



## **AK PT/OT Board - Continuing Competency Mtg - January 22, 2026**

Alaska Division of Corporations, Business and Professional Licensing  
Juneau - Zoom  
2026-01-22 07:30 - 09:30 AKST

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- Re-evaluate approving entities.

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#### **B. Goal 2.B - Informed Consent**

Tabled from previous meetings - Informed Consent – The work on Informed Consent continues at a national level in the FSBPT Informed Consent Task Force. Goal 2.B tabled for discussion until results of draft language and supporting documents are approved nationally and distributed.  
6/3/2025 - FSBPT Informed Consent Resources approved by FSBPT board and posted on their website at  
<https://www.fsbpt.org/Free-Resources/Regulatory-Resources/Informed-Consent>

#### **C. Jurisprudence Questionnaire update**

Tabled from previous meetings - Jurisprudence Questionnaire Update. Completion of SB74 - PT Compact Licensure regulations project needed to incorporate any necessary questions related to fingerprinting/background reports, compact licensure, etc.

#### **D. Goal 2.A - Update FAQs on PT/OT website**

Tabled from previous meetings.

#### **8. Item from Regulations Committee 08/02/2024 mtg.**

Tabled from previous meetings - Possible awareness campaign for telehealth visits - Patients always have the right to see your license. Best practice to include license# and title OT/OTA or DPT/PTA in your Zoom listing so it's very clear what your credentials are. Ideas - Patients Rights brochure (similar to what is given when you are admitted to the hospital) and included on website.

#### **9. Next Steps**

#### **10. Adjourn**

THE DEPARTMENT OF COMMERCE, COMMUNITY, AND ECONOMIC DEVELOPMENT, DIVISION OF CORPORATIONS, BUSINESS AND PROFESSIONAL LICENSING, HEREBY ANNOUNCES THE FORTHCOMING MEETING:

BOARD OF PHYSICAL AND OCCUPATIONAL THERAPY – CONTINUING COMPETENCY COMMITTEE MEETING. January 22, 2026. 7:30am. Teleconference/videoconference to conduct a continuing competency committee meeting. Participants must register to attend. The Zoom link to attend is

[https://us02web.zoom.us/meeting/register/U3uClcjOR8qKre-\\_AR1INQ](https://us02web.zoom.us/meeting/register/U3uClcjOR8qKre-_AR1INQ)

For more information, visit

<https://www.commerce.alaska.gov/web/cbpl/ProfessionalLicensing/PhysicalTherapyOccupationalTherapy/BoardMeetingDatesAge>

Individuals or groups of people with disabilities who request accommodations, auxiliary aids or service, or alternative communication formats, call the Director of Corporations, Business and Professional Licensing, (907) 465-2550, or TDD (907) 465-5437. Please provide advance notice in order for the Department of Commerce, Community, and Economic Development to accommodate your needs.

#### Attachments

None

#### Revision History

Created 12/12/2025 1:55:54 PM by KLCAMPBELL

#### Details

Department:	Commerce, Community, and Economic Development
Category:	Boards and Commissions
Sub-Category:	Physical Therapy and Occupational Therapy Board, State
Location(s):	Statewide, Teleconference, Videoconference
Project/Regulation #:	
Publish Date:	12/12/2025
Archive Date:	1/23/2026
Events/Deadlines:	



## **AK PT/OT Board - Continuing Competency Mtg - January 22, 2026**

Alaska Division of Corporations, Business and Professional Licensing  
Thursday, January 22, 2026 at 7:30 AM AKST to 9:30 AM AKST  
Juneau - Zoom

**Meeting Details:** <https://us02web.zoom.us/meeting/register/U3uClcjOR8qKre-AR1INQ>

**Additional Meeting Details:** Registration required

### **Agenda**

#### **1. Call to Order/Roll Call 7:30 AM**

Committee Members:  
Jonathan Gates  
Michelle Scott-Weber

Continuing Competency/Education – Purpose: Better access to information to assist in clarifying statutory/regulatory guidelines as it applies to public safety and review the continuing professional practice and alternatives requirements and continuing education requirements for physical therapy and occupational therapy and make suggestions for modernization to the board.

#### **2. Review/Approve Agenda 12-01-2025 7:35 AM**

#### **3. Approve Minutes 09-08-2025 7:40 AM**

#### **4. Public Comment 7:45 AM**

#### **5. Impact of AO 360 Reform Plan on Committee Goals 7:55 AM**

Presenter: Valerie Phelps

#### **6. Board Correspondence 8:10 AM**

#### **7. Action Items - Prioritized 8:25 AM**

##### **A. Goal 4.A - Review/Revise CE requirements as needed + Goal 4.B - Develop Additional CE Opportunities**

- Need to discuss definition of CE requirement (12 AAC 54.410(c) and 12 AAC 54.710(d)) consistent w/industry standards i.e. contact hours vs. PDUs, etc.
- Need to look at revision/deletion of ½ requirement in 12 AAC 54.410(b) and 12 AAC 54.710(c) as well as exclusion of CPR and employer courses in 12 AAC 54.410(e) and 12 AAC 54.710(f).
- Re-evaluate approving entities.

##### **B. Goal 2.B - Informed Consent**

Tabled from previous meetings - Informed Consent – The work on Informed Consent continues at a national level in the FSBPT Informed Consent Task Force. Goal 2.B tabled for discussion until results of draft language and supporting documents are approved nationally and distributed.

6/3/2025 - FSBPT Informed Consent Resources approved by FSBPT board and posted on their website at <https://www.fsbpt.org/Free-Resources/Regulatory-Resources/Informed-Consent>

### **C. Jurisprudence Questionnaire update**

Tabled from previous meetings - Jurisprudence Questionnaire Update. Completion of SB74 - PT Compact Licensure regulations project needed to incorporate any necessary questions related to fingerprinting/background reports, compact licensure, etc.

### **D. Goal 2.A - Update FAQs on PT/OT website**

Tabled from previous meetings.

## **8. Item from Regulations Committee 08/02/2024 mtg.**

Tabled from previous meetings - Possible awareness campaign for telehealth visits - Patients always have the right to see your license. Best practice to include license# and title OT/OTA or DPT/PTA in your Zoom listing so it's very clear what your credentials are. Ideas - Patients Rights brochure (similar to what is given when you are admitted to the hospital) and included on website.

## **9. Next Steps**

**9:25 AM**

## **10. Adjourn**

**9:30 AM**



# AK PT/OT Board - Continuing Competency Mtg September 8, 2025 Minutes

Alaska Division of Corporations, Business and Professional Licensing  
9/8/2025 10:00 AM AKDT  
Video Conference

***These are DRAFT minutes prepared by staff of the Division of Corporations, Business and Professional Licensing. They have not been reviewed or approved by the Board.***

## 1. Call to Order/Roll Call

Committee Members:  
Rebecca Dean - absent, excused  
Valerie Phelps  
Jonathan Gates

Continuing Competency/Education – Purpose: Better access to information to assist in clarifying statutory/regulatory guidelines as it applies to public safety and review the continuing professional practice and alternatives requirements and continuing education requirements for physical therapy and occupational therapy and make suggestions for modernization to the board.

By authority of AS 08.01.070(2), and in compliance with the provisions of AS 44.62, Article 6, a scheduled Continuing Competence/Education committee meeting of the State Physical Therapy and Occupational Therapy Board was called to order at 10:00 am on Monday, September 8, 2025. Roll Call was done by Valerie Phelps.

Committee members present: Valerie Phelps and Jonathan Gates. Rebecca Dean, absent - excused.

Staff present: Shane Bannarbie, Program Coordinator and Sheri Ryan, Licensing Examiner.

## 2. Review/Approve Agenda

**Jonathan Gates moved to accept the agenda for the September 8, 2025 Continuing Competency Committee meeting as submitted. Valerie Phelps seconded. All in favor; none opposed. Motion passes unanimously.**

## 3. Approve Minutes from 06/12/2025

**Jonathan Gates moved to accept the minutes from the June 12, 2025 Continuing Competency Committee meeting as written. Valerie Phelps seconded. All in favor; none opposed. Motion passes unanimously.**

## 4. Next meeting date - 12/11/2025 – need to reschedule as staff unavailable

The next Continuing Competency meeting scheduled for Thursday, December 11, 2025 will be rescheduled to Monday, December 1, 2025 by consensus. Time will stay the same from 10:00 am to 12:00 pm.

5. Public Comment

No members of the public connected; no public comment given.

6. Disciplinary Matrix Project

Committee reviewed the approved Ohio template by the board and discussed modifications necessary for implementation in Alaska.

**Action Items:**

- Confirm PHY historical fines/fees list for board.
- Collect sample regulatory language from other boards for CE waiver (similar to Chiropractic Board language). Send to committee members.
- Recommendation to board to adopt regulations project to include CE waiver language - draft motion
- Solicit input from Division regarding fines listed on Disciplinary Matrix chart
- Update disciplinary matrix with changes discussed at meeting
  - link all applicable areas in template
  - add OT reporting body
  - modify to include OT and OTA where appropriate
  - confirm employer notification can be done
  - confirm definitions for PBI, CPEP, and PROBE with Ohio Executive Director
  - Confirm Fit for Practice Exam meaning in template is requesting a specialist evaluation.
  - Research does APTA have a documentation course available in their learning center

7. NBCOT - Feedback Survey: 2021 Standards for Continued Competency

*As part of the standard 5-year review process, the Commission on Continuing Competence (CCC) is seeking comments on the 2021 Standards for Continuing Competence in Occupational Therapy document. This official document has undergone a number of reviews and revisions by the CCC including 2010, and 2015. This document is considered a core resource for members and external audiences outlining the core requirements and standards to maintain and document continuing competence in all areas that Occupational Therapy practitioners should have for maintaining competence in the field of Occupational Therapy. We welcome appreciate your participation and feedback! The CCC will compile input and comments as they prepare the final draft before adoption. Please review and complete the survey based upon the components of the document by September 15, 2025 (5:00 P.M. EST)*

[2021 Standards for Continuing Competency- Request for feedback](#)

No discussion/action taken.

8. Board Correspondence

No additional action needed to be taken on both pieces of board correspondence reviewed. Staff response confirmed.

9. Action Items - Prioritized

A. Goal 3.B - Streamline PT Licensing - Transcript requirement

Draft language approved by committee - make recommendation to the PHY Board at October 2-3, 2025 meeting.

B. Goal 4.A - Review/Revise CE requirements as needed + Goal 4.B - Develop Additional CE Opportunities

- Discussion/brainstorming to continue on development of additional CE opportunities. Need to discuss minimum/maximums for each category; total hours requirement; mandatory versus allowed; definition of CE requirement (12 AAC 54.410(c) and 12 AAC 54.710(d)) consistent w/industry standards i.e. contact hours vs. PDUs, etc.
- Need to look at revision/deletion of ½ requirement in 12 AAC 54.410(b) and 12 AAC 54.710(c) as well as exclusion of CPR and employer courses in 12 AAC 54.410(e) and 12 AAC 54.710(f).

Committee reviewed Working Document for Alaska CEU Updates. Discussion had for recommendations on:

- Mandatory versus allowed categories- see updated working document
- Minimums and maximums for each category – see updated working document
- Created a new category called professional advancement to encompass residency, board certification and fellowship activities
- Increase total contact hours from 24 to 32 contact hours per concluding licensing period
- Consider eliminating use of “concluding licensing period” similar to language used by Massage Therapy Board. As long as CE is completed before renewal is filed, licensee would be in compliance. Suggested language *“renewal of a physical therapy or occupational therapy license shall complete (1) not less than 32 continuing education contact hours completed between the beginning of the concluding licensing period and the time of application.”*

C. Goal 2.B - Informed Consent

Informed Consent – The work on Informed Consent continues at a national level in the FSBPT Informed Consent Task Force. Goal 2.B previously tabled for discussion until results of draft language and supporting documents are approved nationally and distributed.



6/3/2025 - FSBPT Informed Consent Resources approved by FSBPT board and posted on their website at <https://www.fsbpt.org/Free-Resources/Regulatory-Resources/Informed-Consent>

No discussion/action taken.

D. Jurisprudence Questionnaire update

Jurisprudence Questionnaire Update tabled from last meeting. Completion of SB74 - PT Compact Licensure regulations project needed to incorporate any necessary questions related to fingerprinting/background reports, compact licensure, etc.

No discussion/action taken.

E. Goal 2.A - Update FAQs on PT/OT website

Tabled from last meeting.

No discussion/action taken.

10. Item from Regulations Committee 08/02/2024 mtg.

Possible awareness campaign for telehealth visits - Patients always have the right to see your license. Best practice to include license# and title OT/OTA or DPT/PTA in your Zoom listing so it's very clear what your credentials are. Ideas - Patient's Rights brochure (similar to what is given when you are admitted to the hospital) and included on website.

No discussion/action taken.

11. Next Steps

- Disciplinary Matrix
  - Confirm PHY historical fines/fees list for board.
  - Collect sample regulatory language from other boards for CE waiver (similar to Chiropractic Board language). Send to committee members.
  - Recommendation to board to adopt regulations project to include CE waiver language - draft motion
  - Solicit input from Division regarding fines listed on Disciplinary Matrix chart
  - Update disciplinary matrix with changes discussed at meeting
    - link all applicable areas in template
    - add OT reporting body
    - modify to include OT and OTA where appropriate
    - confirm employer notification can be done
    - confirm definitions for PBI, CPEP, and PROBE with Ohio Executive Director
    - Confirm Fit for Practice Exam meaning in template is requesting a specialist evaluation.
    - Research does APTA have a documentation course available in their learning center
- Develop Additional CE opportunities

- Need to discuss definition of CE requirement (12 AAC 54.410(c) and 12 AAC 54.710(d)) consistent w/industry standards i.e. contact hours vs. PDUs, etc.
  - Need to look at revision/deletion of ½ requirement in 12 AAC 54.410(b) and 12 AAC 54.710(c) as well as exclusion of CPR and employer courses in 12 AAC 54.410(e) and 12 AAC 54.710(f).
  - Re-evaluate approving entities.
- Write report for October 2-3 Board meeting
  - Include recommendation fo 12 AAC 54.030 Regulation project

12. Adjourn

The State Physical Therapy and Occupational Therapy Board Continuing Competence/Education Committee meeting was adjourned at 11:54 am on Monday, September 8, 2025.

Next committee meeting scheduled for Monday, December 1, 2025 at 10:00 am.

# Lapsed Certification

## Certification

### Renewal Information

#### › Lapsed Certification

### Continuing Education

### Practitioner Self-Assessments

### Retirement

## Has Your Certification Expired?

If you did not renew your certification within your renewal year, you will need to apply for reinstatement and be approved before you can use the OTR or COTA credential. The length of time your certification has been expired will determine the type of reinstatement application you must submit. To access the reinstatement application, log into your [MyNBCOT account](#) and click on Reinstatement.

## Expired Within the Last Three Years

- Attain at least 30 units within the last three years from any of the categories listed under the Professional Development section of the [Certification Renewal Activities Chart](#).
- Complete the [General Practice Self-Assessment](#) tool and save the score report page.
- Submit the Reinstatement application through your MyNBCOT account with payment of \$125.
- Upload verification documentation for the activities completed within the last three years, including the [General Practice Self-Assessment](#) score report to CE Broker. Instructions for uploading the verification documentation will be provided once the application is submitted.
- Complete the required six Competency Assessment Units (CAUs) through Navigator. Access to Navigator is provided after upload of the verification documentation.

Once all requirements are completed, the application will be reviewed within 20 business days.

## Expired for More Than Three Years

- Attain at least 12 units from categories 18, 19, and/or 21 on the [Certification Renewal Activities Chart](#).
- Attain at least 12 units from any of the categories listed under the Professional Development section of the [Certification Renewal Activities Chart](#).
- Submit the Reinstatement application through your MyNBCOT account with payment of \$175.
- Upload verification documentation for the activities you completed within the last three years to CE Broker. Instructions for uploading the verification documentation will be provided once the application is submitted.
- Complete the required 12 Competency Assessment Units (CAUs) through Navigator. Access to Navigator is provided after upload of the verification documentation.

Once all requirements are completed, the application will be reviewed within 20 business days

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### Important Information for Expired Individuals

Beginning January 1, 2027, any individual who has allowed their certification to lapse for 9+ years must submit a completed application and fee of \$515 USD, undergo a background check, and pass the current entry-level NBCOT certification exam.

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**From:** [Emma Powley](#)  
**To:** [Board of Physical and Occupational Therapy \(CED sponsored\)](#)  
**Subject:** Request for Consideration of Wilderness First Responder (WFR) Coursework as Appropriate Continuing Education  
**Date:** Sunday, November 9, 2025 9:08:51 PM  
**Attachments:** [Wilderness First Responder .pdf](#)  
[May 2025 WFR Course Outline .pdf](#)

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**CAUTION:** This email originated from outside the State of Alaska mail system. Do not click links or open attachments unless you recognize the sender and know the content is safe.

To whom this email reaches,

Attached is a formal Request for Consideration of Wilderness First Responder (WFR) Coursework as Appropriate Continuing Education.

I look forward to hearing from you,

Emma Powley, DPT

License Number: 202705

Dear Members of the Alaska Board of Physical Therapy and Occupational Therapy,

I am writing to respectfully request consideration that the *Wilderness First Responder* (WFR) course, provided by Wilderness Emergency Medical Education (WEME) and certified through SOLO Schools, be recognized as appropriate continuing education for physical therapists in Alaska, consistent with the definition of “physical therapy” under *Section 08.84.190(7)*.

According to *Section 08.84.190(7)*, “physical therapy” encompasses the examination, treatment, and instruction of human beings to detect, assess, prevent, correct, alleviate, and limit physical disability, bodily malfunction, pain from injury, disease, and other bodily or mental conditions. The definition further includes the administration, interpretation, and evaluation of tests and measurements of bodily functions and structures; and the planning, administration, evaluation, and modification of treatment and instruction, including the use of physical measures, activities, and devices for preventive and therapeutic purposes.

The *Wilderness First Responder* course directly supports and enhances these core components of physical therapy practice, particularly in the areas of:

- **Emergency and Acute Injury Management:** Assessment and treatment of musculoskeletal, neurological, and soft tissue injuries in remote and resource-limited environments align with the evaluation and functional management skills used in physical therapy.
- **Environmental Physiology and Patient Safety:** Instruction in thermoregulation, altitude and dive injuries, and environmental emergencies expands understanding of physiological responses to stress, which is relevant to patient care and performance in diverse conditions.
- **Functional Movement and Rescue Biomechanics:** Training in lifting, carrying, and splinting techniques reinforces biomechanical and ergonomic principles critical to safe patient handling.
- **Leadership, Communication, and Triage Skills:** The course includes leadership in crisis settings and decision-making under pressure—skills that support safe and ethical practice, particularly for clinicians serving rural or frontier Alaskan communities.

I would also like to acknowledge that Day 3 - Units 4 & 5 of the WFR course include cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) instruction and practice. In accordance with *12 AAC 54.410 (e)(3)*, **CPR & AED certification & instruction is not eligible for continuing education contact hours**. Therefore, approximately 6 hours of instruction associated with these units will not be included in the total contact hours requested for approval by the board.

The entirety of the *Wilderness First Responder* course consists of approximately 72-80 contact hours of instruction. Even with the exclusion of approximately 6 hours devoted to CPR and AED content, the remaining coursework meets the requirement of 24 hours written in 12 AAC 54.410(a) for biennial renewal.

The remaining coursework - comprising patient assessment, musculoskeletal injury management, environmental emergencies, wound care, neurological and spinal injury management, and long term patient stabilization - closely aligns with the statutory definition of physical therapy practice as described in *Section 08.84.190 (7)*. The knowledge and psychomotor competencies developed through this coursework strengthen a physical therapist's ability to respond to injuries, environmental hazards, and emergencies in both clinical and wilderness contexts, especially in Alaska's unique geographic and occupational settings.

For these reasons, I respectfully request that the Board recognize the *Wilderness First Responder* certification course as an appropriate continuing education activity for licensed physical therapists in Alaska.

Thank you for your consideration and commitment to supporting continuing education that enhances clinical competence, public safety, and community service across our state.

Sincerely,

Emma Powley, PT, DPT

202705

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## **WILDERNESS FIRST RESPONDER**

### **Course Outline**

This training course is provided by Wilderness Emergency Medical Education (WEME) and certified through SOLO Schools ([www.soloschools.com](http://www.soloschools.com)) – the oldest continually operating wilderness medical school in the world.

The Wilderness First Responder (WFR) course is the recognized industry standard for those who work as backcountry trip leaders, backcountry/mountain rescue, mountain guides, river guides, and ski patrollers. The WFR is the perfect course for anyone working in a position of leadership in an outdoor setting or for individuals who want a high level of wilderness medical training for extended personal backcountry trips or expeditions. The course is a comprehensive and in-depth look at standards and skills dealing with: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies. Additional topics, such as CPR, are also included.

**Requirements for successful completion of this course include mandatory attendance/participation and passing scores on final cognitive and psychomotor exams. Please read this document thoroughly before the training begins.**

**Course Location:** The WEME Campus is located 13334 E Corto Camino Ave (Buffalo Mine Road area) – located about 15 minutes from Palmer. We are at the very end of Corto Camino Ave, and you will see signage as you get close. There is ample parking near the Yurt.

Our training center is made up of two buildings, connected by a large deck. The *Yurt* is our main classroom, and *Arkose* is our additional training building which also has a small kitchen equipped with a stove/oven, microwave, and refrigerator. We *do not* have running water at our training facility, but we do provide water for hot drinks, water fill-ups and washing dishes. I recommend everyone bring at least a quart of water with them to class. There is a lovely outhouse for bathroom needs.

**Google Classroom:** Please log on before class to access important information. We will be using google classroom throughout the course so please become familiar with the course layout prior to day 1 of training.

[May 2025 WFR Google Classroom](#)

**Textbook:** *Wildcare: Working in Less than Desirable Conditions And Remote Environments.*

The textbook is available now and it is recommended that you pick up your book ahead of class so that you can get started on the reading and be more prepared for the first day of training. Books are available inside the Yurt and you can pick them up when it is convenient for you. Please text me prior to picking up your book (907-982-6945).



**Pre-Coursework:** There are 4 videos to watch before our first day of training. Please watch the following videos which can be found by clicking the *classwork* link and then *training videos* in google classroom.

- Wilderness Medicine – Patient Assessment
- Body Substance Isolation
- Infectious Disease
- Trauma Assessment

Read the **WFR Gear List** located in the *resources* folder. Bring your packs and recommended gear on Day 1 of class and each day of training.

Reading: Read pages 8-89 in WFR textbook

### **Attendance**

Attendance is mandatory, every day of training!

If you have extenuating circumstances and are unable to finish the course, you may have the option to switch your registration to another WFR within 6 months to complete your certification. Should extenuating circumstances arise, please reach out to me ASAP!

**Course Schedule:** 9am-6pm each day of training (*note: 5/24/25 is a day off in the training schedule*)

### **Certifications**

Wilderness First Responder (WFR) and BLS CPR are acquired during this training after successful completion of the course. WFR cert. is valid for 3 yrs. and BLS CPR for 2 yrs.

### **Outdoor Training**

Expect to spend a good portion of this training outdoors. Come prepared each day with a backpack containing appropriate outdoor layers. Please review the **WFR Gear List** prior to first day of class – it can be found in google classroom in the *resources* folder.

### **Cognitive**

Students must demonstrate competencies of all course content areas. This will be accomplished using class discussion, case studies, and a final written examination. Students must pass the final written exam with score of at least 70%.

### **Psychomotor**

Students must demonstrate proficiency in all psychomotor skills taught in this course.

A practical examination will be administered to each student when all instruction has been completed. The evaluation criteria for your practical exam can be found in google classroom in the *resources* folder, titled *WFR PAS Skill Sheet*. When required, special psychomotor skills remedial sessions may be utilized to assist in assuring all students have successfully acquired

the skills contained in a unit or module of instruction. Pass/fail scores will be in accordance with accepted published practices.

### **Homework**

Please anticipate daily homework/reading assignments during this course. There is a lot of material to cover in a short time.

*The following course outline is a sample and may be modified before and/or during the course. Additional homework assignments may be included during the course.*

#### **Day 1 (5/20/25)**

##### **Unit One Outline -Wilderness First Responder vs. Urban First Responder**

Role of the Wilderness First Responder  
Differences between Urban and Wilderness First Aid  
Medicolegal Issues  
Blood Borne Pathogens and Infectious Disease  
Scenarios

##### **Unit Two Outline – Patient Assessment System (PAS)**

Primary Survey – “The First Five Minutes”  
Secondary Survey and Vital Signs  
History Taking and AMPLE History  
Lifting and Moving Techniques  
PAS in the Extreme Environments  
Scenarios

##### **Unit Three Outline – Organizing the Rescue – SOAP Note and Getting Help**

Organizing a Rescue and Getting Help  
SOAP Note  
Backcountry Essentials  
Bivouac skills and practice  
Body Systems – overview of human anatomy and physiology  
Scenarios

#### **Day 2 (5/21/25)**

##### **Unit Six Outline – Shock and Wound Care**

Bleeding Control  
Long-Term Management of the Shock Victim  
The Anatomy and Physiology of the Integumentary System  
Soft Tissue Injuries and Bandaging Skills  
Long-Term Wound Care  
Burns

Scenarios

**Read pages 112-151 before Day 3**

**Day 3 (5/22/25)**

**Unit Four Outline – The Anatomy and Physiology of the Cardiovascular System**

The Anatomy and Physiology of the Cardiovascular System

Cardiopulmonary Resuscitation (CPR)

Heart Facts

Techniques of CPR

CPR Skills Practice

Scenarios

**Unit Five Outline – Cardiopulmonary Resuscitation and AED Continued**

CPR Practical Exam

CPR Considerations in the Remote Environment

Automated External Defibrillation (AED)

**Unit Seven Outline – Musculoskeletal Injuries**

The Anatomy and Physiology of the Musculoskeletal System

Sprains and Strains

Fractures and Splinting Techniques

Dislocations and Reduction Techniques

Splinting Lab

Scenarios

**Read pages 162-181 before Day 4**

**Day 4 (5/23/25)**

**Unit Eight Outline – Head, Neck, and Spinal Cord Injuries**

The Anatomy and Physiology of the Central Nervous System

Head Trauma

Spinal Cord Injury

Spinal Cord Injury Management

- Improvised Collars
- Long Boarding
- Litter Packaging

Scenarios

**Unit Nine Outline – Chest and Abdominal Injuries**

Anatomy & Physiology of the Respiratory System

Anatomy & Physiology of the Cardiothoracic Region

Chest Trauma

Anatomy and Physiology of Gastrointestinal System

Anatomy and Physiology of the Genitourinary System  
Abdominal Trauma  
Scenarios  
Trauma Review

**Read pages 183-219 before Day 5**

**Day 5 (5/25/25)**

**Unit Ten Outline – Medical Emergencies**

Medical Patient Assessment  
Changes in Level of Consciousness  
Poisoning  
Diabetic  
Seizures  
Stroke  
Behavioral Emergencies  
Fever  
Shortness of Breath  
Asthma and Related Disorders  
Chest Pain  
Acute Abdomen  
Scenarios

**Read pages 221-269 before Day 6**

**Day 6 (5/26/25)**

**Unit Eleven Outline – Environmental Emergencies & The Human Animal**

The Human Animal

Heat Related Injuries

- Dehydration
- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Cold Related Injuries

- Hypothermia
- Frostbite
- Non-Freezing Cold Injuries

Scenarios

**Unit Twelve Outline – Environmental Emergencies Continued**

Lightning-Related Injuries

Drowning-Related Injuries

Dive Injuries  
Altitude-Related Injuries  
Scenarios

Unit Twelve Outline – Environmental Emergencies Continued

Animals that Bite and Sting  
Plants that Bite and Sting  
Allergic Reactions

- Local
- Systemic
- Anaphylactic Reactions

Use of Epinephrine  
Scenarios

***Read pages 270-303 before Day 7***

**Day 7 (5/27/25)**

Unit Fourteen Outline – Long-Term Patient Care

Wilderness Stabilization and Bivouac  
Triage  
Triage Activity  
Improvising Litters  
Leadership in a Backcountry Emergency  
Common Expedition Problems  
Review for exams, skill sessions  
Trauma/Medical/Environmental Case Studies

**Day 8 (5/28/25)**

Unit Fifteen Outline – Mock Rescue (TBD based on class size)

Mock Rescue

Debrief the Exercise

**Wilderness First Responder Exams**

Wilderness First Responder Practical Exam  
Wilderness First Responder Written Exam

**Basic Life Support (4)** – allowed (*not mandatory*)

**Special topics, choose one: ethics and boundaries, informed consent, cultural, sexual misconduct/trafficking, understanding addiction (min 2, max 4)** - allowed (*not mandatory*)

**Professional competency activities and courses (minimum 12)** - *required*

- Live course
- On-line
- Home/self-study
- Study group/in-service (*attendance 1 hour = 2 hours attendance*); *presenting 2 hours for 1 hour of presentation*)

**Professional contribution (max 8)** - *allowed*

- Clinical instructor (*1 hour for 40 CI hours*)
- Participation or attendance at board meetings (*1 hour for 4 hours of attendance*)
- Publications – journal article or book chapter writing, review for a peer review journal
- Teaching
- Mentoring/supervision for supervised service delivery, fellowship, or residency

**Professional advancement (no limit)** – granted upon completion - *allowed*

- Residency - (1+ year) - [ABPTRFE](#) or AOTA accredited programs(?) – courses didactic are awarded along the way; self-study given along the way; practical examinations – hours worked could be used upon completion of residency (16 units/year max for residency).
- Board certification – APTA Specialist Certification –per [ABPTS](#) (example OCS) – (6 months – 1 year) or AOTA Certified Practitioners by [AOTA](#) or Specialty Certified Practitioners by [AOTA](#) - 16 units max for awarded certification; didactic courses awarded along the way.
- Fellowship - (2-3 years) - [ABPTRFE](#) or [AAOMPT](#) or [AOTA](#) accredited programs - courses didactic are awarded along the way; self-study given along the way; practical examinations – hours worked could be used upon completion of residency (16 units/year max for fellowship).

- PhD, ScD – advanced degree obtained – 16 units upon graduation max (credit awarded for completion of dissertation) – didactic courses awarded along the way.

**Professional Administration** (*max 6*) - *allowed*

- Documentation and coding
- Risk/practice/financial management

**Professional Workplace Wellness** (*max 6*) - *allowed*

- Stress management
- Avoiding burnout
- Practice culture
- Patient culture
- Effective communication and difficult conversations

**Approving Entities:**

- Any state or national professional healthcare association or state licensing entity
- Hospital or related healthcare institution
- College or university health care programs

Committee discussion/brainstorming on development of additional CE opportunities. Discussed minimum/maximums for each category; total hours requirement; mandatory versus allowed;

Increase from 24 contact hours to 32 contact hours per concluding licensing period. Massage board does not use “concluding licensing period”.

Recommendation to the board to adopt a regulations project to remove “concluding licensing period” from 12 AAC 54.410 and 12 AAC 54.710. Adopt new language. Suggested language – regulations project to change to “*renewal of a physical therapy or occupational therapy license shall complete (1) not less than 32 continuing education contact hours completed between the beginning of the concluding licensing period and the time of application*” ...

**Action items:**

- Need to discuss definition of CE requirement (12 AAC 54.410(c) and 12 AAC 54.710(d)) consistent w/industry standards i.e. contact hours vs. PDUs, etc.
- Need to look at revision/deletion of ½ requirement in 12 AAC 54.410(b) and 12 AAC 54.710(c) as well as exclusion of CPR and employer courses in 12 AAC 54.410(e) and 12 AAC 54.710(f).
- Re-evaluate approving entities.