

# Heartbeat

## CULTURE OF MOBILITY INITIATIVE

The In Patient Physical Therapy Department has rolled out a Culture of Mobility Initiative and are putting the concepts into practice at Holy Cross Hospital. We've also received inquiries from the UNM Taos nursing program to present our information to current nursing students in order to promote instruction for core competencies in a collaborative practice.

A Culture of Mobility seeks to increase patient movement to promote positive outcomes and decrease complications. Recent evidence indicates inactivity contributes to the evolution of impairments and deterioration of functioning for patients. It can lead to complications that affect almost every body system and include:

- Pressure ulcers
- Deep vein thrombosis
- Decreased endurance
- Increased debility

Implementing a culture of mobility is committing to make mobilization a priority. As healthcare providers we've always deeply valued promoting health and preventing complications. Now we need to make mobilization a priority and promote interventions for safe activity levels for hospitalized patients. Healthcare reform reinforces the need to transform service models to focus on value by emphasizing efficiency and efficacy.

Important questions for providers and family members to ask are:

- Has the patient gotten out of bed or been ambulated today?
- Since their last assessment, what did the patient ACTUALLY DO?

Interdisciplinary programming requires engagement of a full range of hospital staff, from doctors, nurses, and CNA's to case managers, administrators, finance and IT staff.

Would you like to learn more and/or get involved? Join our Culture of Mobility Committee. We need help with ideas for patient equipment and documentation consolidation, as well as environmental design, patient care process, and communication of patient activity status to our multidisciplinary team.

In August we presented "Creating Value by Establishing a Culture of Mobility in the Hospital Settings" to staff. If you missed the presentation and want to see it, we're happy to make arrangements with you.

For more information about the Culture of Mobility committee or the presentation, contact Paula Smakowski in the PT department at 575-751-5740 or psmakowski@taoshospital.org.

## INPATIENT PHYSICAL THERAPY STAFF

At the end of August 2014, we said goodbye to Eric Steere who worked with us the past two years. He moved from Taos to work in Georgia. Eric was critical in the design and implementation of the now successful Falls Team, which helped improve patient safety and reduce fall rates to an impressive level of only 0-1 per month.

Before leaving, Eric assisted in welcoming back Bonnie Logan, who has been in Taos for 11 years and now returns to HCH as a full time therapist. We are fortunate to have Bonnie back on our team and welcome her with open arms as she is fully prepared to work with us in this new phase of change and progress.



The culture of mobility team in action (Left to Right): Joyce Byers, PTA; Mary Joe Garcia, CNA; Melissa Petty, Unit Care Specialist/CNA/CARE Team; Paula Smakowski, PT; and Bonnie Logan, PT

## PATIENT ACTIVITY LOG

As a part of the Culture of Mobility initiative, we want to make patients and their families more aware of the importance of mobility and taking a more active role in their recovery. We are preparing a Patient Activity Log that will be included with the inpatient admission folder. The packet contains information explaining why staying active is important during their hospital stay, ways to stay active, and general guidelines for safe mobility in the hospital setting.

We are also including a Daily Activity Log for patients or their family members to fill out while they are here. It includes examples of different types of activities such as getting out of bed and into the chair for meals, showering, doing exercises, and walking in the room or halls.

## October is National Physical Therapy Month



Mobility is the key ingredient to aging successfully and remaining active and independent throughout our lives.

The **Center for Physical Health** offers physical therapy, rehabilitation and sports medicine to the Northern New Mexico community at three convenient locations. The center

began the year with a different name and as a joint venture between Taos Orthopedics and Taos Health Systems and has endured and embraced changes, coming out on top.

The center opened its doors in October 2001 as Taos Center for Rehabilitation and Sports Medicine. They provide a full service physical therapy clinic to the Taos area with a specialty in Orthopedic and Sports Rehabilitation. The clinic has grown over the years, expanding its service to include satellite offices in Angel Fire and at the North Side Health and Fitness Center. It also has

a long term contract with the Family and Youth Center to use the only warm water rehabilitation pool in the area. On June 1, 2014 the clinic became part of Taos Health Systems with their new name, Center for Physical Health. They're still providing the same quality individualized care for patients of all ages and all activity levels.

Center for Physical Health has a licensed professional staff of six physical therapists and two physical therapist assistants including specialized services in women's health, spinal manipulation, vestibular/vertigo, the Bowen Technique for pain, and functional capacity evaluations. They continue to provide care for orthopedic surgical rehabilitation, sports injury, back and neck pain, and osteoarthritis. The physical therapists use all traditional PT modalities but have a strong belief in the benefits of manual therapy using myofascial release, joint mobilization, and muscle energy techniques to enhance rehabilitation.

Center for Physical Health contracts with all major insurance companies. For more information visit us online at:

[www.TaosPhysicalHealth.org](http://www.TaosPhysicalHealth.org)

## 7 Myths About Physical Therapy

People everywhere are experiencing the transformative effect physical therapy can have on their daily lives. In fact, as experts in the way the body moves, physical therapists help people of all ages and abilities reduce pain, improve or restore mobility, and stay active and fit throughout life. But there are some common misconceptions that often discourage people from visiting a physical therapist.

It's time to debunk 7 common myths about physical therapy:

### 1. MYTH: I need a referral to see a physical therapist.

**FACT:** A recent survey by the American Physical Therapy Association (APTA) revealed 70% of people think a referral or prescription is required for evaluation by a physical therapist. However, all 50 states and the District of Columbia (DC) allow patients to be evaluated by a physical therapist without a physician's prior referral. **In some states, like New Mexico, most major insurance companies do require a physician's referral to determine medical necessity and provide payment for physical therapy.**

In addition, 48 states and DC allow for some form of treatment or intervention without a physician referral or prescription (Oklahoma and Michigan being the exception). Beginning November 1, 2014, patients in Oklahoma will be able to seek treatment from a physical therapist without a physician referral. On January 1, 2015, patients in Michigan will be able to do so, as well.

### 2. MYTH: Physical therapy is painful.

**FACT:** Physical therapists seek to minimize your pain and discomfort—including chronic or long-term pain. They work within your pain threshold to help you heal and restore movement and function. The survey found that although 71% of people who have never visited a physical therapist think physical therapy is painful, that number significantly decreases among patients who have seen a physical therapist in the past year.

### 3. MYTH: Physical therapy is only for injuries and accidents.

**FACT:** Physical therapists do a lot more than just stretch or

strengthen weak muscles after an injury or surgery. They are skilled at evaluating and diagnosing potential problems before they lead to more serious injuries or disabling conditions—from carpal tunnel syndrome and frozen shoulder, to chronic headaches and lower back pain, to name a few.

### 4. MYTH: Any health care professional can perform physical therapy.

**FACT:** Although 42% of consumers know that physical therapy can only be performed by a licensed physical therapist, 37% still believe other health care professionals can also administer physical therapy. Many physical therapists also pursue board certification in specific areas such as neurology, orthopedics, sports, or women's health, for example.

### 5. MYTH: Physical therapy isn't covered by insurance.

**FACT:** Most insurance policies cover some form of physical therapy. Beyond insurance coverage, physical therapy has proven to reduce costs by helping people avoid unnecessary imaging scans, surgery, or prescription drugs. Physical therapy can also lower costs by helping patients avoid falls or by addressing conditions before they become chronic.

### 6. MYTH: Surgery is my only option.

**FACT:** In many cases, physical therapy has been shown to be as effective as surgery in treating a wide range of conditions—from rotator cuff tears and degenerative disk disease, to meniscal tears and some forms of knee osteoarthritis. Those who have recently seen a physical therapist know this to be true, with 79% believing physical therapy can provide an alternative to surgery.

### 7. MYTH: I can do physical therapy myself.

**FACT:** Your participation is key to a successful treatment plan, but every patient still needs the expert care and guidance of a licensed physical therapist. Your therapist will leverage his or her specialized education, clinical expertise, and the latest available evidence to evaluate your needs and make a diagnosis before creating an individualized plan of care.