

# Barbara Ann Melzer Featured lecture: "Patient first always"

Ann H. Newstead, PT, DPT, PhD  
TPTA Annual conference 2021



Barbara Ann Melzer  
1/7/1950 - 2/17/2013

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## About Barbara Ann Melzer

**Peggy Gleeson**  
February 28, 2013

*Barb's touch is everywhere in the educational community. We will miss her*


**Janet Bezner**  
February 28, 2013

*Barb's influence and wisdom will be everlasting - I am lucky to have known her and will miss her dearly. My deepest and most sincere sympathy to Kathy and the rest of her family.*

**Julie DeVahl, PT**  
March 1, 2013

*I am blessed to have known Barb as a mentor, educator, friend and fellow alumna from UND. Barb, we will miss your wisdom and wit at every PT meeting and conference for years to come.*


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**Jody Frost**  
March 5, 2013

*I am so sorry for your loss as I have known Barbara for many years while at APTA and before. She was one of the original 40 Credentialed Trainers with whom I was involved as well as a staff member when she served on the APTA Board of Directors and was also a colleague and friend. She will be missed so very much in her academic community, the Texas Chapter, nationally, and by all of her professional colleagues. This is a such a great loss for the physical therapy profession!*

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## Objectives and course overview:

-  To enhance awareness of and importance of patient first language
-  To discover ways to provide evidence-based care in real-time.
-  To promote community-based programs that enhance our engagement in future health and wellness of patients and ourselves

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## APTA Vision Statement for the Physical Therapy Profession - celebrating 100 years

- ▶ Transforming society by optimizing movement to improve the human experience.



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## Who do you see in your patients/clients?

- ▶ A Stroke
- ▶ A knee
- ▶ A back
- ▶ An old person
- ▶ A young person?



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## Each are human beings who you are there to help – to give a human touch

- ▀ Listen
- ▀ Look
- ▀ Feel
- ▀ Be present



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## APTA Mission Statement

- ▀ Building a community that advances the profession of physical therapy to improve the health of society.



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We're not talking about a body part or a diagnosis. We are talking about a human being to get them back to their best self and health possible.




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**What can you do about it?**

- Be ethical
- Be caring
- Be genuine
- Be motivational
- Seek to understand



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**First: patient first language.**

- An individual with a stroke...
- A human who is a:
  - Mother
  - Father
  - Wife
  - Partner
  - Sibling
  - White, black, Hispanic, Latino
  - Man
  - Woman

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**Second: Delve into the literature of evidence-based practice that is current.**

- That is meaningful to each individual.
- That will lead to the best outcomes possible.
- And consult with experts if you are not suited to perform the examination and treatment of that individual. You are the detective.
- You are present for the patient and not only for the income.
- Critical thinking\*\*\*

Quality

**Elevate the Quality of Care Provided by PTs and PTAs**


Accelerate adoption of APTA's Physical Therapy Outcomes Registry to build the body of knowledge and reduce unwarranted variation in practice.

Expand access to physical therapy in primary care settings and employer health and wellness programs.

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**PT Now  
Pub Med  
Academy publications**

Evidence-Based Practice Resources



<https://www.apta.org/patient-care/evidence-based-practice-resources>

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**<https://www.apta.org/patient-care/evidence-based-practice-resources>**

**Putting Evidence Into Practice**

<a href="#">Clinical Practice Guidelines »</a>	<a href="#">Tests and Measures »</a>	<a href="#">Interventions »</a>
<a href="#">APTA Article Search »</a>	<a href="#">Rehabilitation Reference Center »</a>	<a href="#">Clinical Summaries »</a>
<a href="#">Guide to Physical Therapist Practice »</a>	<a href="#">PTJ: Physical Therapy &amp; Rehabilitation Journal »</a>	<a href="#">Physical Therapy Outcomes Registry »</a>


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## Clinical practice guidelines

<https://www.apta.org/patient-care/evidence-based-practice-resources/cpgs>

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## Podcasts



**The PTJ Podcast**

The PTJ Podcast showcases author interviews with Editor-in-Chief Alan Jette, who gets at the story behind the research.

Start listening with the top four most-downloaded episodes from 2020.

[View all episodes](#)

Physical Therapist Management of Total Knee Arthroplasty: An Author Interview with Dr. Stephen Hunter and Dr. Diane Jette

▶ 🔊 ●

COVID-19 and Advancing Digital Physical Therapist Practice: An Author Interview with Dr. Alan Lee and Dr. Lesley Holdsworth

▶ 🔊 ●

The Essential Role of Home- and Community-Based Physical Therapists During the COVID-19 Pandemic: An Author Interview with Dr. Jason Falvey

▶ 🔊 ●

Translating COVID-19 Evidence to Maximize Physical Therapists' Impact and Public Health Response: An Author Interview with Dr. Elizabeth Dean

▶ 🔊 ●

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# Clinical Practice Guidelines

## Physical Therapist Management of Total Knee Arthroplasty

Diane U. Jette, Stephen J. Hunter, Lynn Burkett, Bud Langham, David S. Logerstedt, Nicolas S. Piuzzi, Noreen M. Poirier, Linda J.L. Radach, Jennifer E. Ritter, David A. Scalzitti, Jennifer E. Stevens-Lapsley, James Tompkins, Joseph Zeni Jr, for the American Physical Therapy Association

A clinical practice guideline on total knee arthroplasty was developed by an American Physical Therapy (APTA) volunteer guideline development group that consisted of physical therapists, an orthopedic surgeon, a nurse, and a consumer. The guideline was based on systematic reviews of current scientific and clinical information and accepted approaches to management of total knee arthroplasty.

D.U. Jette, PT, DPT, DSc, FAPTA, MGH, Institute of Health Professions, Boston, Massachusetts.

S.J. Hunter, PT, DPT, OCS, Rehabilitation Services, Intermountain Healthcare, 36 South State Street, Salt Lake City, UT 84111 (USA). Address all correspondence to Dr Hunter at: stephen.hunter@gmail.org.

L. Burkett, MBA, BSN, RN, ONC, National Association of Orthopaedic Nurses (NAON), Wyoming, Pennsylvania.

B. Langham, PT, MBA, Home Health and Hospice Services, Encompass Health, Birmingham, Alabama.

D.S. Logerstedt, PT, PhD, Department of Physical Therapy, University of the Sciences, Philadelphia, Pennsylvania.

N.S. Piuzzi, MD, Department of Orthopaedic Surgery, Cleveland Clinic, Cleveland, Ohio.

N.M. Poirier, PT, DPT, Department of Orthopedics and Rehabilitation, University of Wisconsin (UW) Health, Madison, Wisconsin.

L.J.L. Radach, Consumers United for Evidence Based Healthcare, Lake Forest Park, Washington.

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<https://www.apta.org/patient-care/evidence-based-practice-resources>

### Putting Evidence Into Practice

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**Tests and Measures**

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Symptoms and Conditions

**Tests and Measures**

**General Self-Efficacy Scale (GSE)**

AUG 4, 2021 / TEST & MEASURE

Diagnosis:  
 Patient Age: 80 and over (80+), Adolescent (13-18), Adult (25-44), Aged (65+), Child (6-12), Middle Aged (45-64), Young Adult (19-24)

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**General Self-Efficacy Scale (GSE)**

Test & Measure

**Summary**

**What it measures:** \_\_\_\_\_

**What It Measures and Conditions and Test Variations Included in This Summary:**

- GSE measures perceived self-efficacy in adolescents and adults over the age of 12 years. Perceived self-efficacy is an operant construct and is related to subsequent behavior, therefore, is relevant for clinical practice and behavior change. Self-efficacy facilitates goal setting, effort investment, persistence in the face of barriers, and recovery from setbacks.<sup>1</sup>
- GSE is a 10-item scale available in 33 languages.
- GSE has been modified to measure self-efficacy in specific populations and for certain health behaviors including spinal cord injury, arthritis, cancer, cardiac rehabilitation, multiple illness, varied cultures, nutrition choices, physical activity, and alcohol resistance.<sup>1,2,3,4,5,6,7</sup>
- GSE is self-administered in pen and paper format.
- GSE is moderately time efficient compared with similar measures of self-efficacy.<sup>8,9,10</sup>

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<https://www.apta.org/patient-care/evidence-based-practice-resources>

### Putting Evidence Into Practice

<a href="#">Clinical Practice Guidelines »</a>	<a href="#">Tests and Measures »</a>	<a href="#">Interventions »</a>
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YOUR CAREER YOUR PRACTICE PATIENT CARE ADVOCACY

## Clinical Summaries

Search Search

Apply Clear

Filter by Symptoms and Conditions

### Clinical Summaries

- Brachial Plexus**  
AUG 5, 2020 / CLINICAL SUMMARY  
Diagnosis: Motor Neuron Disease
- Traumatic Brain Injury in Civilian and Military Populations**  
AUG 25, 2017 / CLINICAL SUMMARY  
Diagnosis: Brain Injuries
- Stroke**  
AUG 11, 2017 / CLINICAL SUMMARY  
Diagnosis: Stroke
- Osteoporosis**  
AUG 11, 2017 / CLINICAL SUMMARY  
Diagnosis: Osteoporosis
- Patellofemoral Pain**  
AUG 10, 2017 / CLINICAL SUMMARY

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**Osteoporosis**

Clinical Summary

Created: Thursday, August 10, 2017  
 Author(s): Meena Sran, PT, MPT

**Jump to section**

[Overview](#) / [Classification](#) / [Screening](#) / [Examination](#) / [Diagnosis](#) / [Prognosis](#) / [Intervention](#) / [Medical Management](#)

**Overview**

Osteoporosis is "... a [silent] skeletal disorder characterized by compromised bone strength predisposing to increased risk of fracture." (1)(6-7) Estimates suggest 200 million women worldwide and 10 million Americans have osteoporosis. (1-4) Bone strength reflects the integration of two main features: bone mineral density (BMD) & bone quality. Body regions with high trabecular bone content are the most affected osteoporosis, with fractures of the spine, proximal femur (hip), distal forearm, proxii humerus, and pelvis being the most common. (2, 4) Men comprise 20% to 25% of patients with hip-fracture as a result of osteoporosis. (4)

**Risk Factors for Primary and Secondary Osteoporosis**

For many years, the term *primary osteoporosis* has been used to describe osteoporosis tied to age-related changes associated with menopause. Major risk factors for primary osteoporosis include: (1, 2)

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## Interventions

<b>Annual Physical Therapy Visit</b>	<b>Blood-Flow Restriction Training</b>	<b>Dry Needling</b>
OPEN ACCESS <b>Early Mobilization</b> OCT 1, 2020	<b>Genetics in Physical Therapy</b>	<b>Imaging and Physical Therapy</b>
<b>Movement System Management</b>	ARTICLE <b>Oxygen Administration During Physical Therapy</b> MAR 5, 2019	<b>Patient Screenings</b>
<b>Regenerative Rehabilitation</b>	<b>Robotics and Sensors</b>	<b>Safe Patient Handling and Movement</b>

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**Annual Physical Therapy Visit**

Homepage > Patient Care > Interventions > Annual Physical Therapy Visit

**An annual visit allows physical therapists to determine health status and identify health risks of individuals in their community.**

**Why Provide an Annual Physical Therapy Visit**

**Clients benefit:** Physical therapists have the education, experience, and expertise necessary to provide a broad health screening to allow tracking the patient's health status over time. It also may lead to a referral for a physical therapist evaluation and treatment plan or to another health care professional for potential problems identified during the visit.

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**Interventions**

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Annual Physical Therapy Visit	Blood-Flow Restriction Training	Dry Needling
OPEN ACCESS Early Mobilization OCT 1, 2020	Genetics in Physical Therapy	Imaging and Physical Therapy
Movement System Management	ARTICLE Oxygen Administration During Physical Therapy MAR 5, 2019	Patient Screenings
Regenerative Rehabilitation	Robotics and Sensors	Safe Patient Handling and Movement

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# Robotics and Sensors

Homepage > Patient Care > Interventions > Robotics and Sensors

**Sensing technologies and robotic interfaces have tremendous potential for physical therapy.**

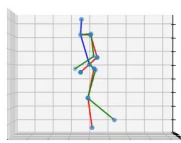
Rather than be passive consumers of emerging technologies, physical therapists must be proactive partners by working with engineers to inspire discoveries that will optimize best practice principles for our patients.

Indeed, gaps in our knowledge of how best to treat our clients can be partially attributed to the fact that quantifying the impact of physical therapy applications at the molecular, cellular, and systems levels is complex and mostly unknown.



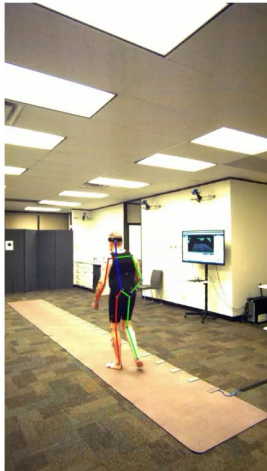
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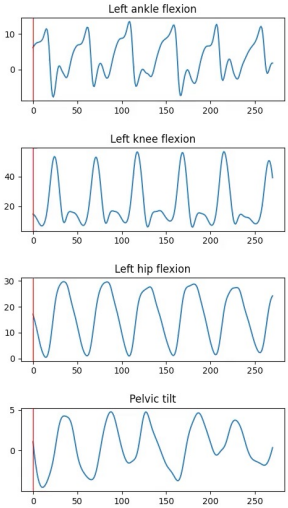
# Computerized Gait analysis



GAITIQ

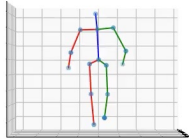
Left Sagittal





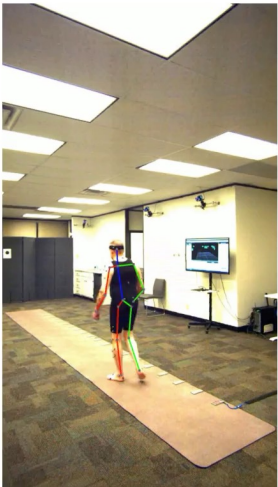
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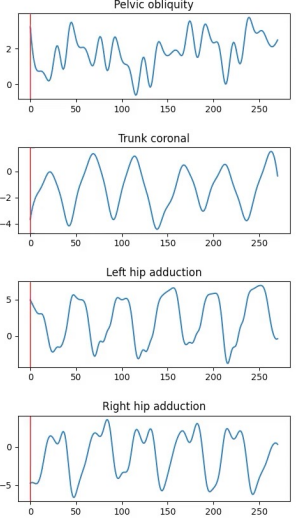
## Computerized Gait analysis



**GAITIQ**

**Coronal**





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### Interventions

Annual Physical Therapy Visit	Blood-Flow Restriction Training	Dry Needling
<small>OPEN ACCESS</small> <b>Early Mobilization</b> <small>OCT 1, 2020</small>	Genetics in Physical Therapy	Imaging and Physical Therapy
Movement System Management	<small>ARTICLE</small> <b>Oxygen Administration During Physical Therapy</b> <small>MAR 5, 2019</small>	Patient Screenings
Regenerative Rehabilitation	Robotics and Sensors	Safe Patient Handling and Movement
Virtual Reality		

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## VIRTUAL REALITY

### Virtual Reality: It's Still About the Science, Researchers Say

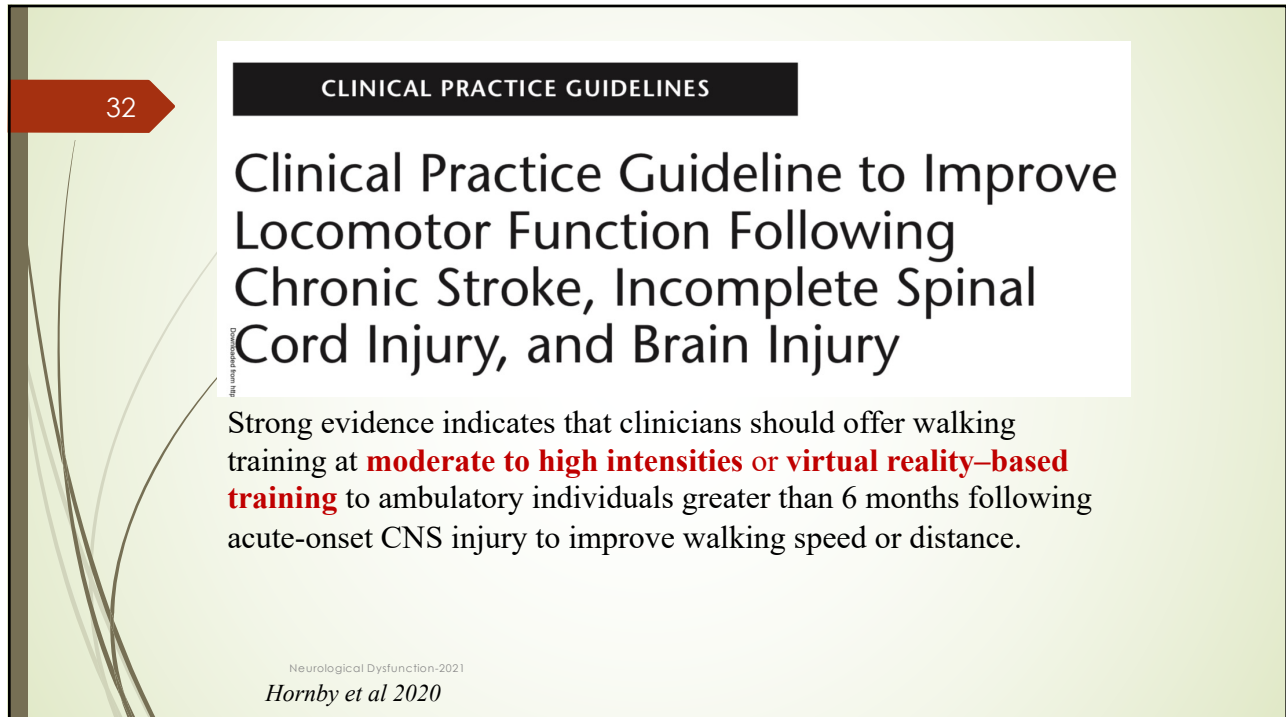
Article

Date: Monday, April 1, 2019

From off-the-shelf game platforms that cost less than \$200 to room-size immersive simulators with price tags in the millions, virtual reality (VR) is becoming a reality in physical therapy—but what does that mean for patient care?

<https://www.apta.org/patient-care/interventions/virtual-reality>

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## CLINICAL PRACTICE GUIDELINES

### Clinical Practice Guideline to Improve Locomotor Function Following Chronic Stroke, Incomplete Spinal Cord Injury, and Brain Injury

Strong evidence indicates that clinicians should offer walking training at **moderate to high intensities or virtual reality-based training** to ambulatory individuals greater than 6 months following acute-onset CNS injury to improve walking speed or distance.

Neurological Dysfunction-2021  
Hornby et al 2020

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# Virtual Reality

## Research Report

### Clinical Experience Using a 5-Week Treadmill Training Program With Virtual Reality to Enhance Gait in an Ambulatory Physical Therapy Service

Roth Shema et al 2014

Shirley Roth Shema, Marina Brozgol, Moran Dorfman, Inbal Maidan, Lior Sharaby-Yeshayahu, Hila Malik-Kozuch, Orly Wachsler Yannai, Nir Giladi, Jeffrey M. Hausdorff, Anat Mirelman

Enhancing Gait in an Ambulatory Physical Therapy Service



Panel A shows a person walking on a treadmill in a laboratory setting. Panel B shows a first-person view of a virtual path in a landscape with trees and mountains. Panel C shows a similar virtual path with a 'SCORE' overlay in the top right corner.

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A person is shown from behind, walking on a treadmill. They are wearing a black harness. The treadmill is on a platform in a large, open virtual environment with a curved screen displaying a landscape with trees and a path. A URL is visible at the bottom: <https://www.motekmedical.com/solution/caren/>

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**APTA**  
American Physical Therapy Association

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**Start Your Search**

## Search Databases Directly

[ProQuest Nursing & Allied Health Source, ProQuest Health and Medical Complete](#)  
These databases provide full text and serve the whole spectrum of users looking for health care information – allied health, medical, and nursing professionals; planners; administrators; and other researchers in health care business and finance. Searchers have access to 2,500 publications in complete text and images, plus another 400 in abstract form.

[EBSCOhost Research Databases](#)  
Select the databases you need: CINAHL Complete (Cumulative Index to Nursing & Allied Health Literature), Cochrane Database of Systematic Reviews, SportDiscus with Fulltext, and more, to search one at a time or in any combination of your choice. See the "Choose Databases" screen for more information about each resource, including searching tips and title lists.

[Rehabilitation Reference Center](#)  
RRC is an evidence-based clinical reference tool for use by rehabilitation clinicians at the point-of-care. Search results include journal articles, chapters in books, clinical reviews, drug information, patient information, and exercise images.

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<https://www.apta.org/patient-care/evidence-based-practice-resources/article-search>

**ANIMAL PHYSICAL THERAPY**  
ACADEMY OF ORTHOPAEDIC PHYSICAL THERAPY, APTA

**President's Message**  
*Francisco Maia, PT, DPT, CCRT*

I wanted to start this letter by sending a big thank you to all of you who attended CSM 2021! Of course, I missed the networking component and getting to meet hundreds of physical therapists and students interested in the field of animal physical therapy, but we had a great turnout for our virtual sessions. I am very much looking forward to seeing you all next year in San Antonio, Texas.

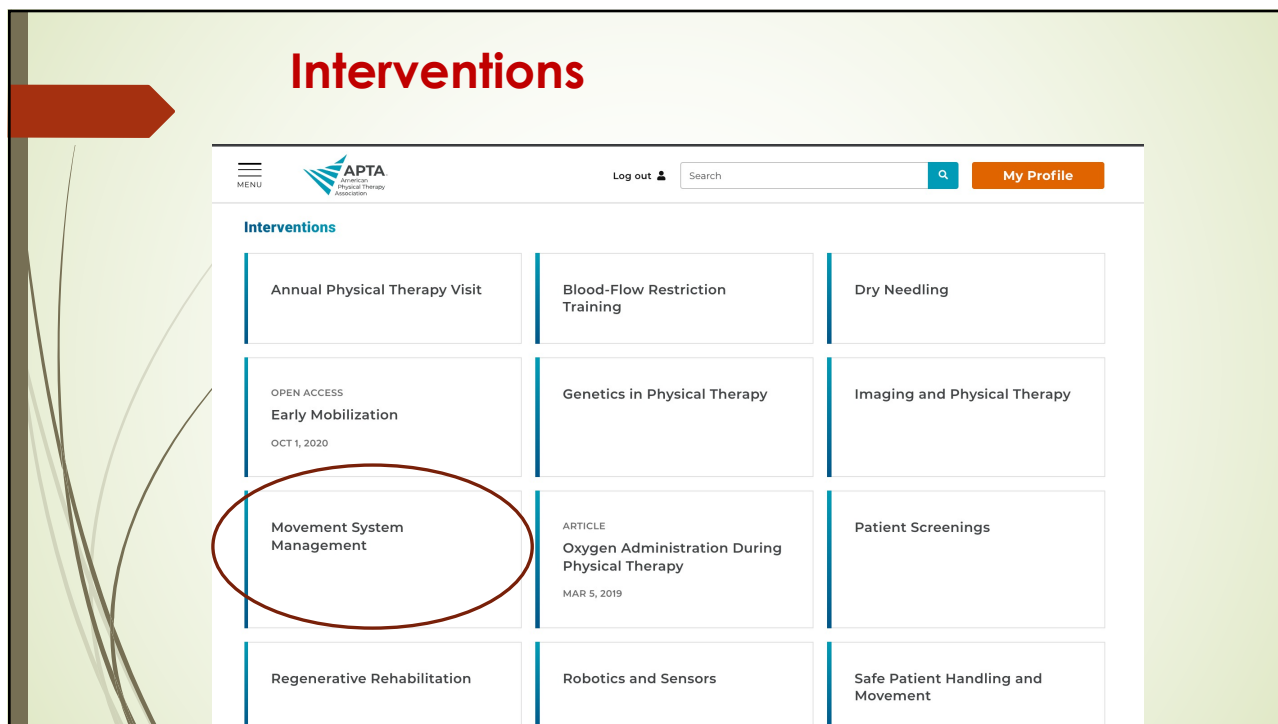
**The Legalese of Animal Physical Therapy**  
*Kirk Peck, PT, PhD, CSCS, CCRT, CERP*  
*Chair, Dept Physical Therapy, Creighton University, Omaha, NE*  
*kpeck@creighton.edu*

I would like to share a brief scenario many of you probably can relate to as part of your career path in physical therapy. You

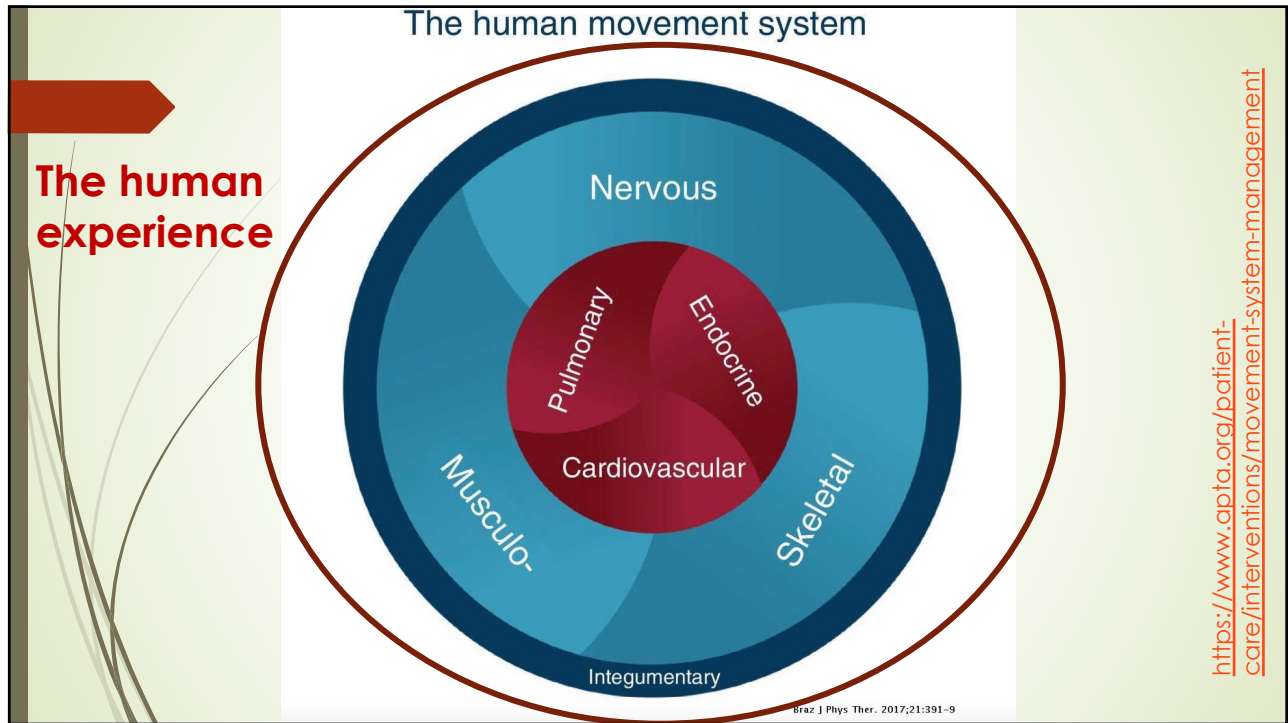
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**Thirdly, help people engage in day in and day out health and wellness.**

- ▶ Be a role model
- ▶ Mentor
- ▶ Lead by example
- ▶ Engage in community-based health and wellness

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## Community based classes and workshops



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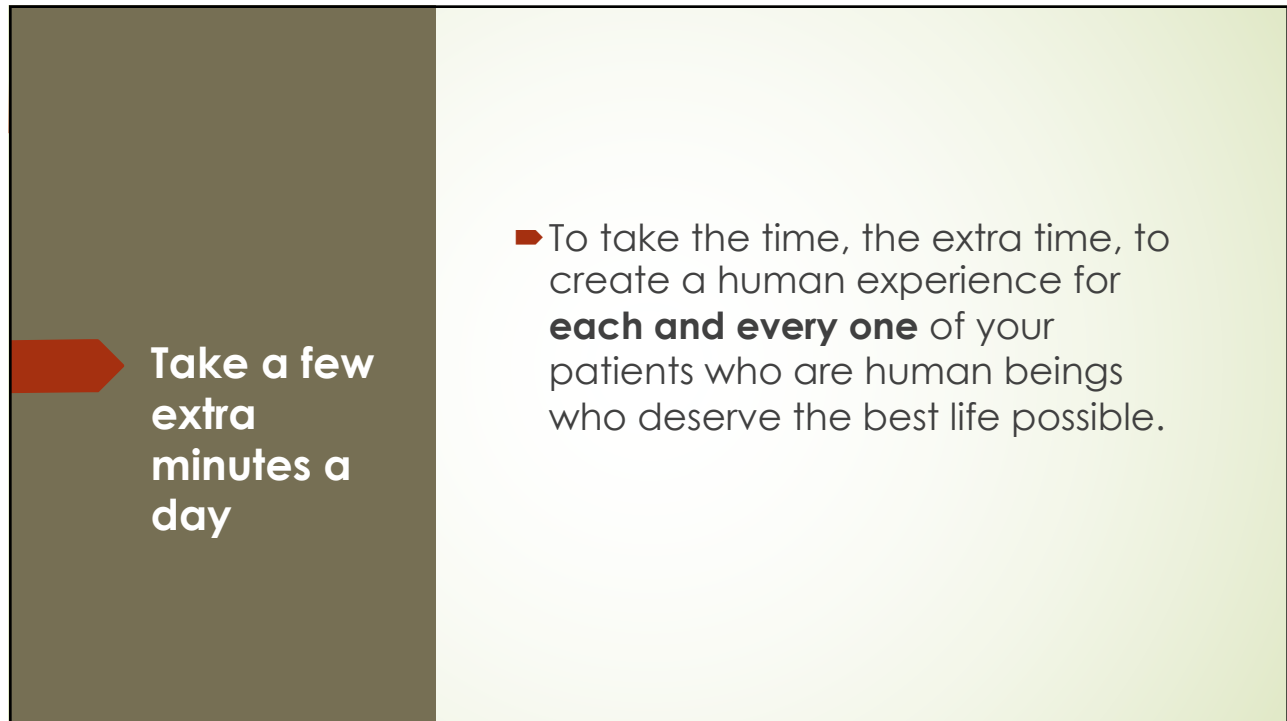
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All of these actions take moral courage and action, awareness, authenticity

*The Six Types of Courage*

- Physical Courage:** To keep going with resiliency, balance & awareness.
- Social Courage:** To be yourself unapologetically.
- Moral Courage:** Doing the right thing even when it's uncomfortable or unpopular
- Emotional Courage:** Feeling all your emotions (positive & negative) without guilt or attachment.
- Intellectual Courage:** to learn, unlearn and relearn with an open & flexible mind.
- Spiritual Courage:** Living with purpose & meaning through a heart centered approach towards all life and oneself.

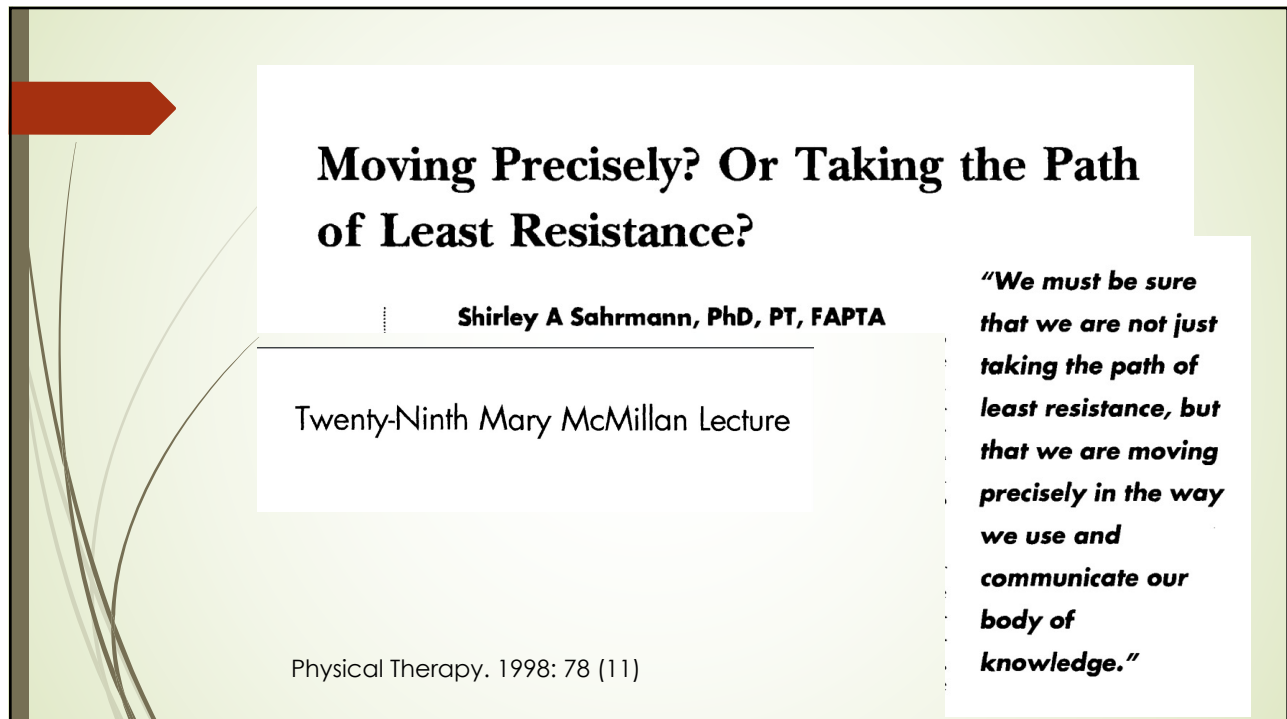
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**Take a few extra minutes a day**

- To take the time, the extra time, to create a human experience for **each and every one** of your patients who are human beings who deserve the best life possible.

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## Moving Precisely? Or Taking the Path of Least Resistance?

Shirley A Sahrman, PhD, PT, FAPTA

Twenty-Ninth Mary McMillan Lecture

Physical Therapy. 1998; 78 (11)

*"We must be sure that we are not just taking the path of least resistance, but that we are moving precisely in the way we use and communicate our body of knowledge."*

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Creating your  
 professional  
 journey as a  
 way of life not  
 a 9 to 5 job.



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Beat the  
 burnout.  
 Stay  
 healthy.

- Noun?
- **1** the reduction of a fuel or substance to nothing through use or combustion: *good carbon burnout* | [*as modifier*] : *a burnout furnace*.
- **2** the failure of an electrical device or component through overheating; *an antistall mechanism prevents motor burnout*.
- **3 physical or mental collapse caused by overwork or stress: high levels of professionalism that may result in burnout** | *you'll suffer a burnout*. • *US informal* a dropout or drug abuser.
- **4** [*as modifier*] a method of producing textile patterns in which a design is etched by chemicals that destroy only the surface fibers: *a tangerine jersey halter with silk floral burnout skirt*.

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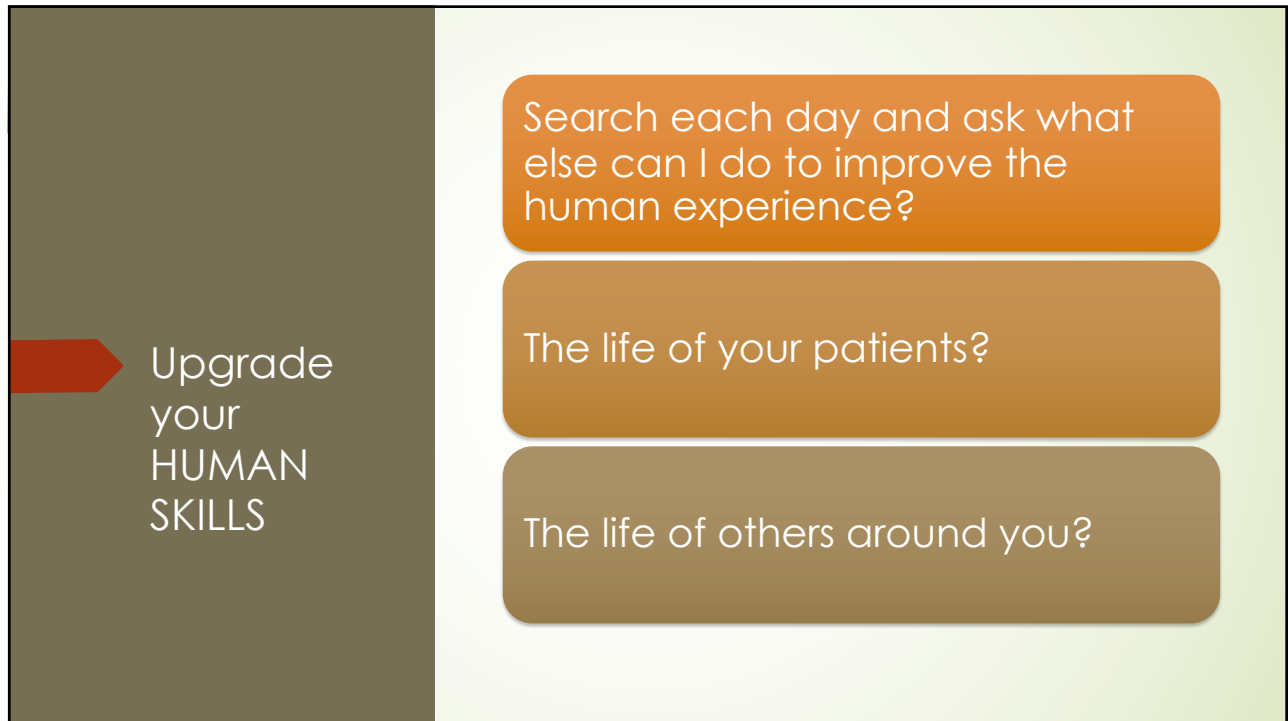
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**Give back to your profession as Barb Melzer did for so many years.**

- Be ethical
- Be compassionate
- Get and stay involved



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Upgrade your HUMAN SKILLS

- Search each day and ask what else can I do to improve the human experience?
- The life of your patients?
- The life of others around you?

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In Summary...


- Patients first always
- Seek the best evidence
- Promote community-based activities

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**IN MEMORY OF...**

*Barbara Ann Melzer*

JANUARY 7, 1950 - FEBRUARY 17, 2013

A portrait of Barbara Ann Melzer, a woman with short, light-colored hair, wearing a light blue collared shirt and a necklace with a circular pendant. She is smiling slightly. The portrait is set within a white rectangular frame.