

# APTA NC SSIG NEWSLETTER

*The Quarterly Newsletter for PT and PTA Students*



THE LATEST FROM APTA NC STUDENT SPECIAL INTEREST GROUP (SSIG):

*Advocacy - 2*

*Community Service - 3*

*Diversity, Equity, and Inclusion - 4*

*Connect with Us - 5*

## UPCOMING EVENTS

### APTA COMBINED SECTIONS MEETING

- February 1 - 28
- Sponsored by APTA each February in conjunction with its 18 specialty sections
- The conference will be held virtually
- Support fellow students presenting at CSM!
- Register here:
  - <https://www.apta.org/csm/registration>

### APTA NC VIRTUAL STUDENT CONCLAVE

- Theme: Future of PT in a constantly changing healthcare world
- What: For student PTs and PTAs organized by student PTs
- Where: Virtual hosted on Zoom
- When: March 20, 2021
- Interested in volunteering? Sign up here:
  - [Volunteer Sign Up](#)

### APTA NC VIRTUAL NATIONAL ADVOCACY DINNER

- Save the date for APTA NC Virtual NAD: Sunday, April 11, 2021
- Theme: Diversity, Equity, and Inclusion



# Learn • Educate • Advocate

## Physical Therapy & Our Patients Are Counting on Us!

## ADVOCACY

### Direct Access

- Direct access is defined as the ability to see a physical therapist for treatment without the need for a physician's referral. Currently, all 50 states as well as the District of Columbia allow for some form of direct access; however, local and state regulations may restrict when a patient can and cannot receive direct physical therapy. The APTA and the Academy of Orthopaedic Physical Therapy both hold a strong stance for an increase in nationwide direct access, as it improves the autonomy of the profession as well as decreases patients' medical costs in some instances. Refer to this [APTA guide](#) to learn more about each states' direct access laws and support the APTA's efforts in removing these barriers.

### State Laws Limiting Fair Copays

- Seven states (Arkansas, Connecticut, Iowa, Kentucky, Missouri, New Hampshire, South Dakota) have enacted limitations of copays for PT
- With financial burdens caused by COVID, patients with high copays may not prioritize their PT appointments when deciding how to cut costs
- BCBS insurance for NC state employees had a \$52 or \$72 copay depending on plan in 2020
- [The APTA website](#) has the acts for each of these states
- Students can reach out to their representatives to call for limits in copays to make PT more accessible

### Telehealth

- Advocating for the use of Telehealth for COVID-19 precautions and beyond to reach patients in need.
- "APTA Action Center provides a templated letter that members can use to tell Congress to implement a long-term policy solution for increasing access to rehabilitation services via telehealth and ensuring economic stability for the health care system."
  - [PT template letter to payers](#)
  - [Patient template letter to payers](#)

### Advocacy Resources

- Find out about the APTA's latest advocacy efforts and take action
  - <https://www.apta.org/advocacy>
  - <https://www.apta.org/advocacy/take-action>
- Check out APTA Engage regularly, or subscribe for national, chapter or virtual volunteering opportunities
  - <https://engage.apta.org/home>
- Follow [@theptadvocate](#) on Instagram for posts dedicated towards students regarding current health policy and issues (telehealth, Medicare cuts) as well as explaining advocacy and action items we can perform
- Interested in what the APTA is working on in the federal level? Your dues and donations to the PT-PAC can make a difference!
  - <https://www.apta.org/advocacy/issues/apta-public-policy-priorities>



## COMMUNITY SERVICE

### Make Positivity Cards

- Make positivity cards for seniors or children in nearby hospitals to combat isolation during COVID-19
- Be sure to contact the facility to find out their policy on outside deliveries before sending/delivering cards

### Donate to your local Domestic Violence Shelter

- Most shelters provide survivors everything they need to start over.
- Shelters often supply free bedding, towels, toothbrushes, shampoo, and so much more.
- Help your local shelter by donating items on their wish list.
- Use this link to find a shelter near you:
  - <https://www.domesticshelters.org/fundraisers/wish-lists>

### Bookshare

- Bookshare makes reading easier. People with dyslexia, blindness, cerebral palsy, and other reading barriers can customize their experience to suit their learning style and find virtually any book they need for school, work, or the joy of reading.
- As a virtual volunteer, you'll upload books to the Bookshare collection using a scanner or proofread previously scanned files from other volunteers and format them properly.
  - <https://www.bookshare.org/cms/get-involved/volunteer>

### Help your local Animal Shelter

- Create adoption flyers and/or videos for animals
- Help form "profile pictures" with personality traits to attract potential owners

*I am* **RASCAL**

A FEW OF MY FAVORITE THINGS ARE: 🏀  
people, cuddling, playtime

I would be happy to live with: 😊 🐱 🐶

**5** years of experience as a  
**BEST FRIEND**

I confess  
**I AM A COUCHPOTATO**

💡 I KNOW "SIT" AND "SHAKE"

60 LBS of *Pittie to love*

**ADOPT ME** AT PETALUMA ANIMAL SERVICES  
PETALUMAANIMALSHELTER.ORG

PHOTOGRAPHY BY:  
**THE LABS & CO** for *HeARTs speak*  
PHOTOLABPETS.COM | HEARTSSPEAK.ORG



# DIVERSITY, EQUITY, AND INCLUSION

Introducing our DEI Project Committee

New for the 2020-2021 year!

Goals for the Project Committee:

- Promoting and educating prospective and current students about diversity, equity, and inclusion
- Hosting educational events about the field of physical therapy and how to choose a career in physical therapy to populations that are underrepresented within North Carolina
- Promoting cultural competency among students through education and exposure

## 5 WAYS TO FOSTER ALLYSHIP IN DIVERSITY, EQUITY, & INCLUSION (DEI) AS A NON-POC

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## DEFINITIONS

**Diversity:** For many different and unique cultures, religions, ethnicities, sexualities, experiences, qualities/attributes, etc. to be recognized and represented.

**Equity:** The fair and respectful treatment of all people. Appropriate time is taken to identify and eliminate unfair biases, stereotypes, or barriers that may limit full participation. Barriers can be visible, invisible, educational, physical, etc.

**Inclusion:** All individuals feel respected, accepted, and valued. Their voices are both HEARD and INCORPORATED into decisions.

**Microaggression:** A comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group.

**Macroaggression:** Large-scale or overt aggression toward those of a certain race, culture, gender, etc.

**Performative Activism:** Activism done to increase one's social capital rather than because of one's devotion to a cause. It is often associated with surface-level activism.

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## ADDRESS YOUR OWN EXPLICIT AND IMPLICIT BIASES

Look inside yourself and root out any biases and negativity you may have towards groups of people who differ from you. You can take an implicit bias test as a starting point. Consider how you've treated people in the past. What things could you have done differently? Make sure to admit past wrongdoings instead of hiding them.

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## ACKNOWLEDGE ISSUES WHEN THEY OCCUR

Don't disappear when it is time to do the work. Call out microaggressions and racist remarks IN the moment. You can use this as an opportunity to educate and help others become more aware.

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## LISTEN WHEN POC ARE SPEAKING

POC are the primary sources of this story. We are the ones with the lived experiences. We don't get to choose when to be a POC or when to care. Remember to amplify our voices, and avoid centering yourself. This is not about you.

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## GET COMFORTABLE BEING UNCOMFORTABLE

You've got to be "all in" if you really want to make an impact. Speak up when POC are in the room AND out of the room. POC can be easily ignored. Your voice matters. Talk to your friends. Talk to your family. Talk to anyone that will listen. You've got to speak openly and honestly about race as a true ally.

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## DIVERSIFY YOUR ENGAGEMENT

This will help you maintain momentum for the cause, and avoid burnout. For example: you can spend one week signing petitions, one week reading, one week watching movies/shows, etc.; there are many ways to help. You must continue engaging and educating yourself.

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## RESOURCES

~<https://en.wiktionary.org/wiki/microaggression>

~<https://www.merriam-webster.com/dictionary/microaggression>

~<https://implicit.harvard.edu/implicit/takeatest.html>

fbclid=IwAR3rkN4yH6gNo2KdCSw8ZLTogOEpzSwt9SbSxUQc7BQ86vjf8HhACRJulcQ

~<http://kprcontentlibrary.kprdsb.ca:8080/docushare/dsweb/Get/Document-5830/Definition%20Equity%20&%20InclusionLeadership%20domain.pdf>

~[https://en.wikipedia.org/wiki/Performative\\_activism](https://en.wikipedia.org/wiki/Performative_activism)

~Michael Cromartie PT, DPT, Briana Scott PT, DPT, Mark Agholor PT, and Yusra Iftikhar PT from the APTA Student Assembly #XchangeSA chat: Fostering Allyship in DEI

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## CONNECT WITH US

BY STUDENTS.  
FOR STUDENTS.

### Join a Project Committee!

- Get involved with the APTA NC SSIG by joining a project committee (NC Student Conclave, Community Service, Engagement, Summer Socials, Professional Advocacy/PT PAC & Foundation, Diversity, Equity, and Inclusion)!
- Project Committee applications are rolling!
- Apply here:
  - <https://forms.gle/MVzaRT5drPrfAkBz8>

Follow our new instagram account!!

- @APTANCSSIG

Stay up to date with our latest blogs via our website:

- [aptanccsig.wordpress.com/](http://aptanccsig.wordpress.com/)

### Questions?

Contact the Board

- Chair: McKinley Pollock
  - [ncptassig@gmail.com](mailto:ncptassig@gmail.com)
- Vice Chair: Tati Paz
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