

# NHF'S 74TH ANNUAL BLEEDING DISORDER CONFERENCE

Provider Education Program Guide for

## Physical Therapists

August 25-27, 2022  
HOUSTON, TEXAS



NATIONAL HEMOPHILIA FOUNDATION  
*for all bleeding disorders*

**This provider track educational program is supported by independent educational grants from  
Takeda, Spark Therapeutics, and Novo Nordisk (As of July 29, 2022)**

## Introduction

This program guide has been developed for Physical Therapists or Physical Therapist Assistants interested in attending the National Hemophilia Foundation's (NHF) Bleeding Disorders Conference, taking place from August 25-27, 2022, in the George R. Brown Convention Center in Houston, Texas. NHF promotes an integrated, comprehensive care team model that includes supporting individuals living with a bleeding disorder with a highly qualified team of specialists. As part of our commitment to the comprehensive care team model, NHF's Bleeding Disorder Conferences feature four distinct specialty tracks of provider education. The sessions within each track are tailored to meet the specific educational needs of the core disciplines who deliver medical care to patients living with a bleeding disorder, including:

1. Medical providers (Physicians, Nurse Practitioners, Physician Assistants, and Pharmacists)
2. Nurses
3. Social workers
4. Physical therapists

Each session is planned by a working group of professionals in the respective field. Credentialed presenters utilize lectures, case studies, cooperative learning and discussion, brainstorming, videos, slides, and demonstrations as instructional methods to fulfill the learning objectives, which are established based on a needs assessment and committee approval.

Individuals living with bleeding disorders face unique challenges with bleeding in joints and related potential mobility limitations, as well as the need for special considerations and adaptations for physiotherapy exercise recommendations. This physical therapy education track is made available to all *physical therapist and physical therapist assistant* licensees on a non-discriminatory basis.

This year's NHF Bleeding Disorders Conference Physical Therapy track contains 5.8 hours of differential diagnosis content and offers up to a total of 14.0 contact hours. All faculty (which includes planners and speakers) who are delivering content for this year's physical therapy track, have disclosed their financial relationships with commercial interests. A list of these disclosures can be found in this guide. All educational content will be reviewed for bias and the use of trade names of pharmaceutical products will not be used. All presenting faculty will also be providing their disclosures verbally during their presentations. An electronic copy of session handouts and/or a complete reference list can be made available to course participants, upon request, by sending an email to Marci Hardy, PhD, the Manager of Medical Education Grants for NHF at [mhardy@hemophilia.org](mailto:mhardy@hemophilia.org).

## Physical Therapy Track Educational Objectives

After completing this activity, the participant should be better able to:

- Recognize pathology in the elbow of people with bleeding disorders using physical therapy assessments
- Identify physical therapy interventions for someone with a bleeding disorder and elbow pathology
- Apply at least two physical therapy interventions to the elbow in someone with a bleeding disorder
- Identify the gait impairments that result from ankle, knee and hip joint hemarthropathy using observational gait analysis versus an electronic walkway
- Review orthotic management options to improve gait efficiency, reduce pain and provide joint protection

- Identify when to target orthotic management in the pediatric vs adult population to improve gait
- Describe how to treat the whole body when LE hemarthropathy affects gait and function
- Compare the differing types of von Willebrand's Disease and rare/ultra-rare bleeding disorders
- Integrate evaluation to treatment options thought processes for persons with von Willebrand's Disease and rare/ultra-rare bleeding disorders
- Identify evidence based Physical Therapy treatment guidelines to support their thought processes for persons with von Willebrand's Disease and rare/ultra-rare bleeding disorders
- Explain general musculoskeletal changes during pregnancy and delivery
- Compare considerations during pregnancy/delivery for patients with various IBD
- Discuss recommended screening and education strategies for patients with IBD from pre-pregnancy to postpartum using a case study approach
- Review Physical Therapy updates from the larger bleeding disorder community perspective
- Discuss the workings of the NHF website specifically to access Physical Therapy resources
- Analyze current research studies conducted by PTs in HTC
- Distinguish the unique presentation of mild joint bleeding
- Explain how non-factor therapies impact bleed presentation, specifically in joints with underlying disease
- Construct appropriate treatment plans for acute joint bleeding and return to activity
- Review principles of a gentle progressive functional approach to conditioning and rehabilitation
- Apply gentle progressive movement practice principles to provide a safe entry point to physical re-engagement for patients with hemophilia
- Participate in a Gentle Movement Practice (GMP) session to appreciate its holistic physical effects
- Discuss how GMP can be progressed and regressed based on the patient's needs
- Identify physical therapy modalities in outpatient practice such as dry needling, cupping, blood flow restriction, soft tissue mobilization with and without tools
- Understand basic physiology and evidence-based practice for the PT modalities
- Apply concepts of alternatives therapies as it relates to clinical care for patients with
- Review Functional Assessment tools (FATs) available to the Physical Therapist
- Discuss FATs that have been validated in the BD community
- Evaluate the effectiveness of FATs and which tools might be best for use in the settings of comprehensive clinic vs. one-on-one full appointment slot vs. telehealth visit
- Apply concepts of varied therapeutic approaches to address MSK management in the presence of bleeding disorders.
- Identify key components of WFH MSK guidelines as they apply to PT practice
- Participants will be able to compare PT treatment options with and without technology resources
- Identify pertinent patient care topics to review with individuals with BD and Inhibitor
- Verbalize methods to access educational and professional growth information thru the PT HTC collaborative project
- Identify burnout in the healthcare setting
- Describe the impact of burnout on the practitioner
- Develop and implement skills that can assist the practitioner to recognize and intervene when burnout is present

## Program Agenda & Faculty

Thursday, August 25, 2022

1:30 pm – 4:45 pm

Room: 350DEF

### **PT Pre-Con - No need to come unhinged - understanding the hemophilic elbow**

This interactive session focuses on physical therapy interventions for the elbow joint. The elbow joint is a complex and challenging part of the body. Our goal is to share best practices on physical therapy interventions and management of the elbow using evidence-based practice and case discussions.

#### **Moderator**

##### ***Kelli Fraga, PT, DPT***

Dr. Fraga is the adult and pediatric Doctor of Physical Therapy at the University of Miami Hemophilia Treatment Center (HTC). She performs annual physical therapy evaluations of patients to monitor musculoskeletal changes, impacts on quality of life, and participation in physical activity. Kelli provides outpatient physical therapy sessions and develops personalized home exercise plans. She conducts research studies to broaden the knowledge of musculoskeletal complications that arise from joint bleeds through physical evaluations and point of care ultrasound. Her role extends into education with lectures for the medical residents, hematology fellows, doctoral students, as well as patients.

#### **Speakers**

##### ***Nancy Durben, PT, MSPT, PCA***

Nancy is an Associate Professor of Pediatrics in the School of Medicine at OHSU in Portland, Oregon. She currently works full time in The Hemophilia Center at OHSU with over 15 years of experience in bleeding disorders serving people across the life course. Her expertise includes pediatric chronic pain, and she is a board-certified pediatric clinic specialist. Her current research study funded by the NHF PT Fellowship Excellence Award is titled *Mindfulness based yoga for people with bleeding disorders and chronic pain*.

##### ***Rob Bell, PT, DPT, COMT***

Dr. Bell received his Doctor of Physical Therapy from Emory University in Atlanta, GA. He has been treating patients for over a decade with an emphasis to hands-on personalized treatment of acute and chronic conditions. He has achieved advanced certifications in manual therapy from the Ola Grimsby Institute as well as vestibular therapy from the APTA. He is currently the primary movement and rehab specialist at the Vanderbilt University Medical Center HTC. Dr. Bell's primary motivation and passion is to help others achieve their greatest potential through activity and movement and wishes to help heal and inspire all those he treats.

Friday, August 26, 2022

9:00 am – 10:30 am

Room: 350DEF

### **That's what I am walking about: combining gait analysis, treatment and bracing to improve function**

Gait impacts the entire body system. Hips, back, neck, shoulders, and more. Altered gait can cause bleeding in other joints and cause long-term problems that further impact mobility, day-to-day energy levels, and quality of life. This session will highlight what to look for and what to do to help when movement is altered. Bring your questions, cases, and experiences to the Q&A portion of this talk so that we can all learn from each other.

#### **Moderator**

##### ***Ryan Rushton, PT, DPT, MHA, CLT***

Dr. Rushton is the program administrator for the Utah Center for Bleeding and Clotting Disorders at University of Utah Health and practices as a physical therapist. He specializes in the rehabilitation of patients with hemophilia and other bleeding disorders. He utilizes comprehensive evaluation and examination techniques as well as ultrasound to visualize joint bleeding for these patients. His other fields of practice are oncology rehabilitation where he has spent most of his career. His life's goal is to help others find and reach their potential.

#### **Speakers**

##### ***Nancy Durben, PT, MSPT, PCA***

Nancy is an Associate Professor of Pediatrics in the School of Medicine at OHSU in Portland, Oregon. She currently works full time in The Hemophilia Center at OHSU with over 15 years of experience in bleeding disorders serving people across the life course. Her expertise includes pediatric chronic pain, and she is a board-certified pediatric clinic specialist. Her current research study funded by the NHF PT Fellowship Excellence Award is titled *Mindfulness based yoga for people with bleeding disorders and chronic pain*.

##### ***Megan McCarthy, CO, LO***

Megan is a certified/licensed orthotist who has been working in the field since 1990. She received an Honors B.Sc. in Kinesiology from the University of Waterloo in Canada and went on to finish post-graduate work in Orthotics and Prosthetics from George Brown College in Toronto. She completed her orthotic residency at Shriner's Hospital in Portland, Oregon in 1997. She was nationally certified in orthotics in 1998. Megan has focused her orthotic practice on pediatric, spinal (specifically scoliosis), and neuromuscular disorders. She is also well trained in podiatric, functional foot orthotic assessment and fabrication. Among her strengths is her compassion for people and her ability to solve difficult orthopedic and neuromuscular situations.

**10:45 am – 11:45 am**

**Room: 350DEF**

### **In Rare Form: PT for VWD and Rare Bleeding Disorders**

Learn about distinct aspects and considerations of physical therapy for people with VWD and rare bleeding disorders. This presentation and discussion will focus on current research questions, treatment option thought processes, and evidence-based PT treatment guidelines for VWD and rare bleeding disorders.

#### **Moderator**

**TBD**

#### **Speaker**

**Lora Joyner, MS, PT, PCS**

Lora Joyner received her B.S. in Physical Therapy and M.S. in Child Development from East Carolina University. She is an American PT Association Certified Pediatric Specialist and pediatric NDT certified. Currently, Lora works at the Hemophilia Treatment Center of East Carolina University as the HTC Coordinator and PT for Adult and Pediatric Bleeding and Clotting Disorder patients. She also provides PT clinic and consultation care for pediatric SCD and Oncology patients. Lora participates in multiple hemophilia related research projects at the clinic and performs point of care musculoskeletal ultrasound. She has worked in Hemophilia care since 1991 on a part time basis and full time since 2016. Other work experience includes acute, rehab, and outpatient pediatric physical therapy as well as home health and school system care. Lora presents on various topics related to Bleeding Disorder Care on the local, regional, and national level. Lora is a member of the PT Working Group for NHF – currently serving as chair; and participates in the National Hemophilia Treatment Center Physical Therapy Collaborative. She serves on the Advisory Council for Region IV, the HNC Advisory Board, and MASAC for NHF.

**11:45 am – 1:15 pm****Room: 350DEF****PT Luncheon - Research, Website, PTWG Update**

Learn about the research of some of the most recent NHF Physical Therapy Fellowship recipients. We will also present recent changes to the NHF PT website and the resources available to assist in the care of people with bleeding disorders. An overview of the PT Working Group will also be given.

**Moderator****Lora Joyner, MS, PT, PCS**

Lora received her B.S. in Physical Therapy and M.S. in Child Development from East Carolina University. She is an American PT Association Certified Pediatric Specialist and pediatric NDT certified. Currently, Lora works at the Hemophilia Treatment Center of East Carolina University as the HTC Coordinator and PT for Adult and Pediatric Bleeding and Clotting Disorder patients. She also provides PT clinic and consultation care for pediatric SCD and Oncology patients. Lora participates in multiple hemophilia related research projects at the clinic and performs point of care musculoskeletal ultrasound. She has worked in Hemophilia care since 1991 on a part time basis and full time since 2016. Other work experience includes acute, rehab, and outpatient pediatric physical therapy as well as home health and school system care. Lora presents on various topics related to Bleeding Disorder Care on the local, regional, and national level. Lora is a member of the PT Working Group for NHF – currently serving as chair; and participates in the National Hemophilia Treatment Center Physical Therapy Collaborative. She serves on the Advisory Council for Region IV, the HNC Advisory Board, and MASAC for NHF.

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school system care. Lora presents on various topics related to Bleeding Disorder Care on the local, regional, and national level. Lora is a member of the PT Working Group for NHF – currently serving as chair; and participates in the National Hemophilia Treatment Center Physical Therapy Collaborative. She serves on the Advisory Council for Region IV, the HNC Advisory Board, and MASAC for NHF.

***Nancy Durben, PT, MSPT, PCA***

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***Elizabeth Hall, PT, MSPT***

Elizabeth has worked as the Physical Therapist at the HTC at Rady Children’s Hospital, San Diego since 2010. She has over 17 years of experience as a physical therapist, working for most of her career with pediatric populations. Elizabeth has special talent in the area(s) of Hemophilia/Thrombophilia, MSKUS POC imaging, acute inpatient care, pediatric, neonatal, and cardiothoracic intensive care, cardiac rehabilitation, and early intervention. Her goals are to provide family centered care to promote wellness, improve their child’s quality of life, and maximize their potential. Elizabeth received her Master’s in Physical Therapy from Ithaca College in New York.

***Marc Gilgannon, PT***

A graduate of the NYU PT program, Marc has been working in pediatrics as a PT clinician and administrator for over 30 years. He has been the primary Physical Therapist for the University of Virginia HTC adult and pediatric clinics for 22 years and was presented the NHF Award of Excellence in Physical Therapy in 2009. Marc is presently completing his second appointment to the NHF Physical Therapy Working Group (PTWG). When not working, Marc enjoys cycling, hiking, and traveling with family and friends, and rooting for UVA sports teams.

**1:30 pm – 2:30 pm**

**Room: 350DEF**

**Taking Care of Mama Bear - considerations for your bleeding disorder patients throughout pregnancy**

Women with bleeding disorders can benefit from specialized care throughout their lifetimes and this is especially true during pregnancy. This session will introduce specific considerations for different bleeding disorders and examine the needs of women during the first, second and third trimesters. Physical therapy impairments and interventions focusing on musculoskeletal dysfunction will be highlighted.

**Moderator**

***Ryan Rushton, PT, DPT, MHA, CLT***

Dr. Rushton is the program administrator for the Utah Center for Bleeding and Clotting Disorders at University of Utah Health and practices as a physical therapist. He specializes in the rehabilitation of patients with hemophilia and other bleeding disorders. He utilizes comprehensive evaluation and examination techniques as well as ultrasound to visualize joint bleeding for these patients. His other fields of practice are oncology rehabilitation where he has spent most of his career. His life’s goal is to help others find and reach their potential.

## Speakers

### ***Stephanie Dillon, PT, DPT, WCS***

Dr. Dillon is a Doctor of Physical Therapy with 15 years of experience as a physical therapist (PT). She is board certified in women's/pelvic health physical therapy and owns her own pelvic health and orthopedic private practice in Illinois. Additionally, she helps train other PTs to become pelvic health specialists through the Academy of Pelvic Health Physical Therapy (APHPT), an Academy of the American Physical Therapy Association. She also authors continuing education courses for the APHPT, and is the Physical Therapist Advisor for MommaStrong, Inc.

### ***Amanda Kilgore, PT, DPT***

Dr. Kilgore works at the Bleeding and Clotting Disorders Institute (BCDI) in Peoria, IL, providing care throughout the lifespan for patients with a variety of hematologic conditions. She earned her MPT in 1999 from Midwestern University and her DPT from Des Moines University in 2011. Prior to working with the bleeding disorders community, Dr. Kilgore specialized in treating pelvic floor dysfunction in women, men, and children. She has been with BCDI since 2018 and is eager to share her knowledge of pelvic health and bleeding disorders with patients and practitioners.

**2:45 pm – 3:45 pm**

**Room: 350DEF**

### **Who Are You Calling "Mild"?**

This session will explore a musculoskeletal-focused approach to physical therapy clinical exam, bleed recognition, treatment plan development, and patient education in people with a mild bleeding disorder diagnosis, or those presenting as mild due to prophylaxis treatment. The presentation will include case study discussions, including how the physical therapist can assist with both joint bleeding and joint health assessments in mild patients.

## Moderator

**TBD**

## Speakers

### ***Stacie Akins, PT, MHS***

Stacie received her Bachelor of Physical Therapy from Marquette University in 1988 and completed her Master of Health Science from the University of Indianapolis in 2001. She has been employed at the Indiana Hemophilia and Thrombosis Center since 2006 where her focus has been optimizing care and education for persons and families with bleeding disorders. Stacie has been working with persons with bleeding disorders at the Indiana Hemophilia and Thrombosis Center since 2006. During her tenure at the Indiana Hemophilia and Thrombosis Center she has presented on physical therapy and activity related topics at several conferences including the National Hemophilia Foundation and Hemophilia of Indiana annual, ISTH, and online ISTH webinar. She has also presented on the use of point of care ultrasound for hemophilia at the NHF Great Lakes Regional meeting, the pre-conference session of the Hemostasis and Thrombosis Research Society in 2017. Stacie is an active faculty member of the Partners in Hemophilia Program and presents throughout the year on physical therapy and orthopedic considerations at the Basic Partners, Advanced Nursing Partners, and the Advanced Physical Therapy Partners programs. Stacie also had the privilege to serve as a member of the National Hemophilia Foundation Physical Therapy Working Group from 2009 to 2014. For the past 10 years she has participated in a collaborative educational partnership with the medical professionals at Moi Teaching

and Referring hospital in Eldoret Kenya and continues to assist with the development services for persons with bleeding disorders.

**4:00 pm – 5:00 pm**

**Room: 350DEF**

### **General Conditioning for the Generally Deconditioned: Applying Gentle Movement Practice in Hemophilia**

When contemplating physical therapy for people with hemophilia, it is tempting to narrow our focus on the target joint but what are we doing for health and fitness of the rest of the body? How do we provide a safe entry point to progressive functional movement practice to condition the deconditioned patient? Dr. Mark Krimmel's talk on gentle movement practices aims to inspire physical therapists to design a gentle functional approach and choreography to safely re-engage patients in exercise, motion and physical culture for healthy aging and recovery.

#### **Moderator**

##### ***Bruno Steiner, PT, DPT, LMT, RMSK***

Dr. Steiner is the Physical Therapy and MSKUS Program Manager with the Washington Center for Bleeding Disorders in Seattle, Washington where he treats patients with hemophilia and conducts clinical research. He is a clinical instructor with the University of Washington, Department of Rehabilitation Medicine. Dr. Steiner is actively involved as a speaker and lecturer for the advancement of MSKUS use in the realm of hemophilia and is an instructor for UCSD's MSKUS in Hemophilia course in San Diego. He is currently the co-chair of the regularly scheduled international MSKUS Rounds and Case Discussions in Hemophilia. He has recently assumed the role of President of the Imaging Special Interest Group, for the American Physical Therapy Association's Academy of Orthopedic Physical Therapy. He is the outgoing At-Large Member of the NHF PT Working Group.

#### **Speaker**

##### ***Mark Krimmel, PT, DPT***

Dr. Krimmel earned his bachelor's degree in kinesiology from Penn State University in 2012. He worked for the spinal cord injury rehab team at Kessler Institute for Rehabilitation in West Orange, NJ following graduation. Here, Dr. Krimmel assisted physical therapists in the management and care of patients living with paralysis and neurological injury. He went on to earn his clinical doctorate degree in physical therapy from Rutgers University in 2017. Professionally, Dr. Krimmel has worked in general orthopedics with ATI Physical Therapy and now with the multi-disciplinary adult and pediatric care teams at the Washington Center for Bleeding Disorders and Seattle Children's Hospital in Seattle, WA. He is an advocate for healthy aging, integrating gentle exercise practices like tai chi, Pilates, and yoga to supplement rehabilitation programs and improve population health in patients living with physical impairments from a bleeding disorder. In his spare time, Dr. Krimmel enjoys lifting weights, golfing, hiking, and spending time with his fiancé Megan and rescue dog, Ruby.

**Saturday, August 27, 2022**

**9:00 am – 10:30 am**

**Room: 350DEF**

### **What's New: What's Safe and What's Not**

Newer therapeutic modalities in physical therapy can have the potential to increase bleeding risk. This session will explore cupping, dry needling, soft tissue massage with tools, and blood flow restriction as it relates to the risk as well as the potential benefit for persons with bleeding disorders. Case studies will have focused discussion on the modalities, care coordination at HTC, and potential alternative interventions.

#### **Moderator**

##### ***Tiffany Kaltenmark, PT, DPT***

Dr. Kaltenmark has been a Physical Therapist at the Indiana Hemophilia and Thrombosis Center (IHTC) in Indianapolis, Indiana, since 2011. She received her doctorate degree in Physical Therapy in 2006 from the University of Indianapolis. Prior to hemophilia care, Dr. Kaltenmark worked in an inpatient setting that involved a wide variety of diagnoses from orthopedics, oncology, to critical care. She a member of the faculty for the first partners advanced physical therapy program and is currently a member of the Physical Therapy Working Group (PTWG). She has worked in collaboration with IHTC and Moi Teaching and Referral Hospital (MTRH) in Eldoret, Kenya since 2012 to establish hemophilia care.

#### **Speaker**

##### ***Fred Loeffler, PT, DPT, LAT, ATC, CLT***

Dr. Loeffler serves as Physical Therapist at the Indiana Hemophilia and Thrombosis Center (IHTC) in Indianapolis, Indiana. He earned his B.S. in Physical Therapy from the University of Health Sciences/The Chicago Medical School in 1991. In 1992, he became a certified Athletic Trainer. Dr. Loeffler went on to earn a Doctor of Physical Therapy from Regis University in 2011. He has specialized in Orthopedic Physical Therapy and Athletic training for over 31 years. He was a private practice owner for over 15 years prior to joining Indiana Hemophilia and Thrombosis Center. Dr. Loeffler has been serving patients at IHTC for 7 years with a focus on evaluation and treatment of musculoskeletal limitations related to bleeding disorders and lymphatic and vascular malformations. He recently joined the PT working group as the Great Lakes Regional Representative.

**11:30 am – 12:30 pm**

**Room: 350DEF**

### **Functional Assessment Tools**

Physical function is an important aspect of health and quality of life. Whether making a baseline, post-injury or post-bleed assessment, a yearly evaluation, or a longitudinal comparison, how can we tell whether a patient's physical functioning is better or worse? With the right tools, we can work with our patient on a plan that sets out goals and measures for assessing improvement or change. This session will present functional assessment tools that are available to capture measurements relevant to people with bleeding disorders.

#### **Moderator**

**TBD**

#### **Speakers**

##### ***Elizabeth Hall, PT***

Elizabeth has worked as the Physical Therapist at the HTC at Rady Children's Hospital, San Diego since 2010. She has over 17 years of experience as a physical therapist, working for most of her career with pediatric populations. Elizabeth has special talent in the area(s) of Hemophilia/Thrombophilia, MSKUS

POC imaging, acute inpatient care, pediatric, neonatal, and cardiothoracic intensive care, cardiac rehabilitation, and early intervention. Her goals are to provide family centered care to promote wellness, improve their child's quality of life, and maximize their potential. Elizabeth received her master's degree in Physical Therapy from Ithaca College in New York.

***Peter Aguero, PT, DPT***

Dr. Aguero is the specialized Doctor of Physical Therapy of the Hemophilia and Thrombosis Treatment Center, at the University of California, San Diego. In addition, he is a senior physical therapist for the Department of Rehabilitation at the Jacobs Medical Center and Thornton Hospital in La Jolla, California. He earned his Doctor of Physical Therapy at the University of St. Augustine for Health Sciences in San Marcos, California. Dr. Aguero is committed to improving the overall health and wellness of patients with hemophilia and treatment of associated impairments such as joint arthropathy, muscle bleeds, heterotopic ossifications, chronic pain, and consequential gait/movement deviations. He was involved with researching the validation of the Musculoskeletal Ultrasound Joint Activity and Damage Exam (JADE) protocol, the development of Wellness/Exercise programs for this patient population and researching the feasibility of patient self-imaging with ultrasound via teleguidance. In addition, he is the co-chair for the CME-accredited course "Musculoskeletal Ultrasound Training for Hemophilia and Other Arthritic Conditions" and earned his Registered in Musculoskeletal sonography certification.

**1:45 pm – 2:45 pm**

**Room: 350DEF**

**What's the scoop? PT updates from NHF Inhibitor Education, PT HTC Collaborative Group and WHF World Congress 2022**

This session will begin with an overview of NHF's Inhibitor Summit and Education Series from the physical therapist's perspective. Then we will introduce the Hemophilia Treatment Center Physical Therapy Collaborative and discuss how to get involved and where to access materials created by the group. We will also present highlights from WFH's 2022 World Congress in Montreal last May, focusing on key sessions in physical therapy research and clinical practice.

**Moderator**

***Cindy Bailey PT, DPT, OCS, SCS, ATC***

Dr. Bailey is the Director of P.T./O.T. at Los Angeles Orthopaedic Institute for Children for the Orthopaedic Hemophilia Treatment Center. Her post graduate work has included an Advanced Residency at Kaiser West Los Angeles in Manual Orthopaedic Physical Therapy & a Fellowship at USC's Keck school of Medicine in Medical Education Teaching & Learning. She has been an invited practitioner to assist with the Pan Am Games & several U.S. Olympic Teams. As a co-author, she has published multiple articles on musculoskeletal imaging ultrasound (MSKUS) in "The Journal of Ultrasonic Medicine" and "Haemophilia". As the primary author and developer, she, along with Dr. Bakeer, wrote the United States NHF Medical Advisory Scientific Councils' approved MSKUS imaging guideline for clinical MSKUS use in the hemophilia treatment center.

**Speakers**

***Angela Forsyth, PT, DPT***

Dr. Forsyth is an internationally recognized leader in hemophilia physiotherapy. She has more than 25 years of experience specializing in bleeding disorders and orthopedics. Previously, she practiced physical therapy in the hemophilia treatment center (HTC) setting at RUSH University Medical Center in Chicago,

Illinois; Christiana Hospital in Newark, Delaware; and both the Hospital of the University of Pennsylvania and Thomas Jefferson University Hospital in Philadelphia, Pennsylvania. She is a former chair of both the NHF Physical Therapy Working Group and the WFH Musculoskeletal Committee.

***Jennifer Newman, PT, MSPT***

Jennifer graduated from Ithaca College in 2003 with her Master's in Physical Therapy. She has worked with people with bleeding disorders since 2010, starting at the OHSU HTC and in 2011 joined the UNC-CH HTC. She is a former chair and member of NHF's Physical Therapy Working Group, current NHF Medical and Scientific Advisory Council Pain Management Taskforce member, co-chair of the Hemophilia Treatment Center Physical Therapy Collaborative (HTC PTC) and member of the NC Advisory Board for Bleeding Disorders and NCDFNC Advocacy Committee. When not working, Jennifer's interests include swimming, hiking, traveling and her dog, Bella.

**3:00 pm - 4:00 pm**

**Room: 350DEF**

**Feeling Extinguished? Let's Talk PT Burnout**

Burnout is a condition that depletes a practitioner and decreases their sense of fulfillment and vitality. This session will define and explore burnout and provide information on how to self-recognize its symptoms and its neurobiological underpinnings. Participants will learn and practice skills that can assist self-intervention.

**Moderator**

***Kristen Benya, PT, DPT***

Dr. Benya is a physical therapist who works at Brigham and Women's Faulkner Hospital in the ambulatory center. She has been practicing since 2013 in the outpatient setting and joined the Boston Hemophilia Center in 2017 as the physical therapist for the Adult Clinic. She became the Northeast Regional Representative for the PT Working Group in 2020.

**Speakers**

***Christi Karen Humphrey, LCSW***

Christi started her Social Work career in 1993 working for Alabama Department of Public Health with Maternity Waiver and Home Health clients as a bachelor's prepared practitioner. She received a master's degree from University of North Carolina at Chapel Hill with an emphasis in Geriatrics in 1998. Christi has worked extensively with Alzheimer's Disease and Dementia care prior to moving to Georgia in 2000. Christi has worked for HoG for the last 20-years providing direct services to the bleeding disorder community. Counseling and educating families regarding the psychosocial implications of bleeding disorders in their homes, at the clinics, and at HoGs activities, and programs. She is a member of NHF's MASAC Social Work Working Group, member of NHF's MASAC Pain Committee, and a member of Partner's Program Board.

## Disclosures of Conflicts of Interest

The faculty reported the following financial relationships they have with commercial interests related to the content of this continuation education activity:

<b><u>Name of Faculty Member</u></b>	<b><u>Reported Financial Relationship</u></b>
<b><i>Peter Aguero, PT, DPT</i></b>	Research: UniQure; Speaker: Sanofi Genzyme; Consultant: Takeda
<b><i>Stacie Akins, PT, MHS</i></b>	Speaker: Sanofi Genzyme
<b><i>Cindy Bailey PT, DPT, OCS, SCS, ATC</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Rob Bell, PT, DPT, COMT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Kristen Benya, PT, DPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Stephanie Dillon, PT, DPT, WCS</i></b>	Advisor: MommaStrong, Inc.
<b><i>Nancy Durben, PT, MSPT, PCA</i></b>	Research grant: CSL Behring; Fellowship: NHF
<b><i>Angela Forsyth, PT, DPT</i></b>	Employee: Optum Infusion Pharmacy - Optum Physical Therapy Collaborative
<b><i>Kelli Fraga, PT, DPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Marc Gilgannon, PT</i></b>	Speaker: Hemophilia Federation of America
<b><i>Elizabeth Hall, PT, MSPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Christi Karen Humphrey, LCSW</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Lora Joyner, MS, PT, PCS</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Tiffany Kaltenmark, PT, DPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Amanda Kilgore, PT, DPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Mark Krimmel, PT, DPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Fred Loeffler, PT, DPT, LAT, ATC, CLT</i></b>	Speaker: Sanofi Genzyme
<b><i>Megan McCarthy, CO, LO</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Jennifer Newman, PT, MSPT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Ryan Rushton, PT, DPT, MHA, CLT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Bruno Steiner, PT, DPT, LMT, RMSK</i></b>	Research funding: Pfizer, UniQure, Genentech. Consulting or Speaking: UniQure, Sanofi, Roche/Canada

The following planning committee members reported the following financial relationships they have with commercial interests related to the content of this continuing education activity:

<b><u>Name of Planning Committee Member</u></b>	<b><u>Reported Financial Relationship</u></b>
<b><i>Kimberly Baumann</i></b>	Speaker: Sanofi Genzyme; Consultant: Sanofi Genzyme
<b><i>Neil Frick, MS</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Marci Hardy, PhD, MA</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Morgan Johnson</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Angelina Wang</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Anita Wood, PT</i></b>	Has no real or apparent conflicts of interest to report
<b><i>Patricia Tobase Zimmerman, PT, DPT, OCS</i></b>	Has no real or apparent conflicts of interest to report

## Disclosure of Unlabeled Use

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications.

The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

## Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

## CME/CE Desk

NHF's CME/CE Desk will be located in the pre-function area on level 3 of the George R. Brown Convention Center. All physical therapy track learners should first stop by the CME/CE desk to 'officially sign-in' and ask any additional questions related to CME/CE credits. The CME/CE desk will be open during the following hours:

### **CME/CE DESK HOURS**

**Thursday, August 25, 2022**

**Friday, August 26, 2022**

**Saturday, August 25, 2022**

### **PRE-FUNCTION AREA ON LEVEL 3**

**12:00 PM - 5:00 pm**

**8:30 am – 12:00 pm  
2:00 pm – 5:00 pm**

**8:30 am – 12:00 pm  
2:00 pm – 4:30 pm**