

NABPT NEWSLETTER

ISSUE NO 3 | FEBRUARY-MARCH 2020



OUR MISSION

National Association of Black Physical Therapists is a nonprofit organization with the primary focus of increasing opportunities for the African Diaspora in the physical therapy network. NABPT's mission is to provide opportunities for increased visibility, networking, community service, career development, and mentorship.

This Newsletter will unify the chapters of NABPT with information that affects us personally and professionally. We want to spark different conversations each quarter and provide ideas to make changes in our communities.

TOPIC 01

Happy Black History Month!

TOPIC 02

Alternative Career Options Article

Topic 03/04

Scholarships and Mentor Monday

01: Happy Black History Month

Check out this article on Black Pioneers in PT from the APTA website. <http://www.apta.org/Blogs/PTTransforms/2019/2/BHM/>

02: Alternative Approaches to PT

There are so many sections of physical therapy that we tend to only take the clinical approach for our careers. This article by Kevin Pressley goes through some other career options that may help to revamp your career. See page 8.

03: 2019 Scholarships

Congratulations to Jessica Thompson on being the recipient of the CSM student sponsorship. Check out our social media feed to hear about her CSM experience.

We have listed all of the scholarships that will be released in the first quarter of this year on the next page. Please email us at info.nabpt@gmail.com with completed information to apply for the scholarships.

04: Mentor Monday

Check out Samuel 's review on Mentor Monday below. See page 6. Mentor Monday occurs every 3rd Monday. Please email membership.nabpt@gmail.com to RSVP. If you would like to be a Mentor, please email us as well.



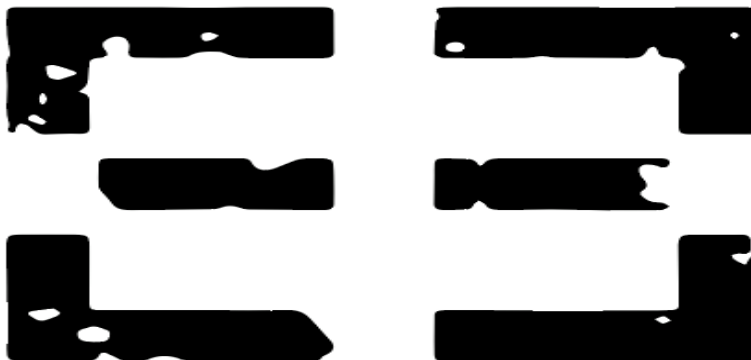
Find us at www.nabpt.org

Instagram: nabpt_

FaceBook: National Association of Black Physical Therapists

Twitter: NABPT

Email us at info.nabpt@gmail.com



MEMBERSHIP SPOTLIGHT

Dr. Amber Brown, PT, DPT is the founder and owner of Root Physical Therapy and Wellness, LLC. She received her Bachelor's degree from Washington University in St. Louis and Doctorate in Physical Therapy (DPT) from Tennessee State University. She is currently working on her Ph.D. at Texas Woman's University.

After graduating she began to work at a busy outpatient physical therapy clinic in the Dallas area. There she had the opportunity to treat a variety of diagnoses including headaches, low back pain, shin splints, and more many. In addition to these, many of her patients were postoperative shoulders, knee, spine, and ankle, helping her develop her orthopedic manual skills.

Dr. Brown completed an American Physical Therapy Association (APTA) approved Residency Program in Women's Health. After the residency, she obtained her Board Certification as a Women's Health Specialist, making her one of the only Board Certified Specialist in Women's Health (WCS) recognized by APTA in Collin County. She continued to work in the busy clinic and developed more training through continuing education for dry needling, oncology rehab, and visceral mobilization.

She is a certified lymphedema therapist (CLT) and registered yoga teacher (RYT-200). Dr. Brown has several years of practice with focus areas in orthopedic conditions, oncology rehab, chronic pain management, Women's Health, pelvic floor dysfunction for all sexes, and many more. She developed the pelvic floor physical therapy program at a large and busy outpatient clinic before branching out.

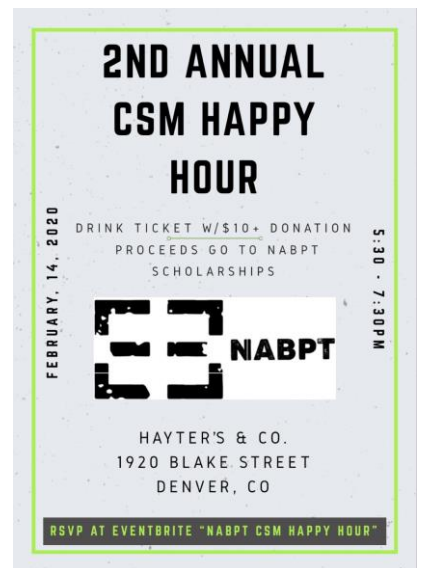


UPCOMING EVENTS:

CSM 2020 Denver: Meet and Greet Feb. 14th 5:30-7:30 PM
\$10 donation includes drink ticket. RSVP on EventBrite "NABPT CSM HAPPY HOUR"

We also have NABPT members presenting at CSM. Check out these sessions:

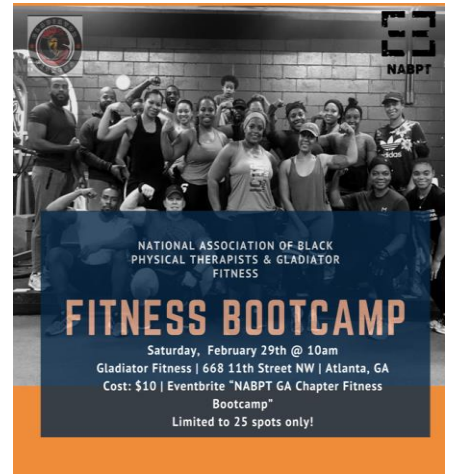
- Thursday, February 13th 8-10am: Better Together in DEI – Transforming Society through Equitable Policies. Board Member DeAndrea Bullock will speak in this session.
- Academy of Physical Therapy Education Platform Session 2 on Friday, Feb 14th at 8:00am. Led by NABPT member Talina Corvus
Title: Collective Effort Towards Cultural Responsiveness in Physical Therapy Education: A Case Report #: ED-4332



NABPT GA CHAPTER FITNESS BOOTCAMP

\$10 to attend RSVP on EventBrite "NABPT GA Chapter Fitness Bootcamp"

Saturday, February 29th, 2020 at 10 am. Limited to 25 spots!



2019 Scholarships Information and Deadlines

We're giving away money!

As part of our commitment to support members of the NABPT community with connections, mentoring and resources, we are giving away THREE scholarships.

First, congratulations to Jessica Thompson who was awarded the CSM scholarship and will be joining us in Denver!

We are currently accepting applications for the following scholarships:

Continuing Education

Want to uplevel your skills and go for a clinical speciality, but the cost is hindering progress? Or maybe you just love learning and don't get enough support from your employer? Or perhaps you are self-employed or working PRN? Consider applying for the Continuing Education Scholarship. TWO therapists will be awarded \$500 towards continuing education.

Requirements:

Must have and active PT/PTA license

Must have referred at least one person to become a member and/or attend a NABPT event

Submit a video essay answering the question: Where do you see your career in the next 1-3 years and how this scholarship will support that?

Please submit videos to info.nabpt@gmail.com.

Any video over 2 minutes will not be reviewed. **Deadline Feb 24th, 2020.**

The scholarship awardee will be announced by February 29, 2020.

<https://nabpt.org/membership/>

Book Scholarship

We all know books can break the bank. That's why we are awarding not one, but TWO PT/PTA students with a \$400 scholarship to defray some of the cost.

Requirements:

Current students enrolled in a PT/PTA program

Submit a video essay answering the question: Why being a member of the NABPT can help them in school?

Please submit videos to info.nabpt@gmail.com. **Deadline February 29, 2020.**

Any video over 2 minutes will not be reviewed.

The scholarship awardee will be announced by March 6th, 2020.

<https://nabpt.org/membership/>

Application Scholarship

Since it pays to play, we are going to help out TWO lucky students with a \$300 scholarship towards the cost of applying to PT/PTA school!

Requirements:

Perspective students applying to PT/PTA school in 2020

Submit an essay answering the question, *why do you want to be a PT/PTA?*

Please submit essays to info.nabpt@gmail.com.

Essays limited to 1,000 words. Deadline March 6th, 2020.

The scholarship awardee will be announced by March 20th, 2020.

<https://nabpt.org/membership/>

Please note: You DO NOT have to be a Member of the NABPT to be eligible for the scholarships.

1st Annual NABPT Conference 2020

We are so excited to share that we have started the process to hosting our very own conference in 2020. Date to be announced soon! But we need to hear from you. We want to cover topics that appeal to you. Please fill out this survey so that we can find speakers on the topic of your choice and clear it for continuing education credit.

<https://docs.google.com/forms/d/e/1FAIpQLSdiKbFVUOWJufANLe3b1X0kkYD8O7OHDFsQXEL-luUYi5EyQw/viewform>



“My first Mentor Monday was with Dr. Kevin Brown PT, DPT. What I liked the most was how it wasn't just a lecture session. It was a sharing of stories and experiences and a discussion of how I could adopt this knowledge to shape my own journey. I felt quite comfortable asking questions, picking his brain for ideas, and learning more about him and his journey as a business man. I also appreciated the action items for certain new year goals that he helped me to materialize. The whole experience was definitely worth it and now I have a new resource, colleague, and friend.”

Samuel Chukwuma, Mentor Monday Participant

MENTOR MONDAYS

SIGN UP FOR
NABPT'S
Mentor
Monday

February 17th, 2020
Online

Mentor Monday will occur every third Monday for members. Mentor Mondays involves a different PT once a month to consult with and ask questions about any PT/PTA matter.

RSVP by February 16th: membership.nabpt@gmail.com for details

All members contact membership.nabpt@gmail.com to sign up for Mentor Mondays. **Mentor Mondays** occur every 3rd Monday. The next Mentor Monday with will **October 21st**. This program is exclusive for NABPT members only. Please state your membership ID in the email.

NABPT Directory

NABPT has a database of over 300 in our subscriber list and 5 chapters across this nation. NABPT also has nearly 800 followers on Instagram, Twitter, and FaceBook. NABPT has recently initiated a relationship with most PT/PTA programs in the US. NABPT also has access to many PT related groupchats. Joining our database and family will ensure a greater connection with *all* PT/PTAs across this country.

All members have access to the following packages Free of charge. Please email your information to membership.nabpt@gmail.com .

Not ready to be a member yet, but want exposure? Select the package that's right for you and contact us at info.nabpt@gmail.com for the link.

\$25 to add your name and business to the NABPT directory

\$35 for IG and FB post as well as NABPT directory

\$50 for IG post, FB post, NABPT directory, and Business highlight in quarterly newsletter

Alternative careers in Physical Therapy

Burnt out from clinical practice? Finding the PT job market to be in a downslope? Just curious about what other options are available to you. You're in the right place. Luckily, there are quite a few alternative career options for you as a physical therapist.

The first type of career that may be obvious to you is education. Teaching at a university or even a community college with PTA's is a great way to maintain your knowledge as a physical therapist without the burden of clinical care. You'll be able to influence the next generation of PT/PTAs while also potentially earning the same if not more than in clinical practice. Some institutions may require their PT staff to work a small number of clinical hours to maintain clinical excellence in the profession. As you begin your career in education, you may be required to start out as an adjunct or associate professor which may require you to also work some clinical hours to maintain your previous income.

Another common alternative career for Utilization Review. Previously a job thought of solely for nurses, more PT's are finding positions open to them for utilization review. Due to extremely high health care costs, insurance companies began hiring "reviewers" to determine if the treatment for patients is within reason. What the job typically entails is retrospectively going over notes/charts and approving or denying medical claims depending on whether you deem them medically necessary. The pros of this type of work include the ability to potentially work from home and a complete dissociation with clinical practice (if that is your goal). Cons include potentially being in situations where you may have to deny care, and for some long hours sitting at a computer may become very tedious. This is typically a position that requires a few years of clinical practice.

A position that may grant you more flexibility is becoming a freelance healthcare content writer. Surprisingly or not, there are many opportunities for health professionals with extensive clinical knowledge to write for large and small companies about health & wellness. These companies are usually looking for someone with advanced clinical knowledge to produce accurate healthcare content that can measure up to extreme scrutiny out in the healthcare world. Cons to this type of position are that your income probably won't be what it used to be when you initially start out. However a Pro with this position is you get to use your creativity and have ample flexibility with what writing jobs you take on.

Entrepreneurship - starting your own business while leveraging your physical therapy degree can take many forms. You could open up your own practice and only perform managerial duties. You could create the next fitness technological breakthrough whether that be an app or an actual piece of equipment. Many PTs have created equipment that adds the clinical experience improving on things like assistive devices. Telehealth has also become a great way for PT's to keep some of their skills as clinicians but from a hands-off approach. From apps testing students to games working on posture and balance for patients, there are many avenues of entrepreneurship that PTs can break into.

Sales - A common alternative career for physical therapists is using your background knowledge of anatomy, function and assistive devices to sell products to various organizations including hospitals, outpatient clinics and even universities with PT programs. Many of these positions may be driven by commission however it is an alternative to the daily grind of clinical practice.

Lastly, is a field that I myself broke into as a new grad — Research. This will be dependent on whether or not your program has robust research coursework. If it does, research may be an option you can look into. For myself, I realized in PT school that my passion was really in social determinants of health and how it affects our patients in both clinical care and beyond. This has become a very popular field of interest in public health and one where there may be opportunities for PTs with an interest in research to dive into. My position has job duties including reviewing hospitalization records, reviewing the literature on the subject, conducting qualitative interviews, and managing large data sets. Many of these duties are analogous to work in clinical practice but without actual clinical care. Since my program had a strong research background, I was able to acquire a role with a large research and data component but also able to leverage my experience in clinical practice to show my competence in many of the other job duties.

To be sure, this is not an exhaustive list of all the career options available to you post PT school. If you are currently in an alternative career that is not listed please email us and let us know what other types of potential opportunities there are for our fellow physical therapist!

Kevin Pressley, PT, DPT