitness . There are many factors that can be modified with exercise during pregnancy that allow the women to stay active while making educated decisions regarding current and future pelvic/core health. Postpartum is challenging enough- in returning to exercise or starting exercise postpartum, it's important to build a foundation to promote core & pelvic health.



**Katie Bacarella, PT, DPT, ATC** is a 2014 graduate of University of Michigan – Flint with her doctorate in physical therapy. As a certified athletic trainer, she specialized in sports & orthopedic physical therapy early on. After becoming pregnant with her first child in 2017, she developed an interest in women's pelvic health, and became a pelvic floor physical therapist. Katie's workouts have ranged from long distance running to weightlifting to currently CrossFit (for over 9 years!). She CrossFitted through two pregnancies and postpartum periods, and has become a pregnancy & postpartum fitness specialist, holding Pregnancy & Postpartum Athleticism Coach certification. She is passionate about educating women on all things pelvic health, navigating fitness through the chapters of womanhood and working with CrossFit athletes. In addition to working as a CrossFit and pelvic floor physical therapist, Katie coaches CrossFit and a women's fitness class at her husband's CrossFit gym.

## Pain in People Living With and Beyond Cancer

This course will utilize a biopsychosocial lens to perform an overview of pain terminology, models for understanding pain, assessment, and treatment for people living with and beyond cancer. An overview of pain terminology and understandings of pain will provide for an overarching understanding of the context of pain for this population. Subsequently, review of the assessment and treatment opportunities will be provided. The scope of this review will include pain from cancer, pain due to sequelae of cancer treatments, and pain problems comorbid with cancer.



**David J Schwarz, PT, DPT, LMT, BBA, NCS** is a Physical Therapist (UM-Flint graduate) and Massage Therapist with over 11 years of healthcare experience in various roles and settings providing services in aging care, memory care, sub-acute rehabilitation, acute and chronic psychiatric care, physical therapy, massage therapy, addictions, research and administration. He has been involved in developing both the MPTA Oncology Rehab SIG and the MPTA Pain SIG. He lives in Jenison with his wife, two sons, and two dogs, working as a Movement and Pain Specialist with Dynamic Movement and Recovery and as an Instructor with Dynamic Principles.

## Blood Flow Restriction Training in the Clinic – Let's Get Pumped Up!

In this course you will learn what blood flow restriction is and how it works. We will review what literature shows and when it is safe to perform in a PT setting. I will share what devices I have decided to use and which ones to avoid. We will talk through case studies that highlight different aspects of why I choose to use blood flow restriction in my daily practice with every lower body post-surgical athlete. We will then break out into small groups to let you experience the process of setting up and exercising with blood flow restriction.



**Ryan Buteyn, PT, DPT** is a physical therapist who has a passion for working with active people of all ages. He earned his undergraduate degree from Calvin College and his doctorate in physical therapy from the University of Michigan. He works for Spectrum Health in Grand Rapids and spends two days a week on campus at Davenport University treating athletes from all sports. The rest of his time working is spent in the clinic primarily helping athletes with orthopedic injuries. He is certified in personalized blood flow restriction and Sportsmetrics which is an ACL injury reduction program. Outside of work, Ryan enjoys cycling, fishing, camping and spending time with his wife and 2 young children.

## Concurrent Sessions 2:15pm – varying end times

### Post-Intensive Care Syndrome: Considerations for Post-Acute Rehabilitation

Each year, thousands of Michiganders will survive a course of critical illness, and discharge from the hospital. As more individuals are surviving an ICU stay, the long-term impact of critical illness on quality of life has been highlighted. The COVID-19 pandemic thrust the challenges of ICU survivorship into the spotlight, however, these problems are not new; as described in 2010, ICU survivors are “discharged to face the complex burdens and legacies of surviving a potentially fatal disease, often after harsh and painful treatment.” The concept of Post-Intensive Care Syndrome (PICS) has garnered increased focus from healthcare practitioners along the continuum of care. With increasing awareness of the sequelae of critical illness, post-acute rehabilitation providers are now, perhaps more than ever, called upon to address the needs of this population. This presentation will outline the specific impairments of ICU survivors, explore methods for assessment and intervention in this population, and discuss considerations for physical therapists providing care for ICU survivors across the spectrum of settings.



**Evan Haezebrouck, PT, DPT, CCS** is passionate about acute care physical therapy and ICU rehabilitation. He currently practices at University of Michigan Hospital in both acute care and in the University of Michigan Post-ICU Longitudinal Survivor Experience (UM-PULSE) clinic. A board certified Cardiovascular & Pulmonary Clinical Specialist, Evan mentors within the University of Michigan Cardiovascular & Pulmonary Residency program at Michigan Medicine. Career interests include ICU rehabilitation, physical therapy in chronic lung disease, and improving outcomes for survivors of critical illness. Evan received a BS in Health and Exercise Science from Colorado State University, and Doctor of Physical Therapy degree from the University of Colorado Denver.



### **Stephanie Kostsuka, PT, DPT, CCS**

Stephanie received her Doctor of Physical Therapy degree from Temple University in 2009. She became Board Certified in Cardiovascular and Pulmonary Physical Therapy in 2017. Currently, she is a PT cardiopulmonary clinical specialist and Director of the VA Ann Arbor Cardiopulmonary PT Residency Program. Her current role includes coordinating the inpatient and outpatient cardiac and pulmonary rehabilitation programs, organizing the ICU early mobility program and Post-Intensive Care Syndrome Clinic, and teaching in the Residency program. Her research in the area of pre-operative gait speed testing prior to open heart surgery has been published in the Journal of Cardiopulmonary Physical Therapy. She has been an MPTA and APTA, Cardiopulmonary Section member since 2009.

### Clinical Practice Concepts and Decision Making for Early Childhood Mobility

This course will concentrate on understanding practice concepts to support on-time pediatric mobility training, and clinical decision making for dependent vs. independent mobility. The course will also describe steps for successfully obtaining

pediatric Durable Medical Equipment and provide information on available resources and organizations for aid in early mobility.



**Rebecca Koepke, PT, DPT, PCS** is a physical therapist at Phoenix Children’s Hospital in Phoenix, Arizona. She received her undergraduate degree in Neuroscience from Central Michigan University in 2012, and her Doctor of Physical Therapy degree from A.T. Still University in 2015. She received her Board Certification in Pediatrics in 2019, and Brain Injury Specialist Certification in 2020. She serves as an adjunct faculty member for Creighton University’s Physical Therapy Department in the pediatric curriculum at their new Phoenix campus. Her primary area of clinical practice is hospital-based outpatient pediatric neuro-rehabilitation including acquired and traumatic brain injury, concussion, spinal cord injury and pediatric neuro-oncology, along with general developmental delay, genetic and orthopedic conditions. She is the primary physical therapist involved in the Seating and Mobility Clinic at Phoenix Children’s Hospital, where she has experience providing collaborative care with the Physical Medicine and Rehabilitation physician team and Assistive Technology Professionals to address pediatric seating, mobility and other durable

medical equipment needs. She is a volunteer with Phoenix Children’s Hospital’s Go-Baby-Go program, and continues to grow her passion with pediatric mobility and accessibility, and finding ways to allow children to explore and navigate their environment at their highest level of functional independence.

## Exercise Oncology – Transforming Research to Practice

Persons’ physical function is often severely affected by cancer and related treatment(s). An individualized exercise program has been shown to improve physical function as well as quality of life. However, exercise programs are often generic, sub-threshold, and lack progression. This course will review current research regarding exercise (aerobic, resistance, mobility, and balance). Further, it will review the 5 levels of prevention in cancer care and the benefits of exercise in each level. Lastly, it will also review assessing physical function (more specifically functional performance status) along with developing an appropriately dosed individualized exercise program based on current research.



### **Andrew Chongaway PT, DPT, OCS**

Andrew Chongaway is a Senior Physical Therapist at Beaumont Health Royal Oak Hospital. He is a Board Certified Oncologic Clinical Specialist and has also obtained credentials as an ACSM Certified Exercise Physiologist and ACSM/ACS Certified Cancer Exercise Trainer. With his knowledge background in exercise testing and prescription and oncology rehabilitation he was selected to author the Exercise Testing and Prescription chapter in *Oncology Rehabilitation: A Comprehensive Guidebook for Clinicians*, 1st edition that will be published in 2022.



**Dr Deb Doherty PT, PhD** is the Chairperson of the Human Movement Science Department in the School of Health Sciences and an Associate Professor in the Physical Therapy Program at Oakland University. She is an advanced practitioner in the treatment of patients diagnosed with cancer. Dr. Doherty co-developed the first international online Graduate Certificate for Oncology Rehabilitation Program at Oakland University for physical therapists which began fall of 2012. She developed the Comprehensive Oncology Rehabilitation Program at St. Mary’s of Michigan in Saginaw Michigan and Hills and Dales Hospital in Cass City, Michigan. Her research focus is on Oncology Rehabilitation with an emphasis on Survivorship Programs and Prehabilitation. She is serving as the Michigan Physical Therapy Association representative for the Michigan Cancer Consortium serving as Co-Chair of the Board, as well as serving as a member of the membership committee, serving as the Survivorship Workgroup Chairperson. Dr. Doherty championed the development of the Oncology Rehabilitation Special Interest Group for the Michigan Physical Therapy

Association and now serves as the Research Committee Chairperson. The MPTA Oncology Rehabilitation Special Interest established the “Deborah Doherty Oncology Rehabilitation Excellence Award in 2018 and awarded Dr. Doherty with this award for 2018 and 2019. Dr. Doherty is the owner of a Physical Therapy Private Practice called Center for Survivorship. She treats patients diagnosed with cancer throughout the continuum of care. Dr. Doherty received her BS in Physical Therapy from Northwestern University, her MA Degree from Central Michigan University and her PhD from Michigan State University in Anatomy. She is a 14-year breast cancer survivor and a frequent lecturer on the topic of Oncology Rehabilitation to medical professionals and survivors.

### **Blood Flow Restriction Training in the Clinic – Let’s Get Pumped Up! (Offered Twice)**

In this course you will learn what blood flow restriction is and how it works. We will review what literature shows and when it is safe to perform in a PT setting. I will share what devices I have decided to use and which ones to avoid. We will talk through case studies that highlight different aspects of why I choose to use blood flow restriction in my daily practice with every lower body post-surgical athlete. We will then break out into small groups to let you experience the process of setting up and exercising with blood flow restriction.



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