

APTA Wisconsin Candidate Questions

Name and Credentials:

Carlynn A Alt, PT, BSPT, MS, PhD

Education:

BS: University of Wisconsin Madison- Physical Therapy

MS: University of Wisconsin Milwaukee- Human Kinetics (Motor Control and Biomechanics)

PhD: Integrative Neuromuscular Physiology (Interdisciplinary)

Employer and Position:

Clinical Professor

University of Wisconsin- Milwaukee

Doctor of Physical Therapy Program

School of Rehabilitation Sciences and Technology

College of Health Professionals and Sciences

DELEGATE

1. As an APTA Wisconsin Chapter representative at the APTA House of Delegates, how would you ensure that the voices and concerns of Chapter members are heard and considered in decision-making processes? **I would be engaged in the duties of a delegate by attending Wisconsin delegation meetings, preparing for meetings by reviewing activity and posts on the hub, and querying student and clinician members. I would ensure the voices and concerns of Chapter members are heard by having an open ear to discussions amongst colleagues, topics presented at APTA-WI conferences, and participation in Wisconsin's Legislative Action Day. I strive to be aware of prominent issues that arise among different practitioners.**
2. In your opinion, what are some of the most pressing issues facing the physical therapy profession today? **We hear repeatedly about payment and reimbursement concerns being a primary concern, especially among private practitioners. While this is a very rewarding career filled with improving quality of life, there is fear and presence of burnout even among new graduates who have not even begun to practice yet. This feeling is impacted by the burdens of insurance oversight and over management, which is a serious concern. The profession needs strong and healthy providers in body and spirit to continue the good work, we should not let insurance and payment regulations impede the growth of the profession. Adequate payment with more autonomy in decision making would ease this burden. I hope to see**

enough space and payment given to Physical Therapists to support patients as they undergo behavior change to a healthier lifestyle. We are well situated to support this change, given payment and time to offer it. Finally, of course, student debt remains omnipresent and burdensome, especially given the limitations on earning potential post-graduation.

3. Collaboration is key in representing a diverse constituency at the APTA House of Delegates. Can you describe a successful collaborative effort you have been a part of in the past and how you contributed to its success? A collaboration effort I have been involved in over the past 2 years is community engaged learning at several Milwaukee sites. UW Milwaukee (UWM) established a community relationship with the House of Peace on 18th and Walnut in downtown Milwaukee. This past year we asked the community center what they needed, and how we could help meet their needs. This was a collaboration between the Capuchin Franciscan Brothers, the UW Milwaukee Nursing Program and the DPT students at UWM (in my Health Promotion class). The result was a trifold approach. We established an equipment lending center with assistive devices received through donation and other means to issue to community members with mobility challenges. In addition, our students periodically run a walking and exercise program from the facility during the year. We also added a mobility and balance screening program to assist persons with mobility concerns and support them in health promoting behavior change- safely. Thirdly, we provided 'tech table' advice to help people with tablet and phone concerns. By asking the facility what they needed and providing a presence to rebuild the health promoting opportunities at the center post Covid we have started to make a change. Community engagement to support behavior change is a voice with a diverse focus that is not always the loudest but is always present at the House of Delegates. It plays an important role in the future of our profession. My patience, mentorship and commitment to supporting behavior change in the community is one of my greatest contributions to this collaboration.