

AAPM&R is ADVANCING TEAM PHYSIATRY

LEARN HOW IN
THIS 2019 REPORT
TO MEMBERSHIP.



aapm&r

American Academy of
Physical Medicine and Rehabilitation

Physicians Adding Quality to Life®

Learn more at
www.aapmr.org/2019Report.

ADVANCING TEAM PHYSIATRY: NOW AND FOR THE FUTURE

On behalf of its members, the American Academy of Physical Medicine and Rehabilitation (AAPM&R) has focused 2019 efforts on challenges currently impacting the specialty and ways to positively influence the future direction of the specialty with the BOLD new vision as our guiding light:

- Physiatrists are the essential medical experts in **value-based evaluation, diagnosis, and management** of neuromusculoskeletal and disabling conditions.
- Physiatrists are indispensable **leaders in directing rehabilitation and recovery**, and in **preventing injury and disease**.
- Physiatrists are vital in **optimizing outcomes** and function **early and throughout** the continuum of patient care.

As the leading medical society for physiatry, we are implementing transformations to our organization, developing new resources, and stepping up advocacy efforts on behalf of the specialty.



Our efforts are ongoing, so stay informed by reading your monthly print issue of *The Physiatrist* and your weekly electronic issue of *Connection*. For additional details about what's featured in this report, visit www.aapmr.org/2019report.

How We Will Achieve Our Vision

Collaboration

AAPM&R encourages collaboration both within and outside the organization in order to advance the interests of physiatrists and the specialty as a whole. In 2019, dozens of AAPM&R liaisons represented PM&R nationally. The Academy funds this critical work to ensure the voice of the physiatrist is present in critical conversations at the national and state level. We are also playing a leading role on countless coalitions and strategic partnerships—all intended to advance the position of physiatry in medicine. Learn more at www.aapmr.org/inaction.

As AAPM&R leads the advancement of physiatry's impact throughout health care, we will model inclusion and embrace diverse backgrounds and perspectives of those with whom we work and serve. The new Inclusion and Engagement Committee and Diversity and Inclusion Committee are laying the groundwork to engage more members, transform policies, and craft initiatives that support diversity and inclusion. Our work is just beginning; we hope you will join us on this journey.

 **10,200+**
MEMBERS


 **1000s**
OF SURVEY
RESPONSES

 **600+**
MEMBER
VOLUNTEERS

 **300+**
DISCUSSION POSTS
ON PHYZFORUM

 **30+**
COMMITTEE AND
WORKGROUP
MEETINGS


 **38**
MEMBER
COMMUNITIES

 **4**
LEARNING
COLLABORATIVES

 **COUNTLESS**
PHONE CALLS,
EMAILS, AND
MEMBER INPUT!

#AAPMR2019: Uniting PM&R Through Evidence and Best Practices

The initial numbers are in and indicate the 2019 Annual Assembly was a resounding success! See the insert included with this publication for more details about the unifying experience thousands shared November 13-17 in San Antonio, Texas.

 **95%**
→ EXCELLENT
OVERALL
QUALITY
→ EXCELLENT
SPEAKERS
AND FACULTY

IN 2020 We are increasing collaboration through new volunteer and input opportunities! Learn more at www.aapmr.org/volunteer.

PHYSIATRISTS ARE ESSENTIAL...

IN VALUE-BASED EVALUATION, DIAGNOSIS, AND MANAGEMENT

PHYSIATRISTS ARE THE LEADERS OF TEAM-BASED CARE

Our specialized, multidisciplinary training makes physiatrists the most qualified physicians to lead the team of medical specialists, therapists, and practitioners involved in a patient's rehabilitative care. AAPM&R is advocating to reinforce this role and developing resources to prepare physiatrists for new opportunities.

Advocacy

Reinforcing Our Value in Rehabilitation Hospitals

In 2019, the role of a "rehabilitation physician" within inpatient rehabilitation was front and center in the Academy's advocacy priorities. Lessons learned and revelations from our activities, discussions, and outcomes are now informing our future efforts. AAPM&R firmly believes that Inpatient Rehabilitation Facilities (IRFs) play a critical role in the continuum of care and that physiatrists are the most qualified physicians to lead the team of specialists in IRFs. The Academy has committed to resources to continue its fight. What's at stake is quality of patient care and outcomes, as well as the critical leadership of physiatrists in this setting.

IN 2020

We have organized a workgroup of inpatient rehabilitation experts to help formulate and execute our advocacy game plan regarding the definition of a "rehabilitation physician."

Workforce

AAPM&R believes physician wellness and maximizing the potential of physiatrists in new delivery models requires a multi-pronged, BOLD strategy. Long-term, workforce barriers can be addressed by:

- **Transforming training:** Collaborating with PM&R academic training programs, in 2019 the Academy's GME Committee worked to define future training requirements, address GME funding challenges, and strategize workforce needs.
- **Addressing capacity:** Physiatry is the leader of team care, and the Academy considers Advanced Practice Providers (APPs; Nurse Practitioners and Physician Assistants) to be a vital part of the physiatric-led care team. We believe that by partnering with APPs, physiatry can fulfill a broader need and value in the delivery system. In 2019, we released educational resources for APPs and physiatrists to help equip Team Physiatry to maximize the workforce in rehabilitation care and address physician burnout concerns.
- **Creating new game plans:** Opportunities abound for physiatry early and across the continuum of care. Flip to the next page to read about PM&R BOLD game plans currently being executed to expand physiatry's reach and impact in new and different ways.

IN 2020

We will continue to release additional resources for physiatrists with APPs on their teams. Visit me.aapmr.org to see what is currently available.

Training

The AAPM&R Leadership Institute launched in 2019, providing comprehensive PM&R-focused training that includes personal readiness, communication skills, business management/administration, and environment/politics.

The Leadership Institute offers 4 pathways to advance your leadership skills. Learn more at www.aapmr.org/leadership.



A group of spasticity subject-matter experts helped create a new STEP Interventional Spasticity Certification Program, which launched in 2019. Focused on skills, training, evaluation, and performance, the new STEP Program represents the highest standard in the field. Learn more at www.aapmr.org/STEP.



IN 2020

We are rolling out a strategic plan that emphasizes priorities and strategies to positively influence the brand of the specialty.

“It is the position of AAPM&R that APPs should not practice independently, but instead work under the supervision of a PM&R physician within a rehabilitation team.”

– The APP Scope of Practice
Position of AAPM&R,
released in 2019



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Branding

The new Specialty Brand Expansion (SBE) Committee reviewed member input and talked with Member Community Delegates about the value of PM&R, and how AAPM&R can best support physiatrists in marketing the specialty to other physicians, health system administrators, and payers.

PHYSIATRISTS ARE INDISPENSABLE...

IN DIRECTING REHABILITATION AND RECOVERY

VITAL IN ALL SETTINGS

Physical medicine and rehabilitation is practiced in a wide-array of clinical and practice settings. The diversity of our specialty makes pursuing the newly-defined vision a challenge—but one we're taking on!

The PM&R BOLD Steering Committee, along with dozens of subject-matter experts have also developed game plans that focus on tackling key barriers and securing opportunities for the 4 practice areas below.

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We are implementing the game plans with the help of member collaboration! Learn more at BOLD.aapmr.org.

The 2019 Annual Assembly was a time for physiatrists to **BOLDLY** collaborate with their peers and have critical conversations about the future of physiatric care. In 2019, hundreds of physiatrists participated in Learning Collaboratives across the 4 practice areas.



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Game Plans

Musculoskeletal Care Medicine (MSK)

Desired Outcome: Physiatrists are overcoming hurdles to become Primary Care's frontline partner for non-emergent musculoskeletal care to provide timely, coordinated, and cost-effective care.

The Latest: The GME Committee is working with the American Board of Physical Medicine and Rehabilitation (ABPMR) and the Association of Academic Physiatrists (AAP) to reimagine musculoskeletal training and how PM&R residency programs can transform to support the future of our specialty.



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Pediatric Rehabilitation Medicine (PRM)

Desired Outcome: Physiatrists are the essential experts helping children with acquired and congenital disabilities optimize function and make the jump across the care continuum, life transitions, and into the community.

The Latest: Access to the limited number of PRM physiatrists is a critical challenge for this practice area. At their recent Learning Collaborative, members of the PRM community progressed the conversation regarding workforce, including pathways to training, awareness of PRM, utilization of Advanced Practice Providers, and possible expansion of telemedicine.



Cancer Rehabilitation Medicine (CRM)

Desired Outcome: Physiatrists are vaulting into a leadership position as an essential and integrated part of interdisciplinary cancer care teams and developing the recognized standard of care in national oncology treatment.

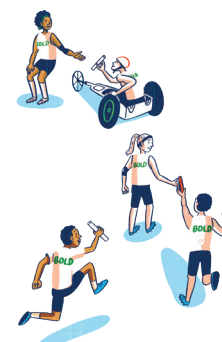
The Latest: A new workgroup has been established to help define the core services and values of CRM. Establishing the commonalities across CRM is a crucial step and will provide the basis for future next steps needed to propel them forward.



Rehabilitation Care Continuum (RCC)

Desired Outcome: Physiatrists are leading the race across the acute and post-acute care continuum, developing care pathways, and co-managing models to improve outcomes and patient experiences.

The Latest: From our advocacy efforts to our new educational offerings, tangible steps have been made in 2019 to expand core physiatry services across the continuum.



A New Game Plan is in Development

A Think Tank of experts gathered to discuss Pain and Spine Rehabilitation and the future needs of pain management and interventional spine physicians in our specialty. More to come for this particular practice area in 2020!

PHYSIATRISTS ARE VITAL...

IN THE CONTINUUM OF CARE—EARLY AND THROUGHOUT

#AAPMR2019: PHYSIATRY'S PREMIER NETWORKING AND EDUCATIONAL EVENT

This past November, nearly 4,000 attendees and exhibitors gathered to learn, connect, and grow together as a specialty. Attendees enjoyed top-notch education, non-stop networking and cutting-edge research from physiatric thought-leaders. The week was jam-packed with experiences—from clinical to practical to just plain fun.

 **300+**
EXPERT
FACULTY

 **75+**
EDUCATIONAL
SESSIONS

 **3,700+**
ATTENDEES

 **13**
COMMUNITY
DAY
SESSIONS

 **14**
3-HOUR
HANDS-ON
SKILLS LABS

 **20+**
NETWORKING
OPPORTUNITIES

 **12**
CLINICAL AND
PRACTICE
THEMES

 **4**
POWERFUL
PLENARY
SESSIONS

NEW IN 2019: AAPM&R MEMBER COMMUNITIES

Member Communities are self-identified, organically-established communities offering the opportunity for members to connect, share experiences and advance the future of the specialty together. To date, more than 35 Member Communities call AAPM&R home.

Member Communities took center stage at #AAPMR2019, hosting more than a dozen sessions during Community Day on November 14. Individual communities crafted content specific to their area of interest, networked with peers and participated in the inaugural Critical PM&R Dialogues: Assembly of Delegates Meeting with the AAPM&R Board of Governors.



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In 2020, Team Physiatry is heading to San Diego, CA, November 12-15 for #AAPMR20. Save the date now so you don't miss critical population health training, expanded Member Community offerings, and so much more! Learn more at www.aapmr.org/assembly.



Data

From policy makers to payers to hospital administrators, all stakeholders within health care are utilizing data to understand the outcomes of medical providers in the system. AAPM&R is focused on gathering data for the specialty, so that in turn we can use the data to conduct research and emphasize the value of PM&R.

In 2019, the infrastructure and technical enhancements were the priorities for the AAPM&R Registry. The Registry Steering Committee is prioritizing good data in, good data out with an initial focus on Low Back Pain and Stroke.

aapm&r's Registry

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We are identifying pilot sites to help us test the infrastructure. Learn more at www.aapmr.org/registry.



In 2019, AAPM&R transformed the research experience at the Annual Assembly. Thousands of physiatrists experienced the interactive Research Hub—enhancing access to the latest in specialty research!

TOP
5

**Downloaded *PM&R*
Articles in 2019**

As of November 22, 2019

PM&R, the Academy's scientific journal continues to play an influential role in advancing the specialty. The following articles have been accessed a combined 8,000 times!

1. Piriformis Syndrome: A Narrative Review of the Anatomy, Diagnosis, and Treatment
2. The Effects of Hydrotherapy on Balance, Functional Mobility, Motor Status, and Quality of Life in Patients with Parkinson Disease: A Systematic Review and Meta-Analysis
3. Consumer Mobile Health Apps: Current State, Barriers, and Future Directions
4. Robotic and Sensor Technology for Upper Limb Rehabilitation
5. Exoskeleton and End-Effector Robots for Upper and Lower Limbs Rehabilitation: Narrative Review



To dive deeper into these updates and get an overview of AAPM&R membership and financials, visit www.aapmr.org/2019report.