FOX BETTER LIVING™

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IN THIS ISSUE

2 A MESSAGE FROM TIM FOX

4 FOX'S POLITICAL ACTION COMMITTEE ADVOCATES IN WASHINGTON, DC

6 FOX INTRODUCES MEDICARE PART A SERVICES FOR SNF

PLUS

3 FOX EDUCATORS **RE**ENERGIZED – APTA & AOTA TRAINING

3 FOX HEADS TO THE APTA'S CSM IN SAN DIEGO

5 UPCOMING FOX**GERI** 2010 CONTINUING EDUCATION SCHEDULE

George & John

Fox PT with Patient

7 CHECK OUT THEIR STORY

A MESSAGE FROM TIM FOX

Tim Fox, PT, DPT, GCS
Founder & Executive Director

THIS IS GERIATRICS. OUR elderly folks need you. Did you know that our practice's code of ethics supports a PROACTIVE approach to patient care? We owe it to our patients to be their strongest advocates about anything pertaining to their quality of life, well-being, and functional health. A practitioner must not misinterpret this approach as it still requires that ethics are "IN." Actually, even more "IN" than usual, as we are now raising the bar and adhering to often overlooked, unused portions of the code. As professionals, we must adhere to ALL of our codes on professional conduct. Below is a selection of codes which support this discussion.

PRINCIPLE 3
A physical therapist shall comply with laws and regulations governing physical therapy and shall strive to effect changes that benefit patients / clients.

PRINCIPLE 4
A physical therapist shall exercise sound professional judgment.

PRINCIPLE 6
A physical therapist shall maintain and promote high standards for physical therapy practice, education, and research.

PRINCIPLE 8
A physical therapist shall provide and make available accurate and relevant information to patients / clients about their care and to the public about physical therapy services.

PRINCIPLE 10
A physical therapist shall endeavor to address the health needs of society.

Our nation's old folks will not thrive with a mediocre approach. Despite the overwhelming evidence and the horrifying statistics associated with diabetes, CV disease, falls, etc., we are generally still reactive and provide illness-driven interventions. Notwithstanding the large amounts of evidence supporting the effectiveness of our interventions, we as a profession are not totally comfortable with a proactive concept of health care. Why?

Could it be because we have not yet arrived at our levels of confidence and understanding of our code of ethics, evidence, and the FOM's we own that justify our proactive interventions? Don't confuse proactive with prevention, because they are not synonymous. The definition of ***proactive*** is: practical, hands on, upbeat, positive, down-to-business. What can we do to make a difference now? Being proactive means using valid and reliable data to document and justify an impairment, functional limitation and / or handicap and ultimately our redeeming plan of care. Ongoing frequent reevaluations will guide further action.

The definition of ***prevention*** is: avoidance, deterrence, impede. What can we do now to make a difference down the road? Preventative education in health care should begin from the moment we are born.

I challenge you to become more proactive in your daily approach to your patients. Seek out the data you need to increase your level of understanding about an area. Every day is a new opportunity to make a difference. Set a high expectation of what you want your day to give you and your patients. □

Enjoy your work!
Best,

Tim Fox PT, DPT, GCS

Tim Fox, PT, DPT, GCS

FOX HEADS TO CSM IN SAN DIEGO

FOX REHABILITATION WILL be well-represented in San Diego, CA, at APTA's CSM in February. A team of 25 Fox clinicians will take the coast-to-coast flight to be in attendance at this esteemed conference. We welcome and encourage you to visit us at our exhibit, Booth #2119, to learn more about our progressive private practice.

Fox clinicians will be presenting two educational programs on Friday February 19th, and would welcome your participation:

8:00am to 10:00am
New Graduate Mentoring and Geriatric House Calls: Opening New Doors
Presenters:
Tim Fox, PT, DPT, GCS, Founder and Executive Director of Fox Rehabilitation; Todd Bzdewka, PT, MPT, CCCE, Mentor Services Physical Therapy Coordinator and Geriatric Residency Coordinator at Fox Rehabilitation

8:00am to 11:00am
Patient / Client-Centered Assessment to Improve Clinical Outcomes
Presenter:
James Eng, PT, MSPT, Qualifications Specialist at Fox Rehabilitation

Additionally, Fox clinicians will be Poster Presenters:

CASE STUDY: Impact Of Resistance and Agility Training on Fall Risk Reduction in an 84 Year Old Man with Dementia
Marissa S. Nebbia, PT, MPT of Fox Rehabilitation

CASE STUDY: Success of a Home-Based Oncology Rehabilitation Program for a Geriatric Patient Living in an Assisted Living Facility
Caren Altieri, PT, CLT; Albert Grubb, PT, MS; Jennifer Gordon, MS, OTR / L of Fox Rehabilitation

The Effects of Light Emitting Diode (LED) Therapy on the Superficial Radial Nerve
Brandi Brill, DPT of Fox Rehabilitation □

Visit Fox at Booth #2119 at CSM

FOX EDUCATORS REENERGIZED

Fox Rehabilitation once again leads the way, this time with student education.

On November 13th and 14th, thirteen Fox Physical Therapists attended APTA training to become Certified Clinical Instructors. At the same time, sixteen Fox Occupational Therapist received training to become AOTA Certified Fieldwork Educators. The AOTA program was rolled out in September of 2009, making Fox OTs among the first in the nation to be certified. Obtaining certification for nearly all Fox Educators is an outstanding achievement, which ensures the growth and quality of our student program for some time to come. The commitment of Fox to excellence has again been demonstrated. □

Group APTA Training

Group AOTA Training

FOX REHABILITATION POLITICAL ACTION COMMITTEE ADVOCATES IN WASHINGTON DC

ON NOVEMBER 3, 2009, the FOX PAC (Political Action Committee) made an advocacy visit to Washington, DC, to influence political leaders to support the following bills:

1. The Medicare Access to Rehabilitation Services Act (HR43 / S46)
2. The Medicare Patient Access to Physical Therapy Act (HR1829 / S950)
3. The Access to Frontline Health Care Act of 2009 (HR2891)

Tim Fox, PT, DPT, GCS, Founder, President and Executive Director of Fox Rehabilitation, notes that part of his mission is to not only provide comprehensive therapy services to the geriatric population but to support a platform that strongly advocates for the health care needs of the geriatric population. Working in collaboration with the advocacy goals of its professional associations (APTA, AOTA, ASHA), Fox Rehabilitation sent out over 2,000 letters requesting co-sponsorship from senators and representatives for the repeal of the Medicare Therapy Cap under Medicare Part B (The Medicare Access to Rehabilitation Act, HR 43 / S46) two weeks prior to the advocacy visit. □

Robyn Kurilko, PT, MSPT-Director of Clinical Operations and Andrew Weismer, PT, MPT at the Capital Building in Washington DC.

FOCUS

> ELECTRONIC HEALTH RECORD (EHR) SYSTEM

Fox Rehabilitation recognizes the burden of clinical documentation and is dedicated to easing that burden through an easy-to-use computerized documentation system. That is why we have assembled a strong collaborative team of Clinical and Administrative knowledge to create a customized Fox Rehabilitation Electronic Health Record (EHR) system. This new customized EHR will be conceived, developed, and tested by the actual clinicians and support staff who will be performing the day-to-day operations in the system. An aggressive time line has been established for each phase of the initiative to allow for a fully functional system in 2010. □

FOXGERI
2010 CONTINUING EDUCATION SCHEDULE

> THE GERIATRIC SHOULDER	**Speaker: Mimi Jacobs, PT, MPT, GCS, OCS** February 25, 2010 I Falls Church, VA	$50
> INDIVIDUALIZING YOUR INTERVENTION: Rehabilitation For Cognitively Impaired & Geriatric Clients	**Speakers: Mike Studer, PT, MHS, NCS & Robert Winningham, PhD** April 24, 2010 I Cherry Hill, NJ	$145
> THERAPEUTIC EXERCISE FOR THE OLDER ADULT	**Speaker: Andre Gomez, PT, DPT** May 20, 2010 I Winchester, VA	$50
> FALL RISK REDUCTION FOR THE OLDER ADULT	**Speaker: Brett Schiemer, PT, MSPT** June 10, 2010 I Pittsburgh, PA	$50
> THE GERIATRIC SHOULDER	**Speaker: Mimi Jacobs, PT, MPT, GCS, OCS** July 15, 2010 I Jersey City, NJ	$50
> THERAPEUTIC EXERCISE FOR THE OLDER ADULT	**Speaker: Andre Gomez, PT, DPT** September 23, 2010 I Wilmington, DE	$50

For more information or to register for a course, contact admin@foxgeri.org or call 1 877 407 3469

NEW TERRITORY EXPANSION

WE CONTINUE TO ENJOY SUCCESSFUL expansion in South Carolina and northern Virginia. We are looking forward to establishing our presence in southeastern Florida in early 2010. Connecticut and Maryland are soon to follow, so if you have a desire to start up a new territory or simply want to be involved with the expansion, contact one of our Recruitment Relations Coordinators at 1 877 407 3422 or recruitmentrelations@foxrehab.org

INTRODUCING MEDICARE PART A SERVICES

INTRODUCING FOX'S newest program "Medicare Part A for Skilled Nursing Facilities," directed by Alison Platt, PT. Fox Rehabilitation has expanded services to include facility-based, short-term rehabilitation under Medicare Part A. Alison has over 20 years experience in SNF patient care and interdisciplinary team management, and she brings to Fox an in-depth understanding of Medicare Part A compliance and operations. In addition, Alison possesses a keen sensitivity to the needs of the patients, their families, the staff, and the facility.

Fox's decision to expand services to include SNF-based Part A was borne out of the same principles that drive our hugely successful Part B program (evidence-based functional outcomes and an advanced understanding of industry know-how). It is a natural progression to apply these philosophies in the SNF setting. Current models of SNF rehabilitation services do not focus on the combined efforts of all disciplines involved in the process. Fox Rehabilitation is pioneering a **proactive, interdisciplinary team collaboration and evidence-based comprehensive care**. Fox is becoming the industry standard for excellence in geriatric care and education.

To learn more about Medicare Part A services in the SNF or to inquire about a clinical position, please contact Alison Platt, Director of SNF Operations at 1 877 407 3422 ext. 5003, alison.platt@foxrehab.org □

CLINICIANS: WHAT YOU CAN EXPECT:

- Apply our proven, proactive evidence-based approach in the SNF.
- You will have consistency and continuity of care in facility placement.
- Practice and apply a novel interdisciplinary team approach.
- Recognition of professional contributions and hard work.
- Access to education and resources from the nation's fastest growing, most respected geriatric rehabilitation service provider.

AWARD

FOX REHABILITATION & JEFFERSON

The Rosalynn Carter Leadership in Caregiving Award recognizes innovative and creative partnerships between community organizations and caregiving researchers. At Awards Gala, held on October 22, 2009, a special merit award was given to Fox Rehabilitation and the Jefferson Center for Applied Research on Aging and Health. Their work in translating Dr. Laura Gitlin's Environmental Skill-Building Program from a research setting into a third-party reimbursement environment ensures long-term sustainability in caregiver support for individuals with Alzheimer's disease. In recognition of this work, Former First Lady Rosalynn Carter presented Mimi Jacobs and Tracey Vause Earland with a check for $5,000. □

NEW GRADUATE MENTOR PROGRAM

FOX REHABILITATION is proud to offer a New Graduate Mentor Program, which is a unique six-month program, designed to foster the new graduate's transition from school and clinical affiliations to full-time employment in the homecare setting. The program will provide new and ambitious therapists with supervision by experienced homecare clinicians, including time lines for goals and expectations.

Mentees are chosen through a rigorous selection process, involving multiple interviews and strict qualifying standards. If accepted, mentees receive a salary and full benefits in exchange for a 12-month commitment to Fox Rehabilitation. After an intensive 4-day orientation at out Administrative Offices, mentees are required to perform documented hours of supervised, direct patient care, in addition to attending educational sessions, training, and fulfilling other responsibilities, including weekly meetings.

During the first three months, the mentor and new graduate mentee will meet 5 times per week with a minimum of one face-to-face meeting and one direct observation of patient care. During months four through six, they will meet three times per week with a minimum of one direct observation of patient care. Mentor caseloads are decreased to allow sufficient time to support the new graduate mentee's transition to full-time employment, and mentee caseloads gradually increase over time. The Mentor Program will provide new graduates with a well-structured continuing education curriculum based on the needs of the geriatric community.

For more information, please contact:

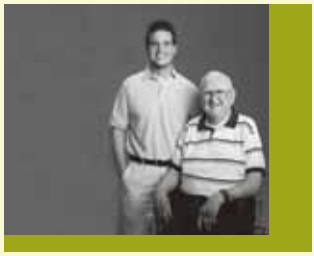
Bridget A. Trivinia, MS, OTR / L, Mentor Services Director, Mentor Services OT Coordinator
bridget.trivinia@foxrehab.org
1 877 407 3422

Todd Bzdewka, MPT, Mentor Services PT Coordinator, APTA Credentialed Clinical Instructor
todd.bzdewka@foxrehab.org
1 877 407 3422

Bridget Trivinia, MS, OTR / L

THEIR STORY:

George & John



While George was treating patients in an assisted living facility, John approached him and said, "I want to start walking again." After spending a good deal of his day in a wheel chair, John simply wanted to regain enough strength to start walking again. That request was the beginning of a great relationship between two gentlemen-therapist and patient.

George set goals for John to restore his prior level of function and get back to walking down the long halls of the assisted living community. John was immediately impressed with George's knowledge and his interest in his profession and his ability to get results. And despite the hard work that John put into his therapy sessions, he still stated, "George and I have a great time together, and I look forward to our sessions."

George feels that John has made tremendous strides and has rediscovered his inner confidence during physical therapy. When asked how he felt about George, John stated with affection, "Well, George is more or less like another son to me, and I appreciate all he does." □