

Department of Commerce, Community
and Economic Development

Division of Corporations, Business
and Professional Licensing

State Physical and Occupational Therapy Board Annual Report

Fiscal Year 2023



Department of Commerce, Community and Economic Development
Division of Corporations, Business and Professional Licensing
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**State Physical and Occupational Therapy Board
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**State Physical and Occupational Therapy Board
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Identification of the Board

Board Member	Duty Station	Date Appointed	Term Expires
Rebecca Dean Public Member	Fairbanks	November 20, 2020	March 1, 2024
Bryan Murphy Occupational Therapist	Anchorage	December 29, 2022	March 1, 2024
Lisa Radley Physical Therapist	Anchorage	March 1, 2020	March 1, 2024
Valerie Phelps Physical Therapist	Anchorage	August 3, 2022	March 1, 2025
Enlow Walker Physician	North Pole	May 14, 2018	March 1, 2025
Tina McLean Physical Therapist	Sterling	June 22, 2022	March 1, 2026
Lindsey Hill Occupational Therapist	Sterling	August 3, 2022	March 1, 2026

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Identification of Staff

Sheri Ryan – Licensing Examiner

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P.O. Box 110806
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Reid Bowman – Program Coordinator 2

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Narrative Statement

During Fiscal Year (FY) 2023, the board held no in-person meetings due to the ongoing COVID pandemic and state guidelines. The board held 7 Zoom meetings of the full board:

- Aug. 25, 2022 – one-hour videoconference
- Oct. 24, 2022 – one-day videoconference
- Nov. 21, 2022 – one-hour videoconference
- Dec. 12, 2022 – half-day videoconference
- Jan. 17, 2023 – one-hour videoconference
- Mar. 9 & 10, 2023 – two-day videoconference
- Jun 16, 2023 - one-day videoconference

Several committee meetings were also held throughout the year.

As of 06/01/2023, the board issued a combined total of 368 new licenses:

- 221 physical therapists
- 36 physical therapist assistants
- 2 limited permits for physical therapists
- 0 limited permits for physical therapist assistants
- 0 temporary military courtesy licenses for physical therapists
- 94 occupational therapists
- 13 occupational therapist assistants
- 2 limited permits for occupational therapists
- 0 limited permit for occupational therapist assistants
- 0 temporary military courtesy licenses for occupational therapists

The board and staff reviewed and approved 85 randomly audited licensees.

The board was temporarily without a chair at the beginning of FY 2023 due to the untimely death of the chair just before the end of the prior year. Enlow Walker, Physician Member, served as board secretary and filled in for the chair responsibilities until a new chair, Tina McLean, Physical Therapist, was elected at the August board meeting. Current board members are posted on the board's web site with their appointment, reappointment and expiration dates.

All open board seats were successfully filled this year with no current open seats.

The board was temporarily without a licensing examiner at the beginning of the fiscal year after the resignation of Eva Pajarillo in late June 2022. A new licensing examiner, Sheri Ryan, came onboard about August 1st and has the board running smoothly.

One of the board's priorities this year was to develop and approve regulation changes to comply with HB99 which was passed just prior to the end of the prior fiscal year. That bill cleaned up and modernized language as well as replaced the physician seat on the board with another OT or OTA member. A subcommittee to draft new regulations was created at the October 24, 2022 board meeting. This subcommittee met several times in November and then presented draft changes to the full board on November 21, 2022. Regulation changes were discussed, tentatively approved and forwarded to the Regulations Specialist for further review. Additional refinements were made, and the board approved the updated regulations at the March 9 – 10, 2023 meeting.

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Narrative Statement (continued)

The Physical Therapy Compact and a proposed Occupational Therapy Compact were discussed in detail at the December 12, 2022 board meeting. Presentations were obtained from FSBPT and NBCOT. The board is supporting the concept of a Compact for both professions. An Occupational Therapy Compact subcommittee was created to review the proposed OT Compact in more detail.

Legislation, SB 74, has been introduced to allow Alaska to participate in both the PT Compact and the OT Compact. This was presented and discussed at the March 9 – 10, 2023, board meeting. A Legislative Committee was created to develop a narrative statement for SB74, SB83 and HB85, monitor these bills as they moved through the legislature, and to testify if necessary or invited.

Several questions have been addressed to the board concerning dry needling and other scope of practice issues. The board created a Scope of Practice Workgroup at the March 9-10, 2023, for the purpose of formulating board position statements on the legality of dry needling by PTs and OTs and potentially work on regulatory and/or statutory changes if needed to address this question.

The board has continued to work with other state agencies in monitoring the Covid-19 issues and its impact on scope of practice.

The Board also continues to:

- Publish meeting minutes on the board's web site and a link is provided to the annual report.
- Review applications and issue licenses, review audits and respond to all correspondence.
- Train board members in understanding and applying statutes and regulations.
- Work with national and state organizations, including APTA, FSBPT, AOTA, NBCOT, AKOTA and AKPTA.
- Attend national conferences each year if third party paid.
- Utilize the OnBoard program for voting and board business.
- Use ZOOM meetings, versus in person meetings, as needed, due to COVID and budgetary constraints.

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Budget Recommendations for FY 2024

Budget Recommendations section anticipates the board’s fiscal priorities for the upcoming year. Please complete all parts of this section with details about anticipated meetings, conferences, memberships, supplies, equipment, to other board requests. Meeting expenses that are being funded through third-party reimbursement or direct booking must be identified separately from expenses paid through license fees (receipt- supported services or RSS). Be sure to explain any items listed as “other” so they may be tracked appropriately.

Board Meeting Date	Location	# Board	# Staff
November 16-17, 2023	Anchorage	7	2
<input checked="" type="checkbox"/> Airfare:			\$ 800.00
<input checked="" type="checkbox"/> Hotel:			\$ 875.00
<input checked="" type="checkbox"/> Ground:			\$ 710.00
<input checked="" type="checkbox"/> Other (Please Specify): Meals			\$ 578.00
Total Estimated Cost:			\$ 2,963.00

Board Meeting Date	Location	# Board	# Staff
Spring 2024 - TBD	Juneau	7	2
<input checked="" type="checkbox"/> Airfare:			\$ 3,300.00
<input checked="" type="checkbox"/> Hotel:			\$ 1,200.00
<input checked="" type="checkbox"/> Ground:			\$ 1,010.00
<input checked="" type="checkbox"/> Other (Please Specify): Meals			\$ 752.00
Total Estimated Cost:			\$ 6,262.00

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Budget Recommendations for FY 2024 (continued)

Travel Required to Perform Examinations

Not Applicable

Date	Location	# Board	# Staff

Description of meeting and its role in supporting the mission of the Board:

- Airfare:
- Hotel:
- Ground:
- Conference:
- Other (Please Specify):

Total Estimated Cost:

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Budget Recommendations for FY 2024 (continued)

Out-of-State Meetings and Additional In-State Travel (Rank in order of importance)

#1 Rank in Importance or Not Applicable

Date	Location	# Board	# Staff
July 15-17, 2023	Arlington, Virginia	1	1

Description of meeting and its role in supporting the mission of the Board:

FSBPT Leadership Issues Forum (7/15-16/2023) followed by the Model Practice Act Workshop on 7/17/23 will provide leaders with and overview of topics and projects that are currently a top priority for FSBPT. The one-day model practice act workshop will provide critical training for board members and to understand critical uses that are being addressed at a federal level. This training will help support our mission to adopt regulations necessary for the safe and efficient practice of Physical Therapy in the state of Alaska.

Events to be attended by voting delegate: Rebecca Dean and Board Administrator: Sheri Ryan or Reid Bowman.

Expenditure	License Fees (RSS)	Third-Party Reimbursement	Third-Party Direct Booked	Total
<input checked="" type="checkbox"/> Airfare:		\$ 963.00	\$ 1,055.00	\$ 2,018.00
<input checked="" type="checkbox"/> Hotel:		\$ 846.00	\$ 846.00	\$ 1,692.00
<input checked="" type="checkbox"/> Ground:				
<input checked="" type="checkbox"/> Conference:				
<input checked="" type="checkbox"/> Other:		\$ 300.00	\$ 300.00	\$ 600.00
Describe "Other" (break out all sections): Meals, taxi, luggage fees				
Net Total:	\$ 0.00	\$ 2,109.00	\$2,201.00	\$ 4,310.00

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Budget Recommendations for FY 2024 (continued)

Out-of-State Meetings and Additional In-State Travel (Rank in order of importance)

#2 Rank in Importance or Not Applicable

Date	Location	# Board	# Staff
October 19-21, 2023	Jacksonville, Florida	1	1

Description of meeting and its role in supporting the mission of the Board:

FSBPT Annual Education Meeting will be held in Jacksonville, Florida. The meeting is titled "Bringing Regulation into the Sunshine," where regulations in Physical Therapy will be highlighted. This supports the Boards mission to adopt regulations necessary for the safe and efficient practice of Physical Therapy in the State of Alaska.

The meeting will be attended by Voting delegate Rebecca Dean or Alternate voting delegate Tina McLean and Board Administrator: Sheri Ryan or Reid Bowman.

Please add an additional travel/lodging day before and after the event to accommodate for early arrival or day post meetings.

Expenditure	License Fees (RSS)	Third-Party Reimbursement	Third-Party Direct Booked	Total
<input checked="" type="checkbox"/> Airfare:		\$ 1,095.00	\$ 1,238.00	\$ 2,333.00
<input checked="" type="checkbox"/> Hotel:		\$ 846.00	\$ 846.00	\$ 1,692.00
<input checked="" type="checkbox"/> Ground:				
<input checked="" type="checkbox"/> Conference:			\$ 520.00	\$ 520.00
<input checked="" type="checkbox"/> Other:		\$ 300.00	\$ 300.00	\$ 600.00
Describe "Other" (break out all sections): Meals				
Net Total:	\$ 0.00	\$ 2,241.00	\$ 2,904.00	\$ 5,145.00

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Budget Recommendations for FY 2024 (continued)

Non-Travel Budget Requests

- Not Applicable Resources Examinations
 Membership Training Other

Product or Service	Provider	Cost Per Event
FSBPT Membership	Federation of State Boards of Physical Therapy	\$ 1,500.00

Description of item and its role in supporting the mission of the Board:

FSBPT informs the board of national issues, offers the national examination, reports on examination scores, disciplinary actions, creates the exam questions and monitors this industry. They also provide valuable educational resources and trainings as well as pay for board members and staff to attend trainings and annual meetings.

Other Items with a Fiscal Impact

- Not Applicable

Cost Per Event:

Number of Events:

Product or Service	Provider	Cost Per Event

Description of item and its role in supporting the mission of the Board:

Summary of FY 2024 Fiscal Requests:

Board Meetings and Teleconferences:	\$ 9,225.00
Travel for Exams:	\$ 0.00
Out-of-State and Additional In-State Travel:	\$ 9,445.00
Dues, Memberships, Resources, Training:	\$ 1,500.0
Total Potential Third-Party Offsets:	- \$ 9,445.00
Other:	\$ 0.00
Total Requested:	\$ 10,725.00

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Legislative Recommendations - Proposed Legislation for FY 2024

No Recommendations

The Board has no recommendations for proposed legislation at this time.

Recommendations

The Board has the following recommendations for proposed legislation:

The following statutory changes are proposed by the State Board of Physical Therapy and Occupational Therapy to update to the Occupational Therapy Scope of Practice:

08.84.190 Definitions:

(3) "occupational therapy" means the therapeutic use of goal-directed life activities (occupations) with individuals, groups, or populations who have, or are at risk for injury, disorder, impairment, disability, activity limitation or participation restriction. Occupational therapists evaluate, analyze, and diagnose occupational challenges and provide interventions to support, improve, and/or restore function and engagement in meaningful tasks and activities. This includes treating pain and/or physical, cognitive, psychological, sensory-perceptive, visual, and other aspects of performance in a variety of contexts to support and enhance engagement and participation in occupations that affect health, well-being, and quality of life. Occupational therapy services include but are not limited to:

- A. Evaluation, treatment and consultation to promote or enhance safety and performance in areas of activities of daily living (ADLs), instrumental activities of daily living (IADLs), health management, rest and sleep, education, work, play, leisure, and social participation.
- B. Establishment, remediation, compensation or prevention of barriers to performance skills including; client factors (body structures, body functions), performance patterns (habits, routines, roles), performance skills (physical, neuromusculoskeletal, cognitive, psychological, sensory-perceptive, communication and interaction, pain), and contexts (environmental, personal factors).
- C. Design, fabrication, application, fitting, and training in seating and positioning; assistive technology; adaptive devices; orthotic devices; and training in the use of prosthetic devices.
- D. Assessment, recommendation, and training in techniques to enhance functional and community mobility.
- E. Application of adjunctive interventions and therapeutic procedures in preparation for or concurrently with occupation-based activities including but not limited to therapeutic and instrument assisted modalities, wound care, and manual therapy.
- F. Provide therapeutic interventions to prevent pain and dysfunction, restore function and/or reverse the progression of pathology in order to enhance an individual's ability to execute tasks and to participate fully in life activities.

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Regulation Recommendations - Proposed Regulations for FY 2024

No Recommendations

The Board has no recommendations for proposed regulations at this time.

Recommendations

The Board has the following recommendations for proposed regulations:

The following physical therapy regulations are proposed by the State Physical Therapy and Occupational Therapy Board:

1. Dry needling is a skilled technique performed by a physical therapist using a mechanical device, filiform needles, to penetrate the skin and/or underlying tissues to affect change in body structures and functions for the evaluation and management of neuromusculoskeletal conditions, pain, movement impairments, and disability.
2. Dry needling requires a physical therapy examination and diagnosis including real-time and constant evaluation for each technique and session.
3. Licensed physical therapists who perform dry needling must be able to demonstrate they have completed training in dry needling that must meet the American Physical Therapy Association (APTA) [GUIDELINES: STANDARDS OF QUALITY FOR CONTINUING EDUCATION OFFERINGS BOD G11-03-22-69](#) and/or the Federation of State Boards of Physical Therapists (FSBPT) [STANDARDS FOR CONTINUING COMPETENCE ACTIVITIES](#).
 - a. Dry needling courses must include, but not be limited to, training in indications, contraindications, emergency preparedness and response, potential risks, proper hygiene, proper use and disposal of needles, and appropriate selection of clients.
 - b. Initial training in dry needling shall include didactic education and written examination as well as face-to-face hands-on training and practical examination as required by this rule.
 - c. The practitioner shall not perform dry needling beyond the scope of the highest level of the practitioner's training.
4. A licensed physical therapist must perform dry needling in a manner consistent with generally accepted standards of practice, including relevant standards of the Center for Disease Control and Prevention, and Occupational Safety and Health Administration blood borne pathogen standards as per [29 CFR 1910.1030](#).
5. The physical therapist performing dry needling must be able to provide written documentation, upon request by the board, which substantiates appropriate training as required by this rule. Failure to provide written documentation may result in disciplinary action.
6. Prior to the performance of dry needling, the physical therapist shall obtain informed consent from the patient or the patient's representative as set out in Principle 2 of the [State Physical Therapy and Occupational Therapy Board Principles of Practice](#), dated March 2015. The informed consent shall include the risks and benefits of the technique.

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Goals and Objectives

**Part I
FY 2023's goals and objectives and how they were met:**

#	Goal	Action	Result	Status
1	Update FAQs on PT/OT Licensing webpage	The Board created a Scope of Practice Workgroup to evaluate defensible Scope of Practice answers to specific intervention questions	Attention was given to the FAQ regarding scope of practice as it relates to specific treatment interventions and whether Board replies regarding such questions to Questioners could be supported by current Statute and Regulations. The Board collaborated with Sarah Chambers, newly appointed Board and Commissions Advisor, for guidance.	On Going. No changes were made to the FAQ questions during FY 2023. Anticipated goals and objectives will be set for FY 2024 to address bringing the Scope of Practice Statutes in line with Industry Standards to assure the goals of the Board continue to be that of Public Safety and access for all Alaskans to safe and effective evidence supported interventions by the Professions of Physical and Occupational Therapy.
2	Monitor any legislation introduced for the practice act for the Board. HB 99 sponsored by APTA was passed this session with support from the board.	HB99 was passed in FY2021. SB74, SB83 and SB84 affecting the PTOT practice act were introduced in the 33rd legislative session	In March 2023, The Board created a Legislative Subcommittee to authorize Board members to testify and monitor these Bills and testify as necessary on behalf of the Board	SB99 regulatory changes were adopted and voted on by the board during FY22 and FY23. Changes finalized to be implemented in FY23. The Board will continue to monitor SB74, SB83 and HB84 and testify as necessary.
3	Track state licensure compact legislation and continue to monitor states joining the compact. The board is in support of licensure compacts. This is an ongoing process.	SB74 re Compact Privileges was introduced By Senator David Wilson.	The Board has invited multiple individuals and experts across the nation involved in Compact licensure for physical therapists and occupational therapists including the local Alaska chapter of the American Physical Therapy Association and the Alaska Occupational Therapy Association for improving the Boards knowledge on Compacts and further clarify remaining questions	The Board is on record for supporting compact licensure. A legislative committee continues to work toward and monitor the progress of SB74 as it moves through the various committees and processes in the 33rd Legislature (2023-2024)
4	Evaluate Limited Permit use and necessity-continue to monitor these applications are not being used as a stepping-stone to permanent licensure. These are being used appropriately.	This has been an ongoing process.	The Board feels comfortable this goal is being met by diligent oversight of the State Board Examiner who confidently brings to the attention of the Board anything in question.	Goal Completed
5	Create a board member and staff transition manual to assist board members in review applications, audits, terminology (acronyms), sample motions, and other board tips and staff processes and links for all agencies related to the board and the OnBoard Summary packet.	The manual was created and is being used.	Board members and staff have access to ample training information in the resources section of OnBoard. Multiple training sessions have been held in various meetings with regard to board member roles and expectations. Board member Resources are also available through the commerce.alaska.gov/web/cbpl/professionio nallicensing/boardmemberresources.aspx site	Goal Completed

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Goals and Objectives (continued)

**Part I
FY 2023's goals and objectives and how they were met:**

#	Goal	Action	Result	Status
6	Revise continuing education requirements based on relevance to expand options for demonstrating continuing professional development.	This goal was discussed in the March 2023 annual meeting	No action was taken on this goal due to prioritization of projects and Board tasks relating to multiple legislative matters including SB99, SB74, SB83 and HB84	This goal is ongoing and a project for FY25
7	Continue to support attendance at national conferences. The board recognizes it educates board members and staff as well as keeps them informed of national issues that affect all licensing jurisdictions.	During Covid restrictions several members were able to attend national conferences remotely	Information was brought back from national conferences and shared with the Board members for further understanding of national issues and matters of importance with regard to public protection and access	Goal completed but ongoing annually for continued Broadening of Board member education and development
8	Continue to monitor public health concerns such as Covid and adjust protocols as needed in safety in practice management	The Board continued to meet remotely throughout FY2020, FY2021, and FY2022	Safety is the utmost concern by the Board for the public and its members and staff. Safety was maintained and well managed throughout the public health crisis	Ongoing. Goal is modified to read that while Safety is of utmost importance in monitoring public health status the Board also feels it is vital to return to in-person meetings whereby a more direct, sincere and human experience may be accessible to all board members for maximal productivity and success of Board roles.
9	Work on regulations as needed; review and make them relevant to the practice of the professions.	Regulations regarding military members and spouses were adopted and implemented during FY22.	The Board created a regulatory subcommittees to write regulations for SB99 passed in FY22. These regulations passed through the appropriate process and were , adopted for implementation in FY23.	Annual ongoing Goal rewritten as follows: The Board will continue to monitor statutory changes, write, review and implement regulatory updates accordingly relevant to the practice of the professions of physical therapy and occupational therapy and assure such regulations are consistent with national industry standards.

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Goals and Objectives (continued)

Part II

FY 2024's goals and objectives, and proposed methods to achieve them.

Describe any strengths, weaknesses, opportunities, threats and required resources:

The mission of the Alaska State Physical and Occupational Therapy Board is to promote healthy, independent, productive Alaskans. The board strives to do this by:

1. Adopting regulations necessary for the safe and efficient practice of Physical Therapy and Occupational Therapy in the State of Alaska.
2. Reviewing and approving qualification of applicants to ensure a competent and effective work force of therapists and assistants.
3. Issuing temporary permits and licenses to qualified persons.
4. Monitoring compliance with continuing education requirements.
5. Reviewing and acting on any report of documentation of unsafe, unethical or unlawful actions of a licensee.

FY 2024 Goals and Objectives:

1. Continue to update FAQs on PT/OT Licensing Board Home page as needed.
2. Monitor any legislation introduced for the practice act for the board. Create and support a work group of board, professional, and legal representatives to define scope of practice for Occupational Therapists, Occupational Therapist Assistants, Physical Therapists and Physical Therapist Assistants that assures board answers to scope of practice are defensible over time. This includes addressing scope of practice for dry needling. The end result will be recommended statutory and/or regulatory changes with clear guidelines that are consistent with industry and professional standards.
3. Track state licensure compact legislation and continue to monitor states joining the compact. The board is in support of licensure compacts. Should SB74, licensure compact legislation, be adopted in the 33rd Legislature, the board will work on necessary regulations changes to match legislative statutes.
4. Update the board member and staff transition manual as needed. The manual was created to assist board members with review of applications, audits, terminology (acronyms), sample motions and other board tips and staff processes and links for all agencies related to the board and the OnBoard summary packet.
5. Monitor and revise continuing education requirements as needed, based on relevance to expand options for demonstrating continuing professional development.
6. Continue to support attendance at national conferences. The board recognizes that these educate board members and staff as well as keeps them informed of national issues that affect all licensing jurisdictions.
7. Continue to monitor public health and adjust the protocols as needed in safety in practice management and return to in person meetings.

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Goals and Objectives (continued)

Part II

FY 2024's goals and objectives, and proposed methods to achieve them.

Describe any strengths, weaknesses, opportunities, threats and required resources:

8. Reevaluate professional fitness questions with sensitivity toward instances of well controlled or temporary emotional or mental struggles.
9. The board will continue to monitor statutory changes, write, review, and implement regulatory updates accordingly relevant to the practice of the professions of physical therapy and occupational therapy and assure such regulations are consistent with national industry standards.
10. Investigate PT licensing requirements to create streamlining, particularly related to eliminating the transcripts requirements, as successful graduation from a CAPTE school is required to sit for the NPTE.
11. Create a fair and standardized disciplinary matrix from which to address infractions of ethics and breaches of licensing statutes and regulations, and clarify board involvement.

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Sunset Audit Recommendations

Date of Last Legislative Audit: 4/2/2021

Board Sunset Date: 6/30/2030

Audit Recommendation:

No recommendations.

Action Taken:

N/A

Next Steps:

N/A

Complete : **No** **Yes** **If yes, date completed:**