The Council on Prevention, Health Promotion, and Wellness in Physical Therapy

Newsletter May 30th 2018

WELCOME TO THE COUNCIL! THIS GRASSROOTS GROUP BORN ON TWITTER AND ESTABLISHED WITHIN THE APTA ON JANUARY 1ST 2018 IS READY TO WORK TO ADVANCE THE PROFESSION. CHECK OUT OUR WEBSITE FOR MORE DETAILS AND TO SIGN UP: HTTP://WWW.APTA.ORG/PHPW/

MISSION:
TO FACILITATE THE PHYSICAL THERAPIST'S ROLE IN TRANSFORMING SOCIETY AND OUR PRACTICE BY CONVENCING PEOPLE AND KNOWLEDGE TO DEVELOP AND DISSEMINATE BEST PRACTICES IN PREVENTION, HEALTH PROMOTION, AND WELLNESS FOR ALL INDIVIDUALS AND POPULATIONS.

Objectives and Workgroups

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<th>EDUCATION WORKGROUP</th>
<th>BEST PRACTICE WORKGROUP</th>
<th>STEERING GROUP</th>
<th>OUTREACH AND DEVELOPMENT WORKGROUP</th>
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<td>1. Promote understanding of the role of the physical therapist in providing prevention, health promotion, and wellness services to all individuals and populations.</td>
<td>2. Provide opportunities for PTs and PTAs to gain knowledge and access tools and resources to provide prevention, health promotion, and wellness services to individuals and populations across the lifespan and in all practice settings.</td>
<td>3. Serve as a resource for APTA components and external groups related to the physical therapist’s role in prevention, health promotion, and wellness.</td>
<td>4. Connect and convene prevention, health promotion, and wellness stakeholders and groups across sectors to catalyze positive change in society’s health beliefs, behaviors, and actions.</td>
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Interested in joining a workgroup? Sign up to join the Council and select the area of interest you would like to contribute to. Sign Up Here!
Incorporating Health Promotion into Every PT Plan of Care

Are you addressing health behaviors with the patients and clients you serve?
Do you discuss physical activity, nutrition and weight management, sleep health, stress management, and tobacco cessation with every patient or client?

Check out the feature resources for physical activity screening, assessment, intervention, and referral.

Physical Activity

• Americans should be engaging in 150 minutes of moderate or 75 minutes of vigorous aerobic exercise per week AND 2x per week of strength training for all large muscles of the whole body in order to maintain health and prevent a multitude of diseases.
• **Screen**: use the Physical Activity Vital Sign or PAVS to ask patients about their physical activity levels.
• **How many days per week are you physically active to a moderate or vigorous degree?**
• **How many minutes per day are you physically active?** Calculate minutes per week.
• **How many days per week do you so muscle strengthening exercises for all major muscle groups?**
• The ideal PAVS: 150/2
• [www.exerciseismedicine.org](http://www.exerciseismedicine.org)
• FREE RESOURCES including Exercise prescription pad, educational handouts about exercise for specific conditions, and more.
• **Intervene**: Provide education and resources, explore barriers, promote confidence and encourage goal setting in regards to physical activity.
• **Referral Partner**: ACSM Certified Personal Trainer, Clinical Exercise Physiologist, ACSM or EIM credentialed provider or a provider from another accredited organization: [http://www.credentialingexcellence.org/nccadirectory](http://www.credentialingexcellence.org/nccadirectory)
SPOTLIGHT OF SUCCESS - TRICIA CREEL PT, DPT, NCS
After years of treating patients with Parkinson disease in an outpatient setting, Tricia is now serving as a Wellness Program Coordinator for the American Parkinson Disease Association - Greater St. Louis Chapter. Her primary role is to offer evidence-based exercise as a means of delaying PD progression and managing symptoms. She trains fitness instructors and oversees their more than 30 classes throughout Missouri and southern Illinois, including aquatics, kickboxing, Tai Chi, cycling, and unique classes such as boot camp for those who experience freezing of gait. Her training as a PT has uniquely prepared her to help people live well with a diagnosis of Parkinson disease.

Upcoming events:
• June 4th at 7:00pm CDT Best Practice Work group meeting
• June 14th at 7:30pm CDT Outreach and Development Workgroup meeting
• June 29th 11-1pm Meet & Greet at NEXT
• July 25th 730pm CDT Council Connect meeting for all Council members

Join Us!
We need your help to transform society!
Twitter: @PHPWCouncil
Facebook
http://www.apta.org/phpw/