

# The Pitt-Marquette Challenge

## 2012-2013 Course

**Course Title:** Management of Patients with Low Back Pain

**Course Speakers:** Gerard Brennan, PT, PhD  
Tony Delitto, PT, PhD, FAPTA  
Everett James JD, MBA  
Pamela Peele Ph.D

**Date:** February 23, 2013

**Time:** 8:00am – 4:30

**Location:** Pittsburgh, PA (Exact location TBA)

**General CEU's:** 6.5

**Course Level:** Intermediate

**Cost of Course:** \$200

*All proceeds from this course will be donated to the Foundation for Physical Therapy as part of the Pittsburgh-Marquette Challenge.*



**Registration online:**

<http://pittphysicaltherapy.com/>

**Registration by mail:**

Mail check and form (see last page)

**Course Objectives:**

1. To understand the factors contributing to poor outcomes and compromised value in the care of patients with low back pain.
2. To understand how the impact of payment reform policy as it relates to low back pain may serve as a significant opportunity for physical therapists within a health care team.
3. To describe how the re-design of work processes in health care with advanced practice professionals, specifically physical therapists, will impact care delivery to improve clinical and cost outcomes for LBP.
4. To understand how variation in the process of care for low back pain results in poor outcomes and increased costs.
5. To describe how the value of care can be improved by improving the process of care, tracking outcomes, and delivering care at the right time.  
To facilitate small group discussions that explore how care could be re-designed in your environment to improve quality

## Course Schedule:

**8:00 – 9:00 AM:** *Speakers:* Tony Delitto, PT, PhD. Gerard Brennan, PT, PhD.

### **Low Back Pain: Can We Start to Get It Right? Overview of Epidemiology and Natural History**

- a. There are few examples in health care where expenditures continue to rise yet health outcomes are actually becoming worse, yet this is the case for the condition of low back pain.
- b. The purpose of this session is to examine the process by which we manage patients with low back pain in the United States. Factors contributing to sub-optimal care and worse health outcomes will be highlighted across the continuum of care and within physical therapy.

**9:00 – 10:00:** *Speaker:* Pamela Peele Ph.D  
**What are our Best Solutions in moving forward?**

Gordon Waddell labeled low back pain as “a 20th Century Health Care Disaster”. It appears nothing has changed in the 21st century. There are few examples in health care where expenditures continue to rise yet health outcomes are actually becoming worse, yet this is the case for the condition of low back pain.

- a. The design of innovative financing approaches to optimize the health system performance that aligns incentives of payer, patient, and provider, and results in cost-effective care for LBP.

**10:00-10:15 DISCUSSION and QUESTIONS**

**10:15 – 10:30 BREAK**

**10:30 -11:30** *Speaker:* Everett James  
**Re-engineering Healthcare with Advanced Practice Professionals**

- a. The book “Crossing the Quality Chasm” describes the need for greater inter-discipline team work that is integrated and takes full advantage of advanced practice professionals.
- b. How does re-engineering the work processes of health care with advanced practice professionals, specifically physical therapists, impact care delivery to improve clinical and cost outcomes for LBP?

**11:30 – 11:45 DISCUSSION and QUESTIONS**

**12:00 – 1:00 LUNCH**

**1:00 – 2:00** *Speaker:* Gerard Brennan, PT, PhD  
**Low Back Pain: Can We Start to get it Right?**

- a. Is there a Quality Chasm in PT today?
- b. What do we know about the variation in care for LBP that relates to Primary Care as well as physical therapy?

**2:00 – 2:15 DISCUSSION and QUESTIONS**

**2:15 – 2:30 BREAK**

**2:30 – 3:15** *Speaker:* Gerard Brennan PT, PhD

### **What is Value in Healthcare and Physical Therapy?**

Explore the opportunities to define value if we focus on delivering care that is consistent with practice guidelines and delivered at the right time. How would the real cost of LBP be impacted if we aimed at the “low hanging fruit”.

**3:15 – 4:00** *Speaker:* Gerard Brennan PT, PhD

**Re-design the Care and Change the Focus:  
A Path Forward for Physical Therapists**

Care delivery processes in physical therapy can be re-designed to change from a custom-crafted, cottage industry solution to a consensus-driven treatment approach to care that reduces variation and saves costs.

- a. Managing the process of care to depict *VALUE* relies on a commitment to tracking patient-centered outcomes to detect change, especially locally.

**4:00 – 4:30 What can you do now in your clinical world to improve?**

Create discussion groups to explore how care could be re-designed in your environment to improve quality. Who would be on your team? What would you measure? What data is available to you now? Why would you do it?

**Info about the Speakers:**

**Pamela Peele PhD:**

Dr. Pamela Peele's research focuses on work and health with multiple projects and publications on the health care financing and the health of workers.

She is listed in Who's Who in America, Who's Who in American Women, and Who's Who in Health Sciences and is an elected member of Delta Omega Honor Society in Public Health.

**Everette James, JD, MBA:**

Everette James, JD, MBA is Associate Vice Chancellor for Health Policy and Planning, Schools of the Health Sciences, and Professor of Health Policy and Management, Graduate School of Public Health. James received his B.A. from the University of North Carolina at Chapel Hill and his J.D. and M.B.A from the Illinois Institute of Technology in Chicago. Most recently, he served as the 25th Pennsylvania Secretary of Health and oversaw the regulation of all of the hospitals, nursing homes and managed care plans in the Commonwealth. He was responsible for managing the Department of Health's 1700 employees and nearly \$1b annual budget, as well as for carrying out the disease surveillance and prevention programs that protect the health of Pennsylvania's neediest citizens. He successfully implemented the statewide smoking ban, the most comprehensive law in the country to eliminate healthcare-acquired infections and new regulations ensuring independent, timely hearing of insurance claims and appeals. Prior to his service as Secretary of Health, James was a partner in the Washington, D.C office of the Dewey, LeBoeuf law firm with a practice centered on insurance and healthcare corporate and regulatory matters. He also served as Deputy Assistant Secretary for Service Industries and Finance at the U.S. Department of Commerce. James is responsible for advising the University and UPMC on health reform implementation and leads the collaborative Comparative Effectiveness Research program which compares the clinical effectiveness of treatments and services with a goal of determining "what works best" to efficiently improve health outcomes.

### **Tony Dellitto Ph.D, PT, FAPTA**

Dr. Anthony Delitto is a professor and Associate Dean for Research in the School of Health and Rehabilitation Sciences at the University of Pittsburgh. He is also the Director of Research Comprehensive Spine Center at UPMC as well as Vice President for Education and Research Centers for Rehabilitation Services (formerly CORE Network). Dr. Delitto earned his BS in Physical Therapy from SUNY-Buffalo and his MHS/PT and PhD in Psychology from Washington University in St. Louis, Missouri.

Dr. Delitto is primarily interested in conducting evidence-based studies in rehabilitation settings, particularly in populations who have musculoskeletal dysfunction (e.g., low back pain). Previous research projects studied the functional impact of PENS for 65+ chronic low back pain, which aimed to test the effectiveness of PENS in reducing the pain intensity in community-dwelling older adults with CLBP and of combining PENS with a general conditioning and aerobic exercise program (GCAE) to improve the pain-related disability of these patients. Dr. Delitto also conducted a randomized clinical trial of treatment for lumbar spinal stenosis, which compared patient outcomes and evaluated gender differences after non-surgical or surgical treatment for lumbar spinal stenosis.

Dr. Delitto is the president of the Section on Research in the American Physical Therapy Association as well as on the Doctoral Research Awards Committee and Scientific Review Committee of the Foundation for Physical Therapy. He is a member of the International Advisory Board of the New Zealand Centre for Physiotherapy Research, University of Otago; the Medical and Scientific Committee of the Arthritis Foundation, Western Pennsylvania Chapter; and the ALS Association, Western Pennsylvania Chapter. He is a recipient of the Lucy Blair Service Award, which is presented by the American Physical Therapy Association and

which honors the member whose contributions to the Association as a whole have been of exceptional value, as well as the John HP Maley Award, which the Association gives to those who provide outstanding contributions to leadership in research.

### **Gerard Brennan, PT PhD:**

Gerard P. Brennan, PT, PhD is the Director of Clinical Quality and Outcomes Research for Intermountain Healthcare Physical Therapy. He is a member of the American Physical Therapy Association, Fellow of the American Academy of Orthopaedic and Manual Physical Therapists, and an adjunct faculty member at the University of Utah and the University of Pittsburgh. After Dr. Brennan completed a Master of Science in Physical Therapy at Duke University in 1975, he and his wife moved West, where he completed his PhD in Exercise Physiology at the University of Utah in 1985. In reflecting on his 36 years of practice, Dr. Brennan describes his philosophy of care as "rooted in quality improvement and clinical research." Dr. Brennan has made numerous scientific presentations at state and national meetings and has lectured at the graduate level on Orthopedics, Manual Therapy, Exercise Science, and Quality Improvement. He maintains an active clinical research agenda in areas related to orthopaedics, classification of patients with low back pain, spinal manipulation, quality improvement and treatment effectiveness studies. He has received research grants from the Agency for Health, Research, and Quality (AHRQ), the Deseret Foundation and private funding. Dr. Brennan has published over 20 peer-reviewed manuscripts. He is a member of the Orthopedic and Research Sections of the APTA, and has served as the Vice President of The Section on Research for the APTA. Currently, he serves as Vice-President of the Orthopaedic Section of the APTA, and is a Trustee for the Foundation for Physical Therapy. He enjoys reading and spending time with his family in the deserts and mountains near his home in Salt Lake City, UT.



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**FOR REGISTRATION BY MAIL ONLY**

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**Date:** February 23, 2013

**Cost:** \$200 – Make check payable to **The Pitt-Marquette Challenge**

**Registrant Information:**

**\*Full Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*<sup>&</sup>E-Mail Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Employer:** \_\_\_\_\_

\*Denotes required field for registration

<sup>&</sup>Please note. Notification of registration from [PittMarquetteChallenge@gmail.com](mailto:PittMarquetteChallenge@gmail.com) will be sent to the e-mail address you provide. Until confirmation is received, you will not be successfully registered for this Course.

**Mail this completed form and check to:**  
**Pitt-Marquette Challenge**  
**6035 Forbes Tower**  
**Pittsburgh, PA 15260**