



MESSAGE FROM THE CHAIR

John Baker, PT, NCS, GCS, DScPT
Chair, PT Board of Examiners

Change is Inevitable

Health care is changing. People are living longer. Health care delivery is shifting focus, addressing the pressures of continuing care and expanding markets. Physical therapists are broadening out to newer service areas, and areas that used to be a niche market, now have niches within the niche. Negotiating the challenges of the complex health care delivery system, and meeting the multifaceted needs of your client and your Maryland Board can be challenging too. So, what can help guide you?

1. Know the Maryland Law and its regulations. (COMAR). Read and review it regularly. You can find it on our website and you can request a copy of the law and it will be sent to you. Apply it.
2. Always treat clients and co-workers ethically. Ask yourself, "Is this the care I would give to my closest family member?" This also means to be an advocate for your client in their healthcare choices of provider and services. Don't take that right away from them with your silence.

3. Work to improve your skill set. Ask yourself, "What is the *best practice* for this client? Are they getting all the time and focus from me that they should get? Do I need to review how I am approaching this client? Is it evidence based?"

These principles are not rocket science, just common sense, and a good way to protect one of the most important treasures we have...our license to practice physical therapy or limited physical therapy here in Maryland.

Continuing Competence

Krystal Lighty, PT
Board Member

For many years, the American Physical Therapy Association (APTA) and the Federation of State Boards of Physical Therapy (FSBPT) have discussed and collaborated on continuing competence. Each respective organization defines the term *continuing competence* as the following:

APTA — The ongoing possession and application of contemporary knowledge, skills, and abilities commensurate with an individual's (physical therapist or physical therapist assistant) role within the context of public health, welfare, and safety and defined by a scope of practice and practice setting.

FSBPT — The lifelong process of maintaining and documenting competence through ongoing self-assessment, development, and implementation of a personal learning plan, and subsequent reassessment.

For APTA and its members, continuing competence is viewed as a component

of professional development that addresses the minimum requirements of contemporary practice. Important is that professional development, like continuing competence, should be self-directed by the individual PT, or PTA in consultation with a PT, and based on self-assessment.

For FSBPT, whose mission it is to protect the public by providing service and leadership that promote safe and competent physical therapist practice, continuing competence is viewed in the context of public protection. As a result, the state licensing boards have an interest in and a responsibility for ensuring that licensees maintain competence.

The Maryland Board of Physical Therapy Examiners is currently exploring the application of continuing competence at the state level. In March 2011 a community task force of PTs and PTAs met to begin the discussion. Since that meeting, a board committee was formed to thoroughly examine other state regulations and evaluate the pros and cons related to implementa-

tion. Georgia, North Carolina and California are examples of states that have adopted the continuing competence model. A follow up meeting with the community task force is scheduled for this March. There will be more information regarding the Maryland Board of Physical Therapy Examiners and Continuing Competence in late spring of 2012.

Resource: apta.org. (2012, Jan 23).
Joint Communication on Continuing Competence

A Continuing Competency meeting, open to the public, is scheduled for March 22, 2012 at 4:00 at the Board's offices.

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Dry Needling

Rhea Cohn, PT, DPT
Board Member



The process of developing language for Dry Needling regulations continues to move forward. This has been a lengthy and complicated process that has required considerable research. The Board is aware that multiple stakeholders are interested in its activities pertaining to Dry Needling and has solicited informal feedback from entities that have an interest in this topic. When the proposed regulations are released for public comment, the Board expects that there will be considerable formal input from interested parties. Once the public comments are received, the Board will have to determine if any changes to the proposed regulations should be made.

Many physical therapists who have utilized this treatment option for their clients here in Maryland for many years, are asking for clarification and are concerned about why this is needing to be addressed. These following points may help in understanding the process and issues.

- Dry needling is a technique where solid needles without medication or injection are inserted into areas of a muscle known as trigger points.

- Physical therapists years ago won the right to perform EMG's through legislative action when a bill introduced by the Neurologists to prohibit physical therapists from performing EMG's was defeated.
- The practice of acupuncture by acupuncturists and the performance of dry needling by physical therapists differ in terms of historical, philosophical, indicative and practical context. The practice of dry needling by physical therapists is based on western neuroanatomy and modern scientific study of the musculoskeletal and nervous systems.
- Physical therapists do not use traditional acupuncture theories or acupuncture terminology.
- States that affirm the use of dry needling by physical therapists as of December 2011 are Alabama, Colorado, District of Columbia, Georgia, Kentucky, Maryland, Montana, Louisiana, New Hampshire, New Mexico, North Carolina, Ohio, Oregon, South Carolina, Tennessee, Texas, Virginia, Wisconsin and Wyoming.
- Countries that affirm the use of dry needling by physiotherapists include Australia, Canada, Ireland, and the United Kingdom.
- The American Physical Therapy Association, American Academy of Orthopaedic Manual Physical Therapists, Australian Physiotherapy Association, Canadian Physiotherapy Association, Irish Society of Chartered Physiotherapists, the Chartered Society of Physiotherapy/United Kingdom and the Federation of State Boards of Physical Therapy all support this technique when used by physical therapists competent to do so.
- The Maryland PT Board has a regulation that states that each physical therapist may work only within his/her competency.
- The Attorney General of Maryland, in response from a request generated from the Acupuncture Board, has issued an opinion that states, in part, that it is expected that there is overlap in interventions, tools, and treatments between various health care professions. It is unreasonable to expect a profession to have exclusive domain over an intervention, tool, or modality.
- Further, the Attorney General's opinion indicates that the Physical Therapy Board should write regulations, that at a minimum, would require 200 hours of study in the area of courses leading to competency in intramuscular manual therapy (dry needling). Those regulations, coupled with the Board's existing regulation that requires a physical therapist to practice only within his/her competency, provides a framework upon which the Board can continue to develop regulations to protect the public.

The American Physical Therapy Association (APTA) recently published a paper titled: "Physical Therapists and the Performance of Dry Needling: An Educational Resource Paper". This resource is available on the APTA website (www.apta.org). The paper is one more resource available to the Board and association members as the process of promulgating the regulations moves forward.

Executive Director



This is my first opportunity to introduce myself as Executive Director of the Board of Physical Therapy Examiners. I am grateful for the opportunity to serve the Board and the public in this capacity. Much of my career has been spent in public service, both state and federal, most recently with the Maryland Department of Human Resources. As Executive Director, I hope my background will further enhance the Board's functionality and responsiveness to licensees, applicants, and consumers.

I wish to thank the Board's staff for being very supportive as I acclimate

myself to the position. I am fortunate to work with a group of motivated professionals who take seriously the Board's mission to ensure public protection and high standards of professionalism for physical therapy in the state of Maryland. I am also appreciative of Ann Tyminski, my predecessor, who has been unselfish in sharing her knowledge and insight. Ann continues to serve the Board as a consultant.

In the coming months, I look forward to hearing from licensees on ways the Board may improve communications, and on other issues that are of importance, including dry needling and continuing competency. Please do not hesitate to contact the Board staff with any comments or suggestions.

Carlton A. Curry, Esq.

Board Investigator

In October, the Board of Physical Therapy Examiners welcomed Eric Jordan as its new Health Occupations Investigator. A retired 25 year veteran of the Baltimore City Police Department, Eric most recently served as District Commander of the Southern District. Having obtained the rank of Major, Eric conducted and supervised criminal and internal investigations within the police department for over 14 years. After

retiring, Eric worked for a private company conducting background investigations for individuals seeking government clearances to either work in the federal government or work for federally approved contractors. Eric lives in Baltimore County, with his wife Theresa and has two adult children.



Board Attorney



Brett Felter is a Staff Attorney with the Maryland Attorney General's Office for the Department of Health and Mental Hygiene and has been with the State, representing the Board of Physical Therapy Examiners, since June 2011. Brett joined the Attorney General's Office

following a year as Disability Rights Fellow at Brown, Goldstein & Levy, LLP, in Baltimore. He graduated with honors from the University of Texas at Austin School of Law in 2007 and earned his Bachelor of Science in Justice Studies from Arizona State University in 2003. Brett is originally from New Jersey and currently resides in Baltimore.

2011 Disciplinary Actions

Entire Final Orders and Consent Orders can be viewed on our website at: www.dhmf.maryland.state/bphte Under Disciplinary Actions. Please note that the Orders can be modified by action of the Board.



Tracy Vaught, PT, LN: #17970

Date of Order (12/20/2011)
Probation for one year.

Carla Carpenter, PT, LN: #17806

Date of Order (12/20/2011)
Removed from Probation.

Catherine Coelho, PT, LN: #20246

Date of Order (12/20/2011)
Reprimanded, one year probation.

Mary Naylor, PT, LN: #20708

Date of Order (12/20/2011)
Suspension for one year, with all one month stayed, within the one year suspension period.

Jeffrey Maupin, PT, LN: #22136

Date of Order (11/15/2011)
Revocation of License

Lisa Morgan, PTA, LN: #A2697

Date of Order (11/15/2011)
Reprimand, Probation minimum of 2 years

Darla Croce

Date of Order (10/18/2011)
Practicing without a license.
Effective October 18, 2011. Fine of \$5,000.

Arne Delos Reyes, P.T. LN: #22846

Date of Order (9/12/2011)
Revocation of License, effective 9/12/11.

Gary A. Katz, P.T., LN: #17497

Date of Order (7/19/2011)
Probation of five years, Fine \$5,000, and anonymous charitable contribution of \$20,000.

Chinedu Onyeji, PT LN: #23438

Date of Order (6/29/2011)
Suspension for a period of 90 days, effective 5 days from date of order, Probation for 2 years.

Sheilani Eisenbeiss, PT LN: #22384

Date of Order (4/19/2011)
Reprimand, 1 year of probation, fine of \$1,000.

Dennis Edgar - PTA LN: #A1980

Date of Order (4/4/2011)
Probation for at least two years.

Emma Quitain-Dapul, PT LN: #19078

Removed from Probation, effective 3/15/11.

Alison Osnos, PT LN: #19587

Date of Order (3/15/2011)
Probation of one year, \$1,100 fine.

Marc Sickel, ATC - unlicensed

Date of Order (3/15/2011)
Fine of \$20,000 for unauthorized practice of PT.

Unit #93
Board of Physical Therapy
4201 Patterson Avenue
Baltimore, MD 21215

Board Meetings

January 17, 2012	May 15, 2012	September 18, 2012
February 21, 2012	June 19, 2012	October 16, 2012
March 20, 2012	July 17, 2012	November 20, 2012
April 17, 2012	August 21, 2012	December 18, 2012

The Open Session of the Board meeting is open to the public

The meetings are held at
4201 Patterson Avenue
Baltimore, Md. 21215
Room #110 at 1:00 p.m.



PT NEWS

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