



# The Role of Compacts in Facilitating Telehealth

Richard Woolf | Federation of State Boards of Physical Therapy  
Jeffrey Rosa | Physical Therapy Compact Commission

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**What profession or entity do you represent?**

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# Explanation of U.S. State-Based Regulation

- Strengths
- Barriers – 53 different practice acts



# Alternates to State-Based Regulation

- Inter-Provincial MOUs in Canada
- Licensure compacts in U.S.



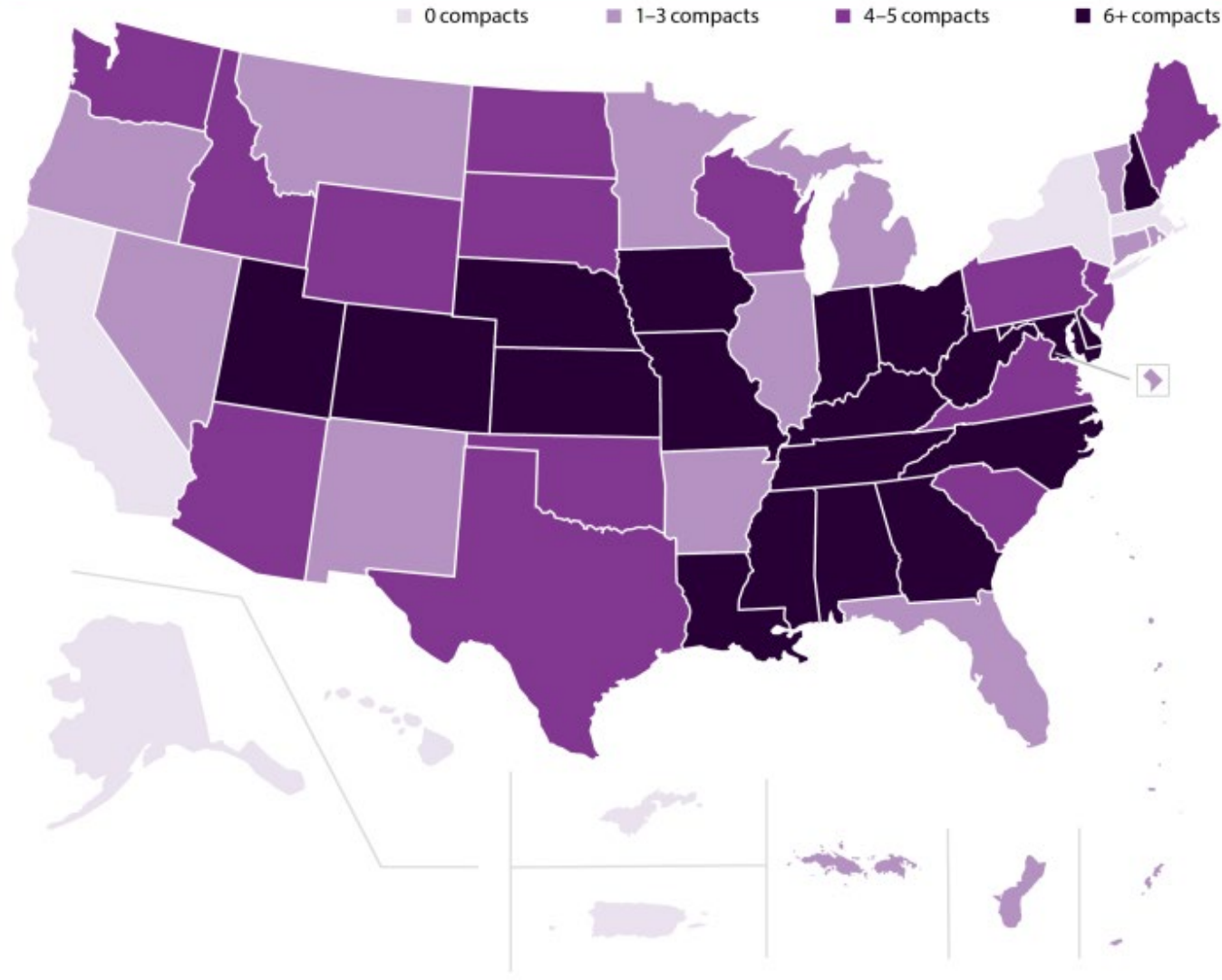
# What is an Occupational Licensure Compact

- Legally binding agreement among states
- Lowers barriers to multi-state practice
- Improves access & increases public protection
- Preserves state sovereignty to regulate profession





## Interstate Licensure Compacts



*\*Information as of November 2022*

- Audiology & Speech Pathology
- Counseling
- Occupational Therapy
- Psychology
- Medicine
- Physical Therapy
- Emergency Medical Services
- Nursing
- Advanced Practice Nursing



# Compact Models

## Multistate License

Home state license authorizes practice in all other compact states  
(Nursing)

## Compact Privilege

Home state license authorizes ability to purchase compact privilege in 1 or more compact states  
(Physical Therapy)

## Expedited Licensure

Apply for license in each state, but compact makes the process more efficient  
(Medicine)

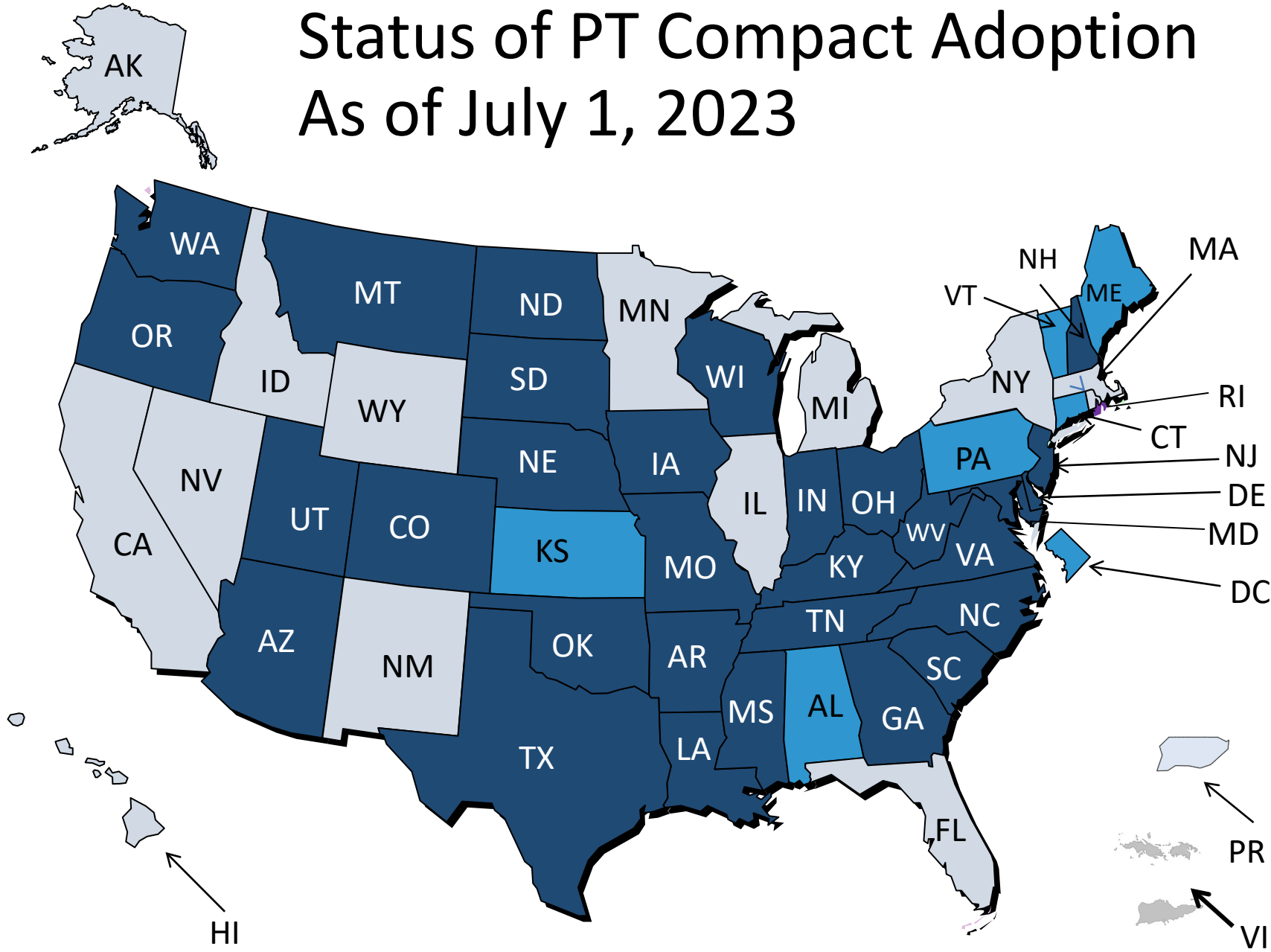


# Number of Compacts (as of Dec 2022)

- Two states member of all 9 (DE, UT)
- Additional 10 states member of at least 7
- Five states not member of any compact (AK, CA, HI, MA, NY)



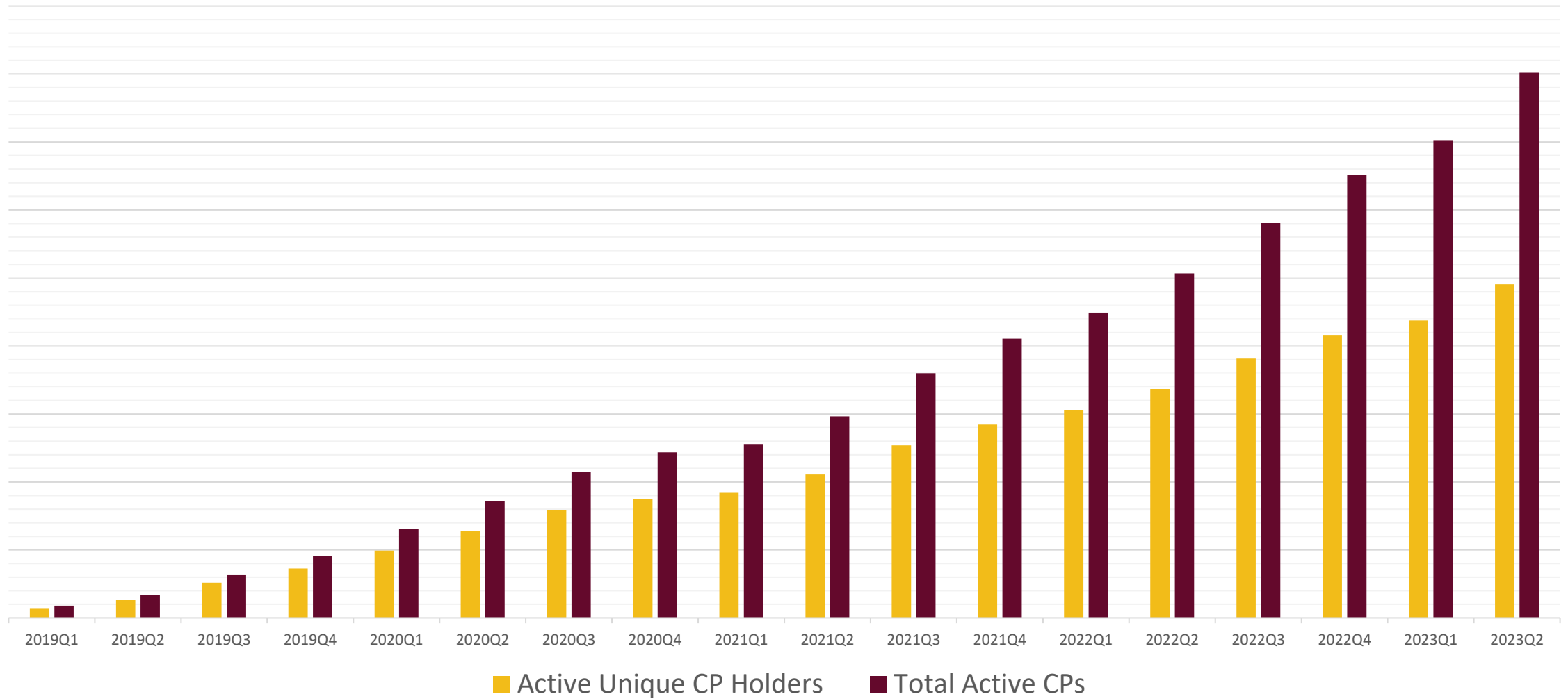
# Status of PT Compact Adoption As of July 1, 2023



**PT Compact  
Member State –  
Actively Issuing  
and Accepting  
Compact  
Privileges (30)**

**PT Compact  
Legislation  
Enacted – Not  
Yet Issuing or  
Accepting  
Compact  
Privileges (7)**

# Compact Status at Quarter End



# How Can the Compact Benefit Telehealth?

Practice of physical therapy occurs in the state where the patient/client is located at the time of the patient/client encounter



# Providing Services in 25 States?

## Traditional License

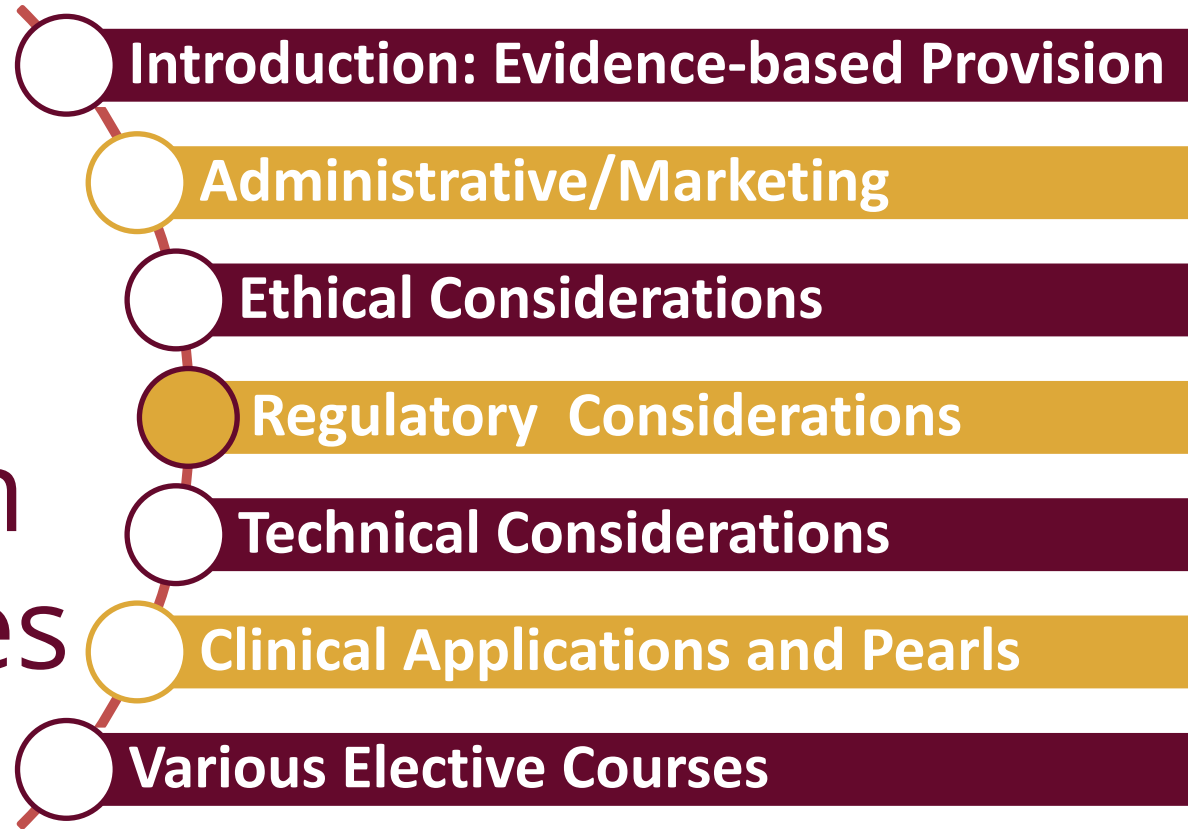
- 25 different expiration dates
- 25 different CE requirements
- 25 separate processes to get licensed

## Compact

- 1 expiration date
- 1 set of CE requirements
- Can purchase multiple privileges in single transaction



# APTA Telehealth Certificate Series



<https://learningcenter.apta.org/products/apta-telehealth-certificate-series>





REPORT

# Telehealth Competencies

Competencies developed over 3 tiers (representing developmental stages in physician development)

1. Entry to residency or recent med school grad
2. Entry to practice or recent residency grad
3. Experience faculty physician or 3-5 years post-residency

<https://www.aamc.org/data-reports/report/telehealth-competencies>





# American Medical Association

- 2021 Telehealth Survey Report



# PT Compact Telehealth Survey

Survey sent to 3,051 active privilege holders on May 5, 2022

Survey open until end of May

328 survey respondents (response rate of 10.8%)



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**Did you receive telehealth services from any provider at any point during the PEAK of the COVID-19 pandemic?**

ⓘ Start presenting to display the poll results on this slide.

<b>GENDER</b>	<b>N</b>	<b>%</b>
Female	246	74.55%
Male	79	23.94%
I Prefer Not to Respond	5	1.52%

<b>RACE</b>	<b>N</b>	<b>%</b>
American Indian or Alaska Native	1	0.3%
Asian	0	0.00%
Black or African American	15	4.5%
Native Hawaiian or Other Pacific Islander	3	0.90%
White	250	75.08%
Other	64	19.22%

<b>HISPANIC</b>	<b>N</b>	<b>%</b>
No	308	93.33%
Yes	14	4.24%
I Prefer Not to Respond	8	2.42%

<b>PT</b>	<b>N</b>	<b>%</b>
Physical Therapist	284	86.06%
Physical Therapist Assistant	46	13.94%

<b>GENDER</b>	<b>N</b>	<b>%</b>
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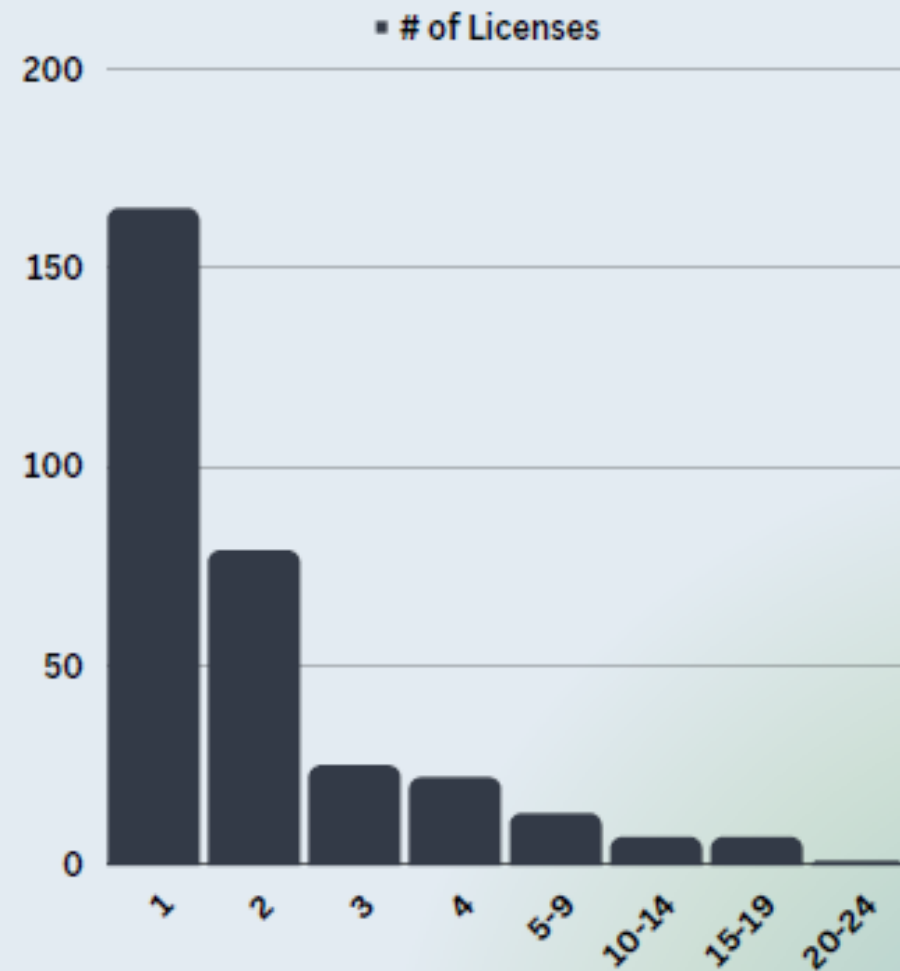
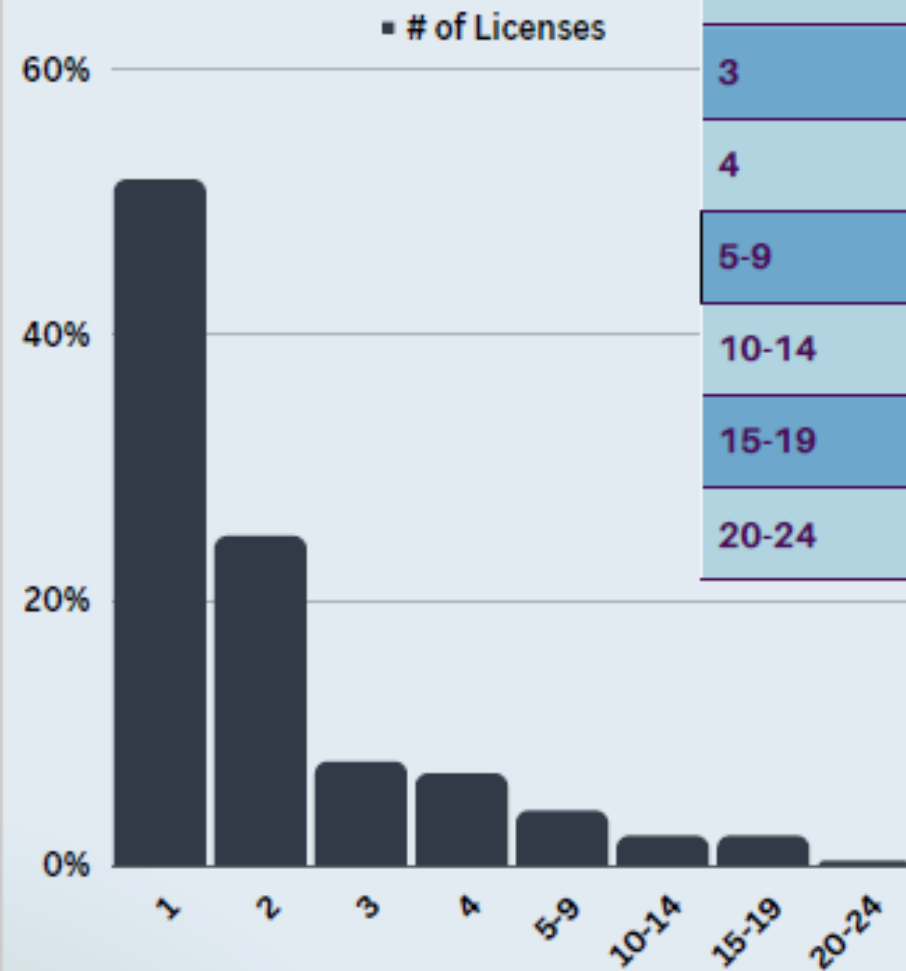
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**IN WHAT YEAR WERE YOU FIRST LICENSED AS A PHYSICAL THERAPIST OR LICENSED, REGISTERED, OR CERTIFIED AS A PHYSICAL THERAPIST ASSISTANT IN THE UNITED STATES?**

<b>FROM</b>	<b>TO</b>	<b>N</b>	<b>%</b>
1975	1979	2	1.09%
1980	1984	8	4.35%
1985	1989	9	4.89%
1990	1994	18	9.78%
1995	1999	17	9.24%
2000	2004	11	5.98%
2005	2009	21	11.41%
2010	2014	37	20.11%
2015	2019	46	25.00%
2020	2024	15	8.15%

NUMBER OF LICENSES		
1	165	51.7%
2	79	24.8%
3	25	7.8%
4	22	6.9%
5-9	13	4.1%
10-14	7	2.2%
15-19	7	2.2%
20-24	1	0.3%



## NUMBER OF LICENSES

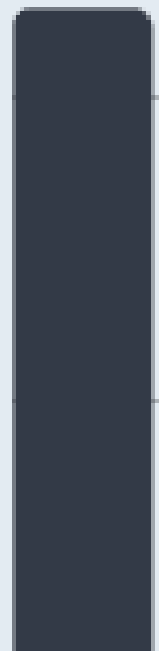
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■ # of Licenses

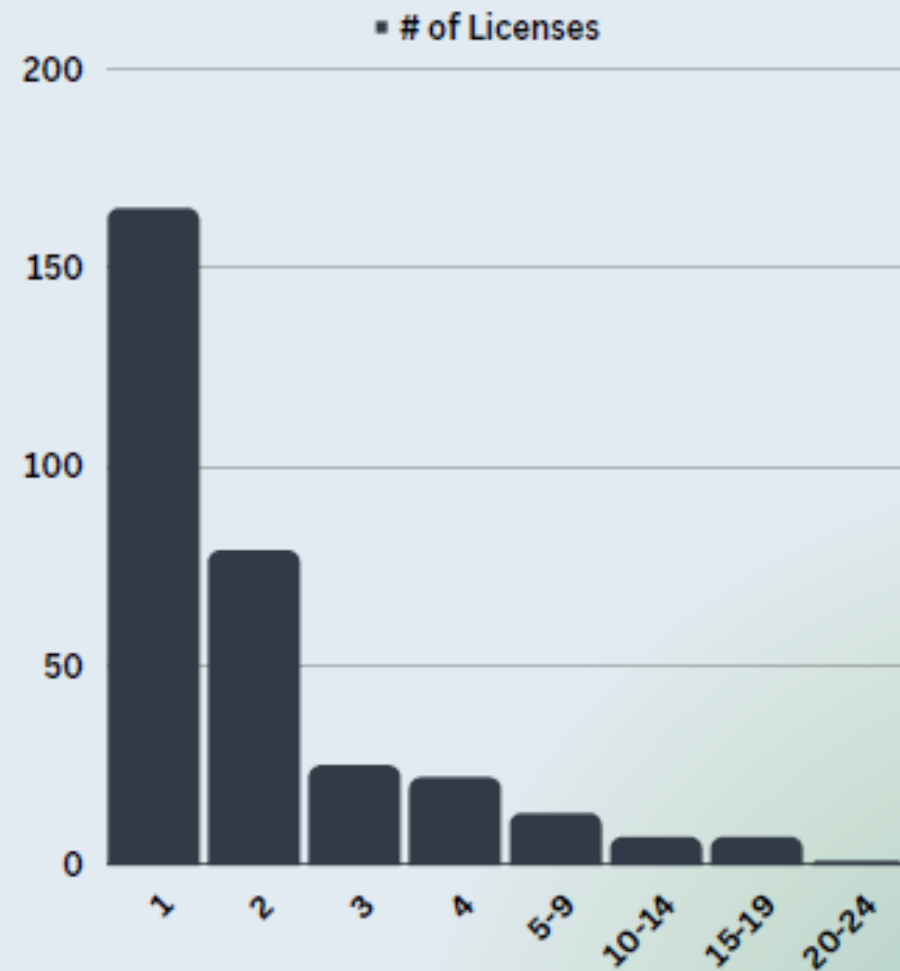
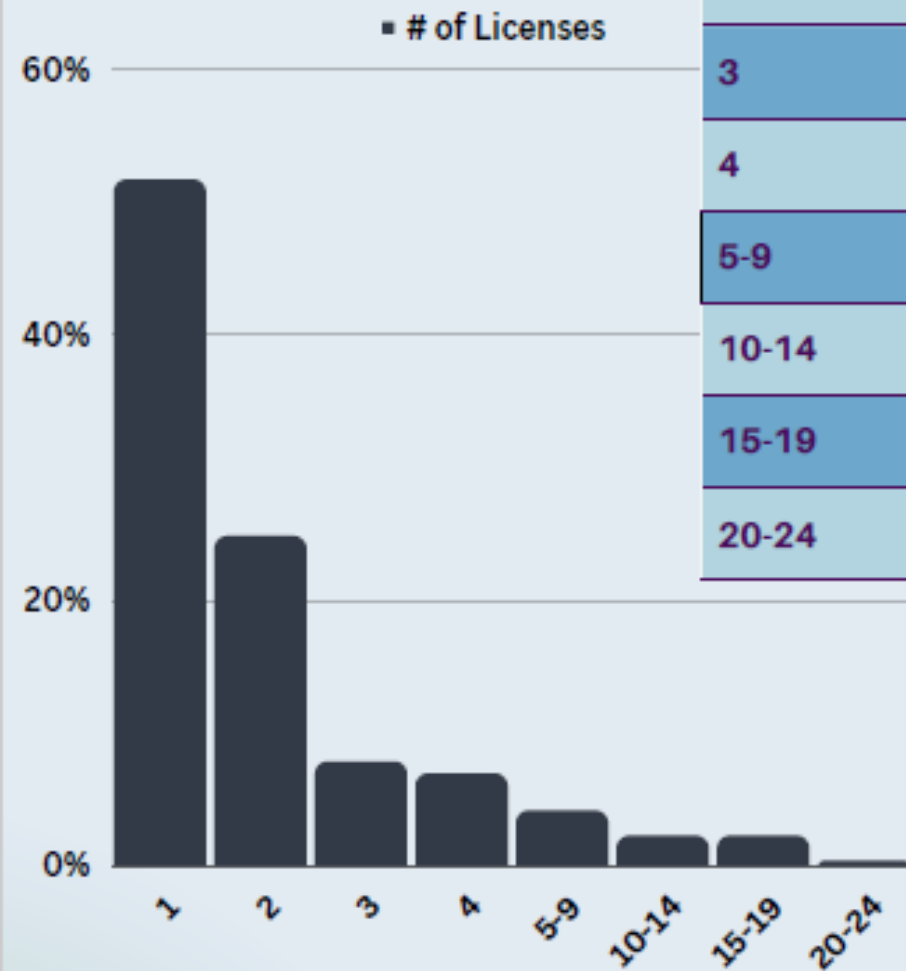
200

150

100



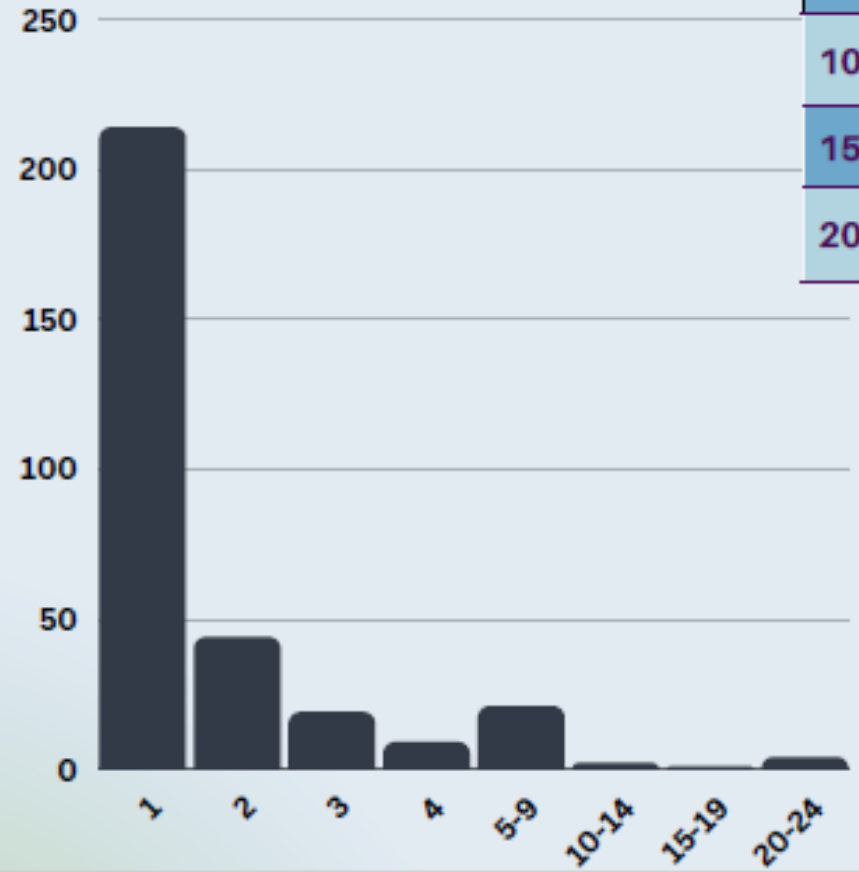
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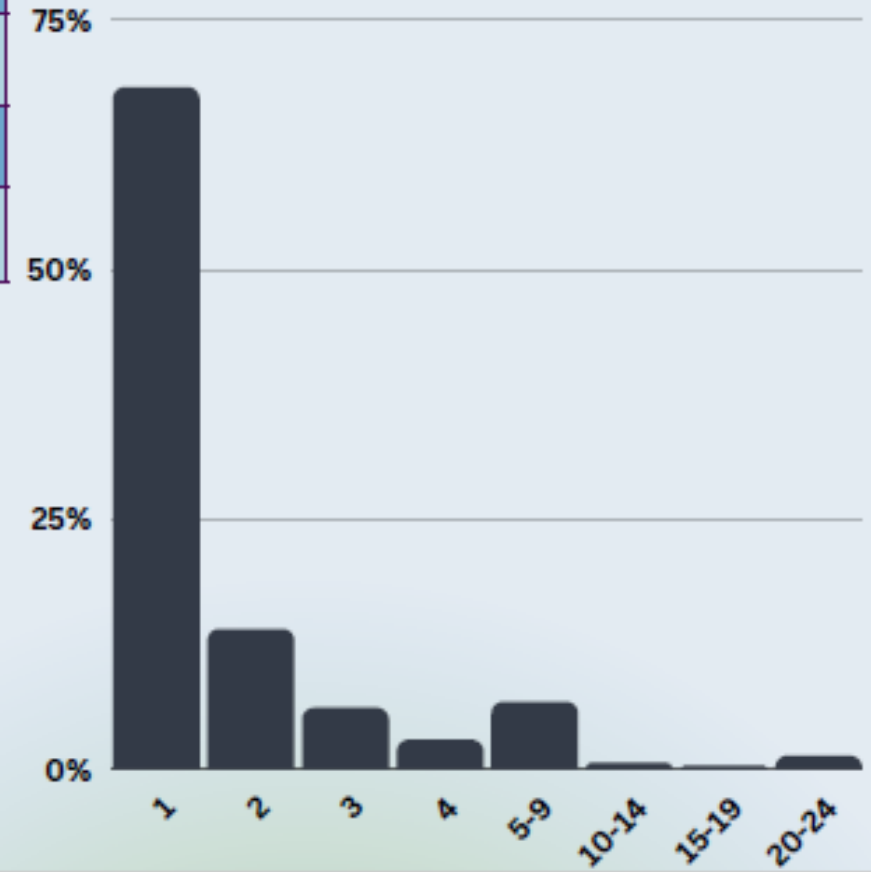
### NUMBER OF COMPACT PRIVILEGES

1	214	68.2%
2	44	14.0%
3	19	6.1%
4	9	2.9%
5-9	21	6.7%
10-14	2	0.6%
15-19	1	0.3%
20-24	4	1.3%

■ How Many Compact Privileges do you have?



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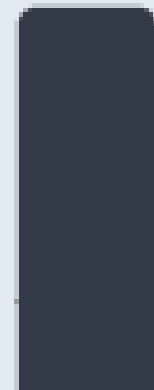
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75%

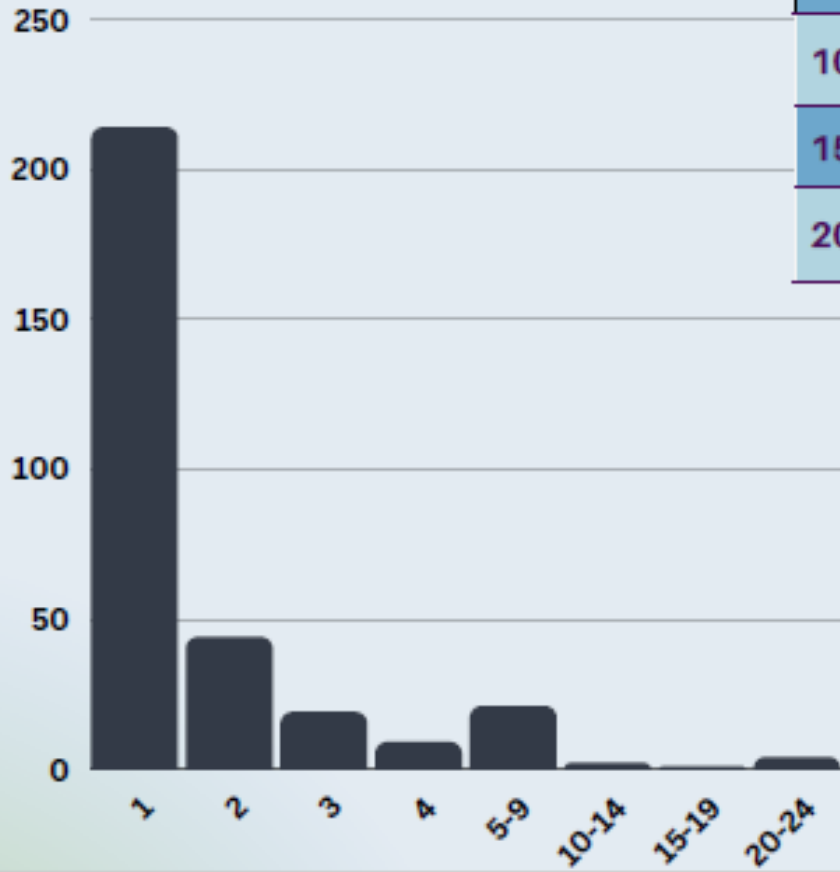
50%



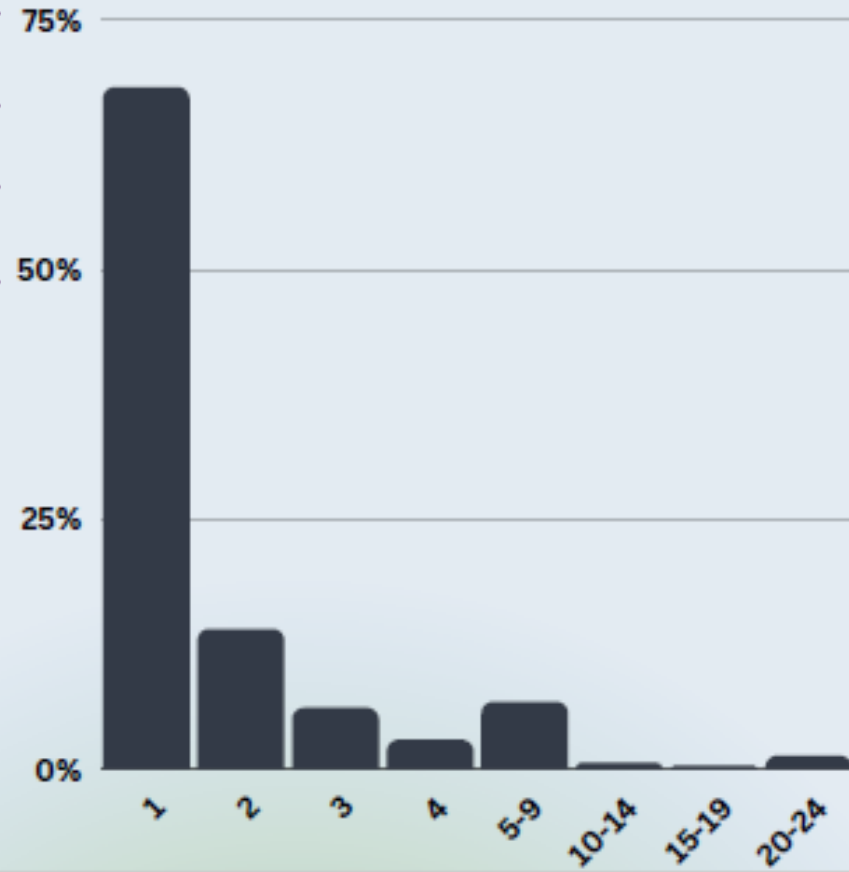
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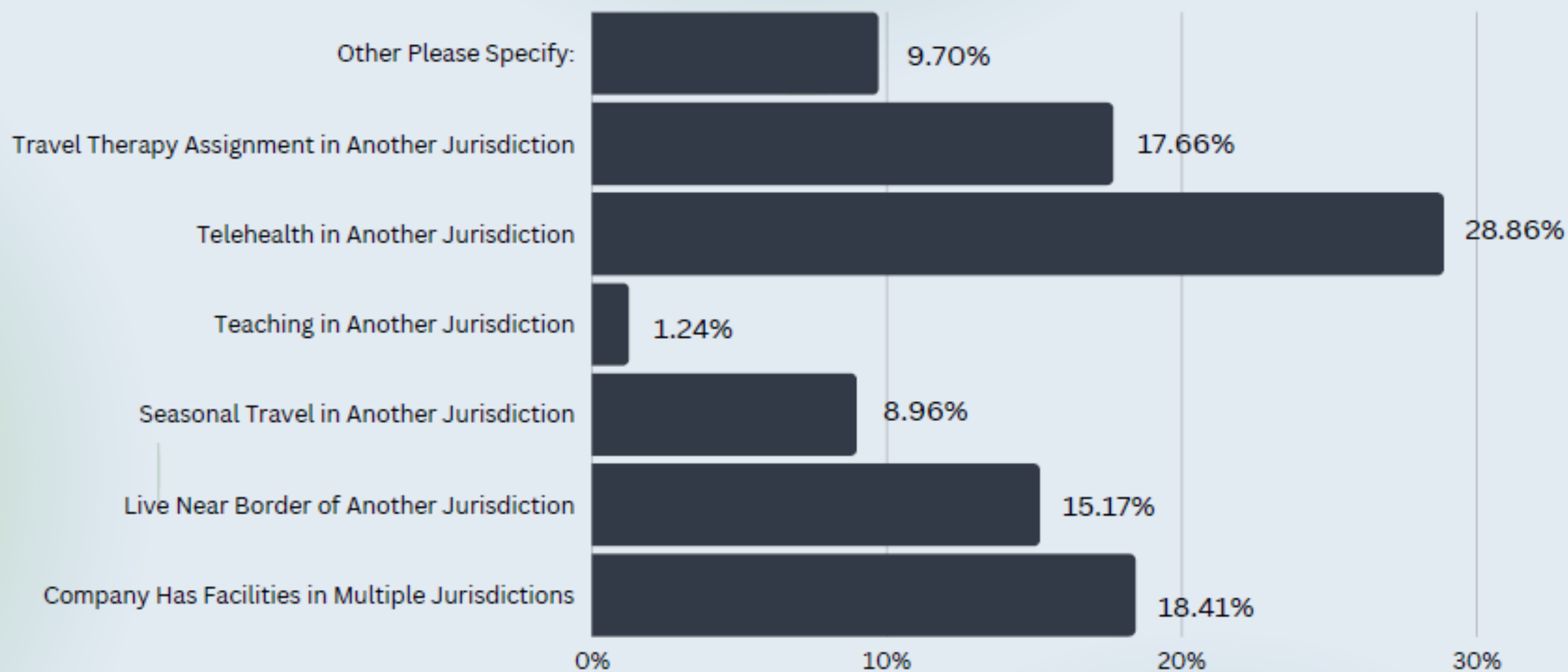


■ How Many Compact Privileges do you have?





## Why do you seek authorization to practice (license or compact privilege) in other jurisdictions? (Select all that apply)

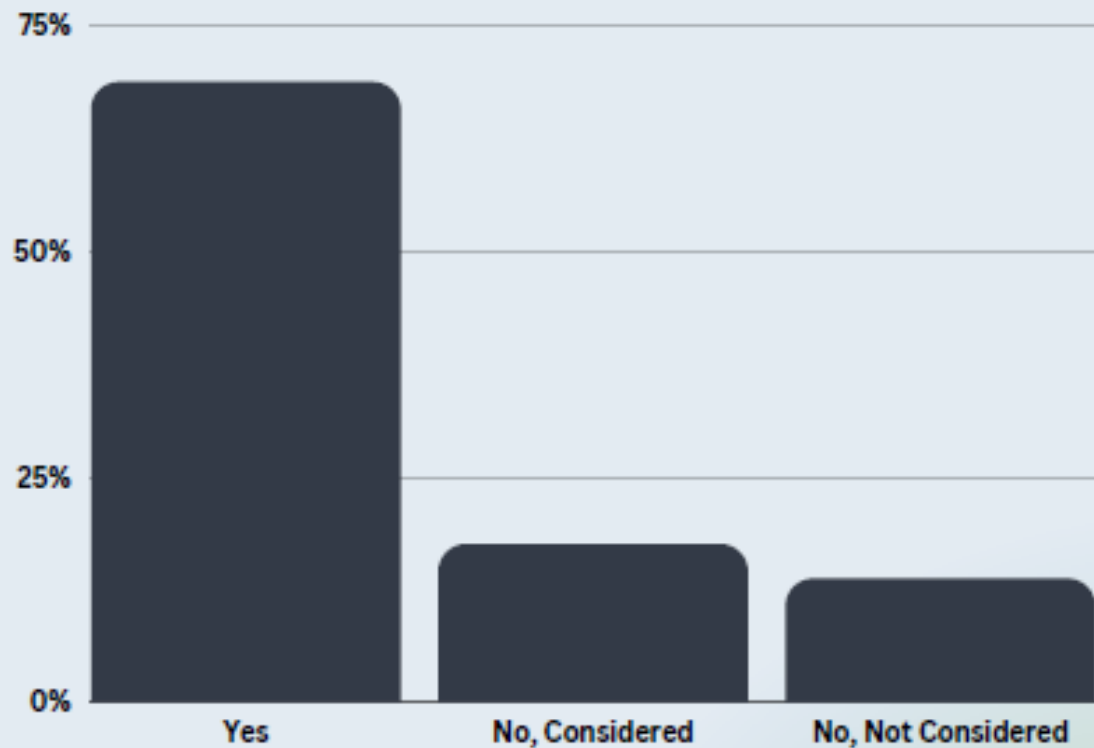


WHAT IS YOUR EMPLOYMENT STATUS AS A PHYSICAL THERAPIST/PHYSICAL THERAPIST ASSISTANT? (SELECT ALL THAT APPLY)	N	%
Actively employed as a physical therapist/physical therapist assistant full-time	212	63.86%
Actively employed as a physical therapist/physical therapist assistant part-time	61	18.37%
Self-employed as a physical therapist/physical therapist assistant full-time	18	5.42%
Self-employed as a physical therapist/physical therapist assistant part-time	30	9.04%
Retired	5	1.51%
Unemployed, seeking employment as a physical therapist/physical therapist assistant	5	1.51%
Unemployed, NOT seeking employment as a physical therapist/physical therapist assistant	1	0.30%

<b>HOW DID YOU HEAR ABOUT THE PT COMPACT?</b>	<b>N</b>	<b>%</b>
<b>APTA</b>	<b>111</b>	<b>21.60%</b>
<b>State Physical Therapy Association Center</b>	<b>30</b>	<b>5.84%</b>
<b>Federal State Boards of Physical Therapy</b>	<b>40</b>	<b>7.78%</b>
<b>State Physical Therapy Licensing Board</b>	<b>39</b>	<b>7.59%</b>
<b>PT/ PTA Educational Program</b>	<b>34</b>	<b>6.61%</b>
<b>Travel/ Staffing Company</b>	<b>38</b>	<b>7.39%</b>
<b>Co-worker/ Word of Mouth</b>	<b>98</b>	<b>19.07%</b>
<b>Internet Search</b>	<b>42</b>	<b>8.17%</b>
<b>PT Compact Communications (e.g., website, email, webinar, social media)</b>	<b>62</b>	<b>12.06%</b>
<b>Other, please specify:</b>	<b>20</b>	<b>3.89%</b>

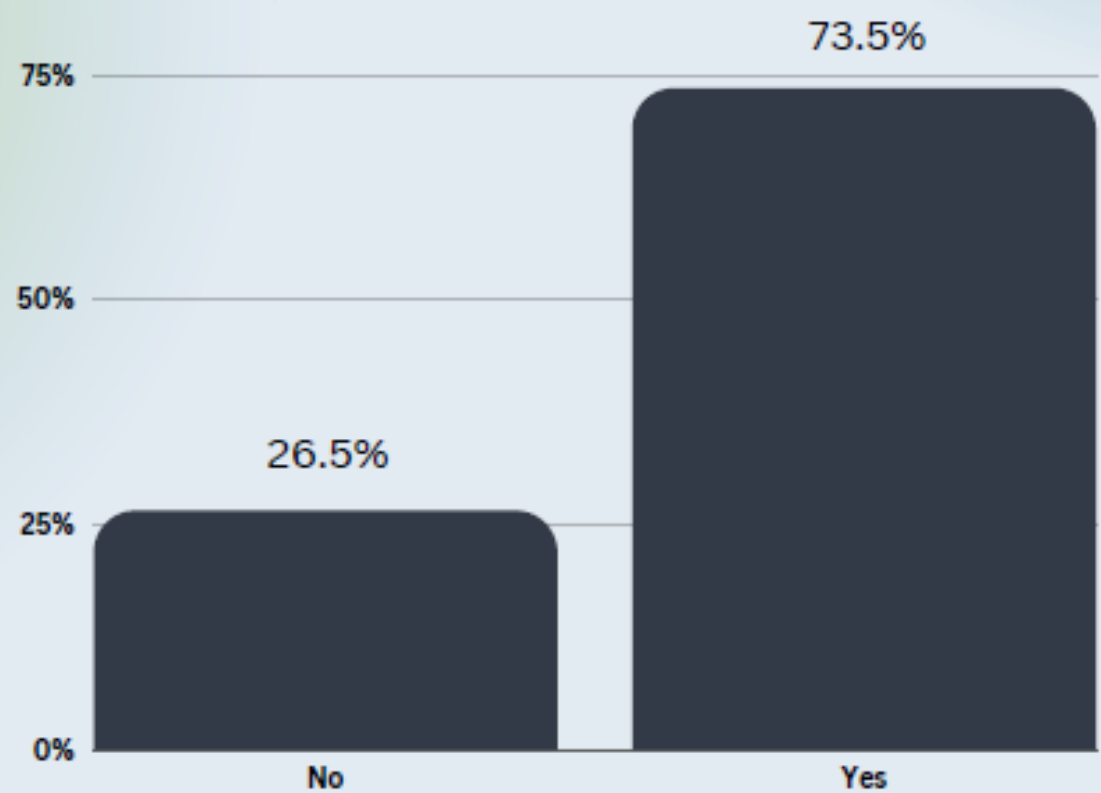
<b>WHICH BEST DESCRIBES THE LOCATION OF YOUR PRIMARY CLINICAL WORK SETTING?</b>	<b>N</b>	<b>%</b>
Urban/Metropolitan	115	36.86%
Suburban	107	34.29%
Rural	90	28.85%

HAVE YOU EVER USED OR CONSIDERED USING TELEHEALTH (VIRTUAL OR DIGITAL PHYSICAL THERAPY) TO CARE FOR YOUR PATIENTS?	N	%
Yes, I have used telehealth	216	68.79%
No, I have not used telehealth, but I have considered it	55	17.52%
No, I have not used telehealth, and have not considered it	43	13.69%

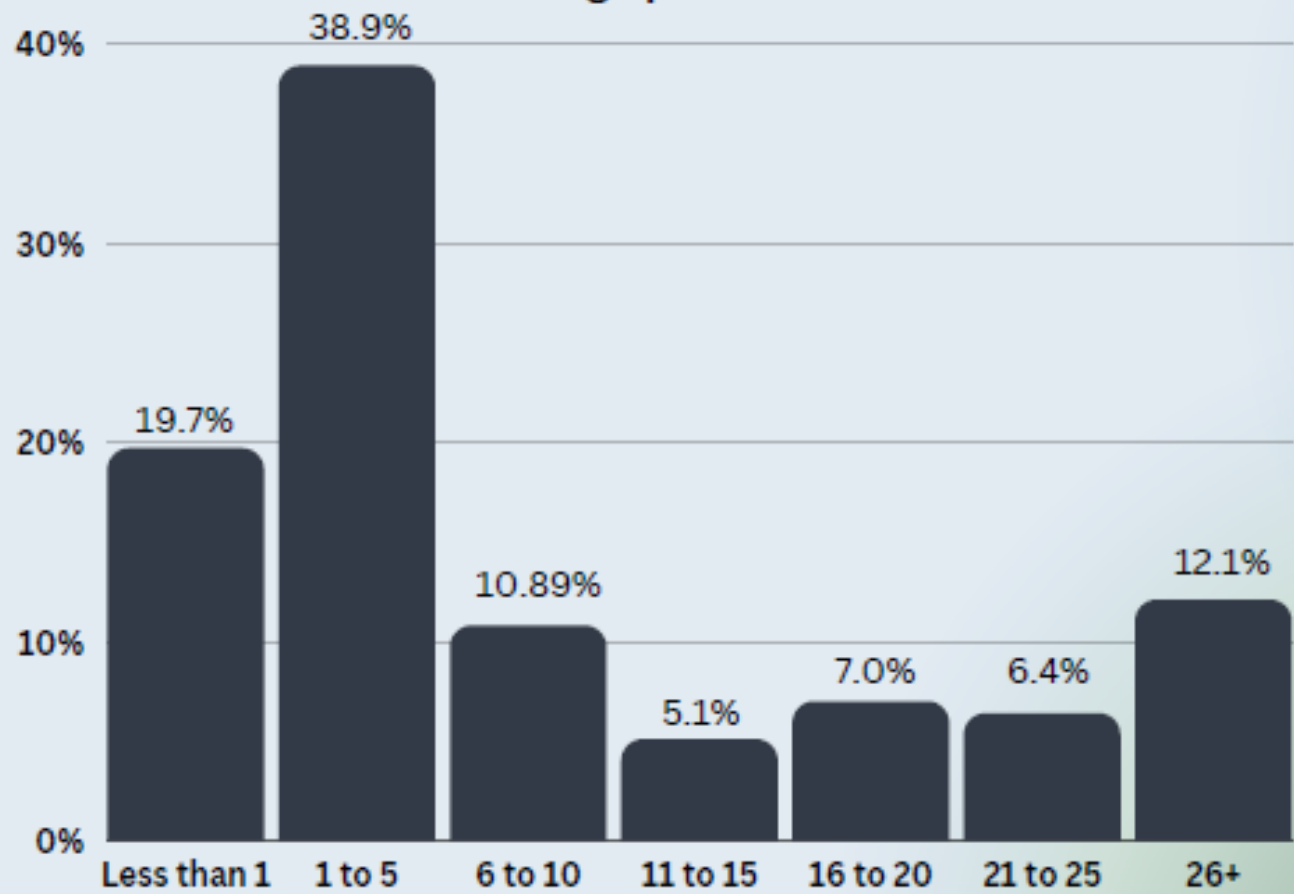


	<b>YES, I HAVE USED TELEHEALTH</b>	<b>NO, I HAVE NOT USED TELEHEALTH BUT HAVE CONSIDERED IT</b>	<b>NO, I HAVE NOT USED TELEHEALTH AND HAVE NOT CONSIDERED IT</b>
$\bar{x}$ CP	2.48	1.47	1.21
Min CP	1	1	1
Max CP	24	8	2
$\bar{x}$ Lic	2.85	1.58	1.51
Min Lic	1	1	1
Max Lic	24	5	5
$\bar{x}$ Total	5.32	3.05	2.72
Min Tot	2	1	2
Max Tot	48	10	7

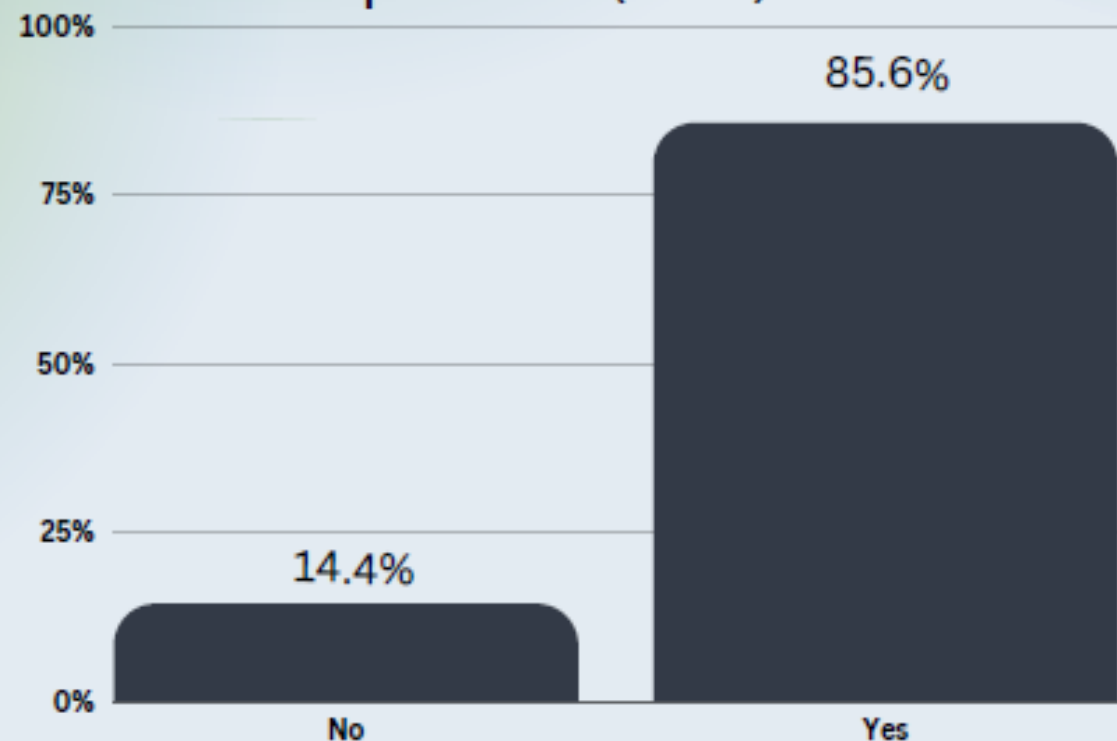
### Do you CURRENTLY use telehealth to care for your patients? (n=215)



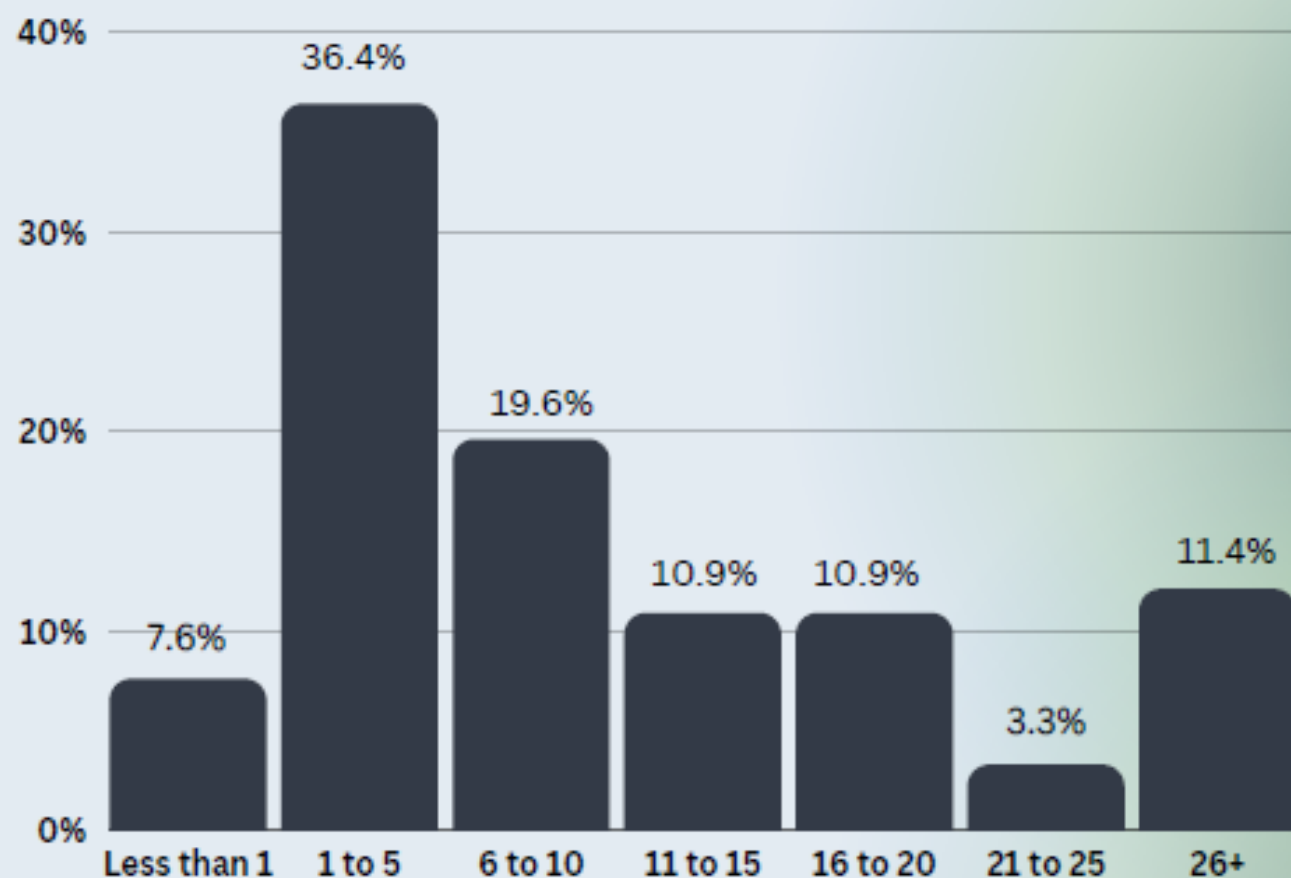
### How many telehealth visits do you CURRENTLY average per week? (n=157)



Did you provide telehealth at any point  
DURING the peak of the COVID-19  
pandemic? (n=215)

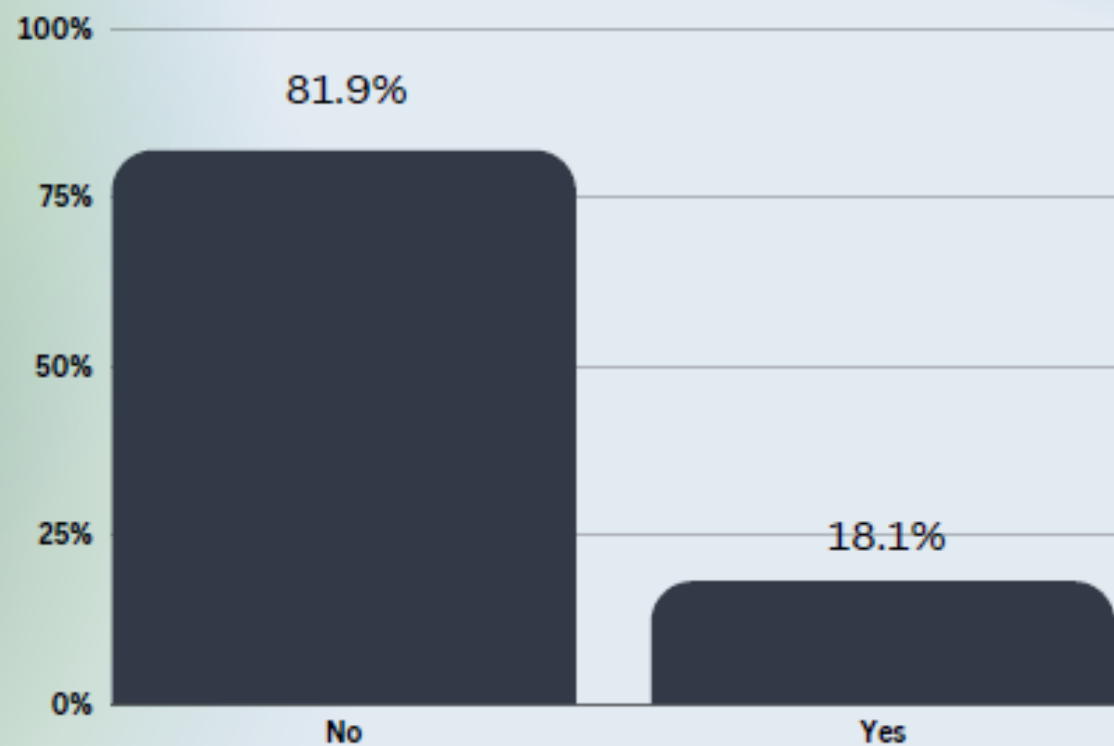


How many telehealth visits did you average per week  
DURING the COVID-19 pandemic? (n=184)

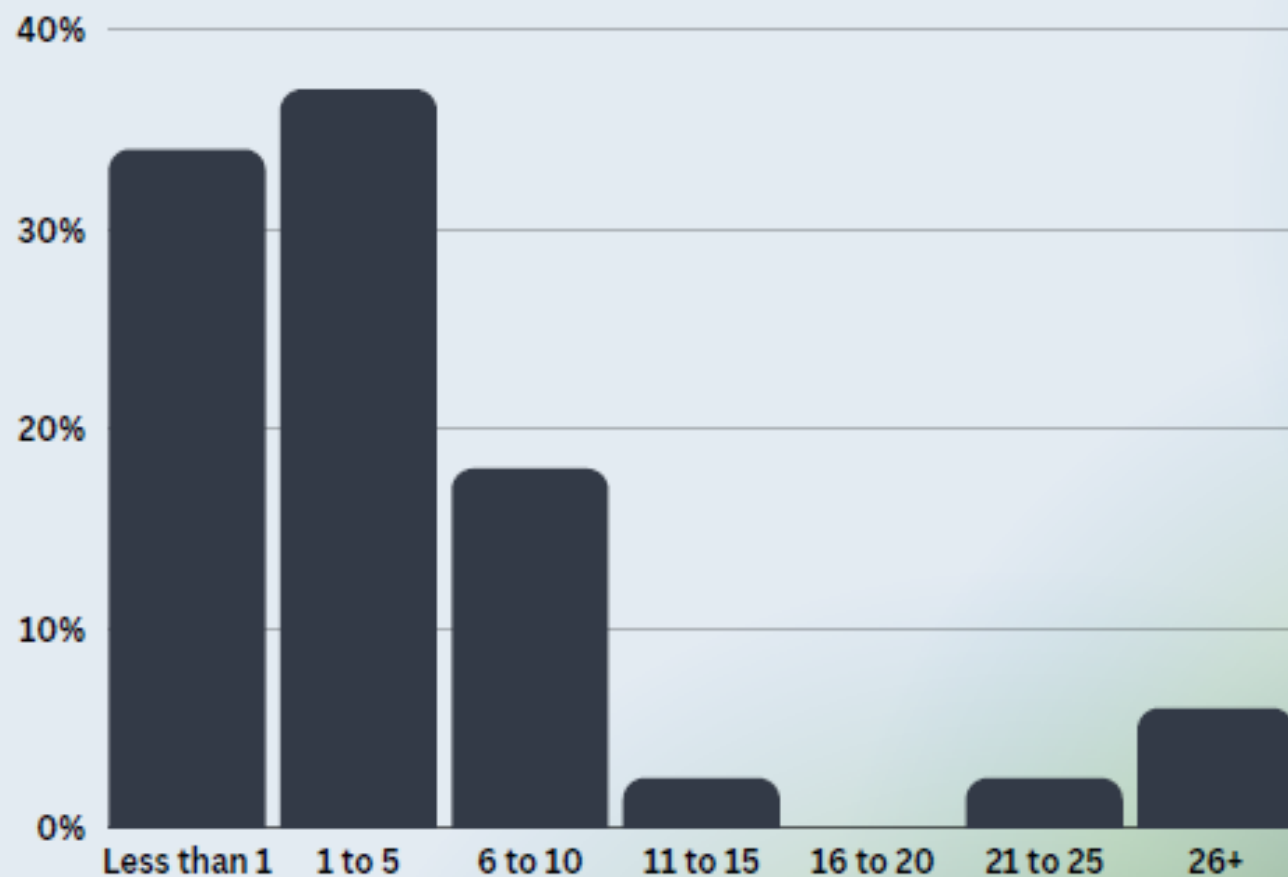




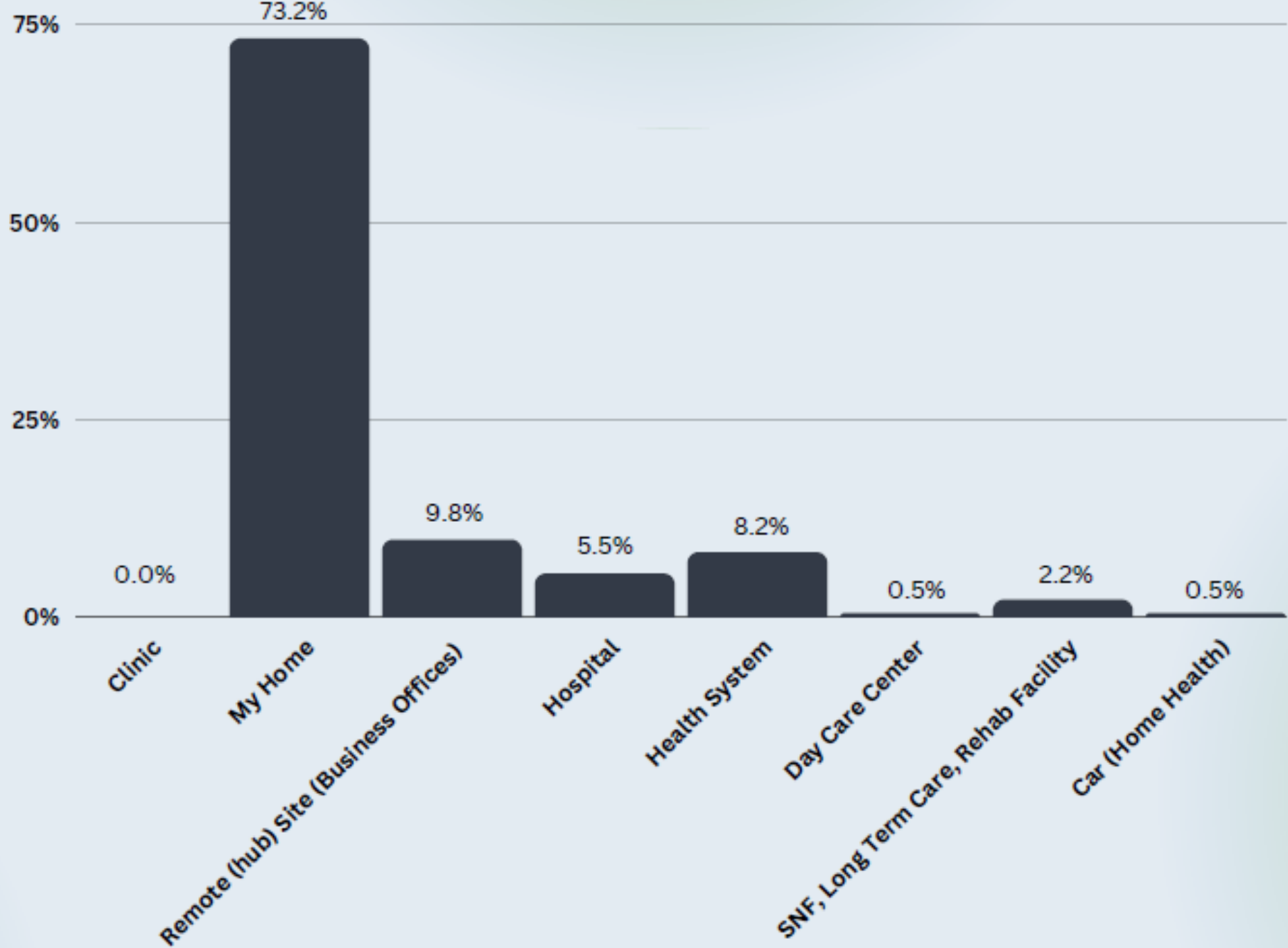
## Did you provide telehealth at any point BEFORE the pandemic (n=215)



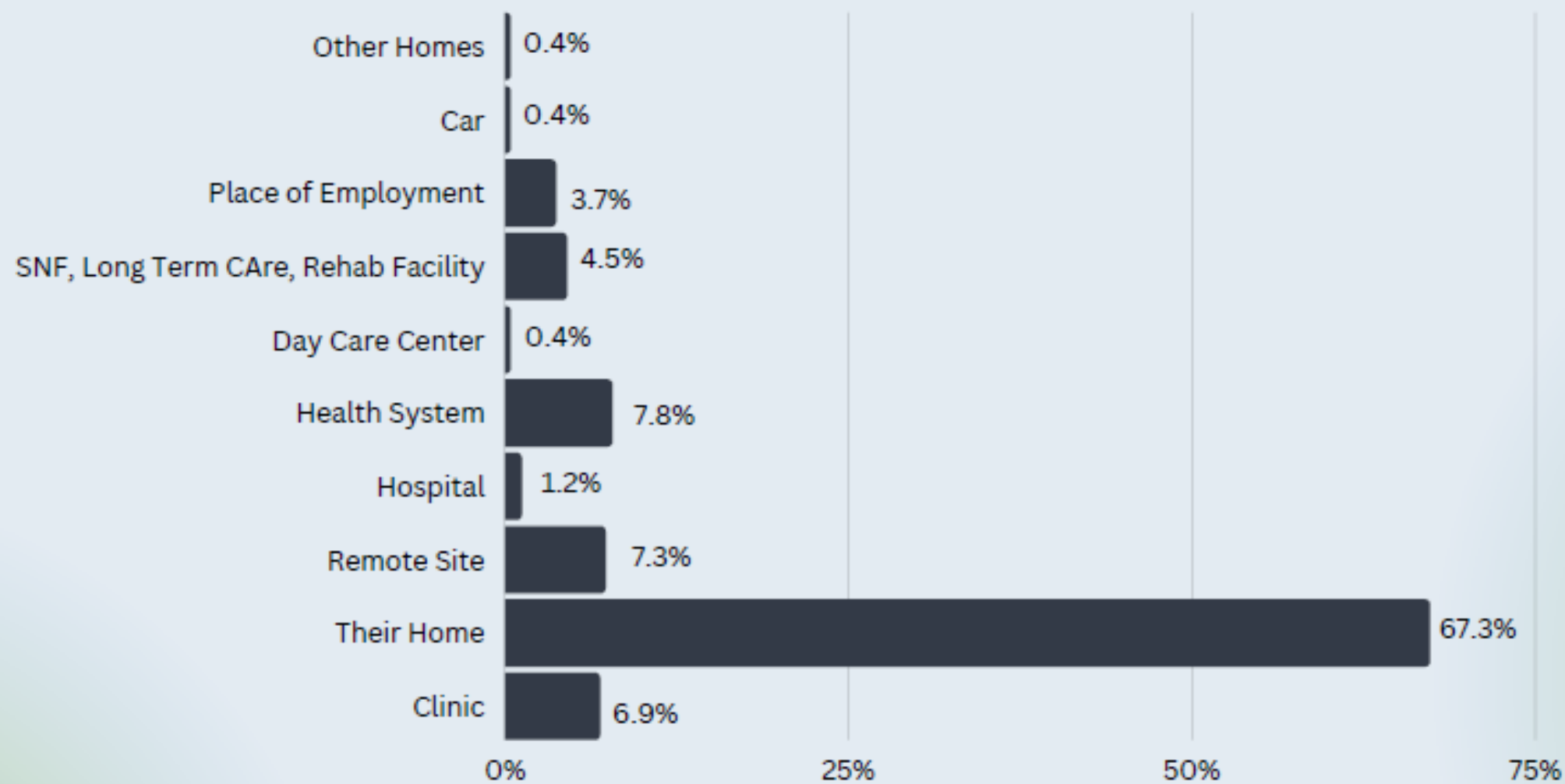
## How many telehealth visits did you average BEFORE the pandemic? (n=38)



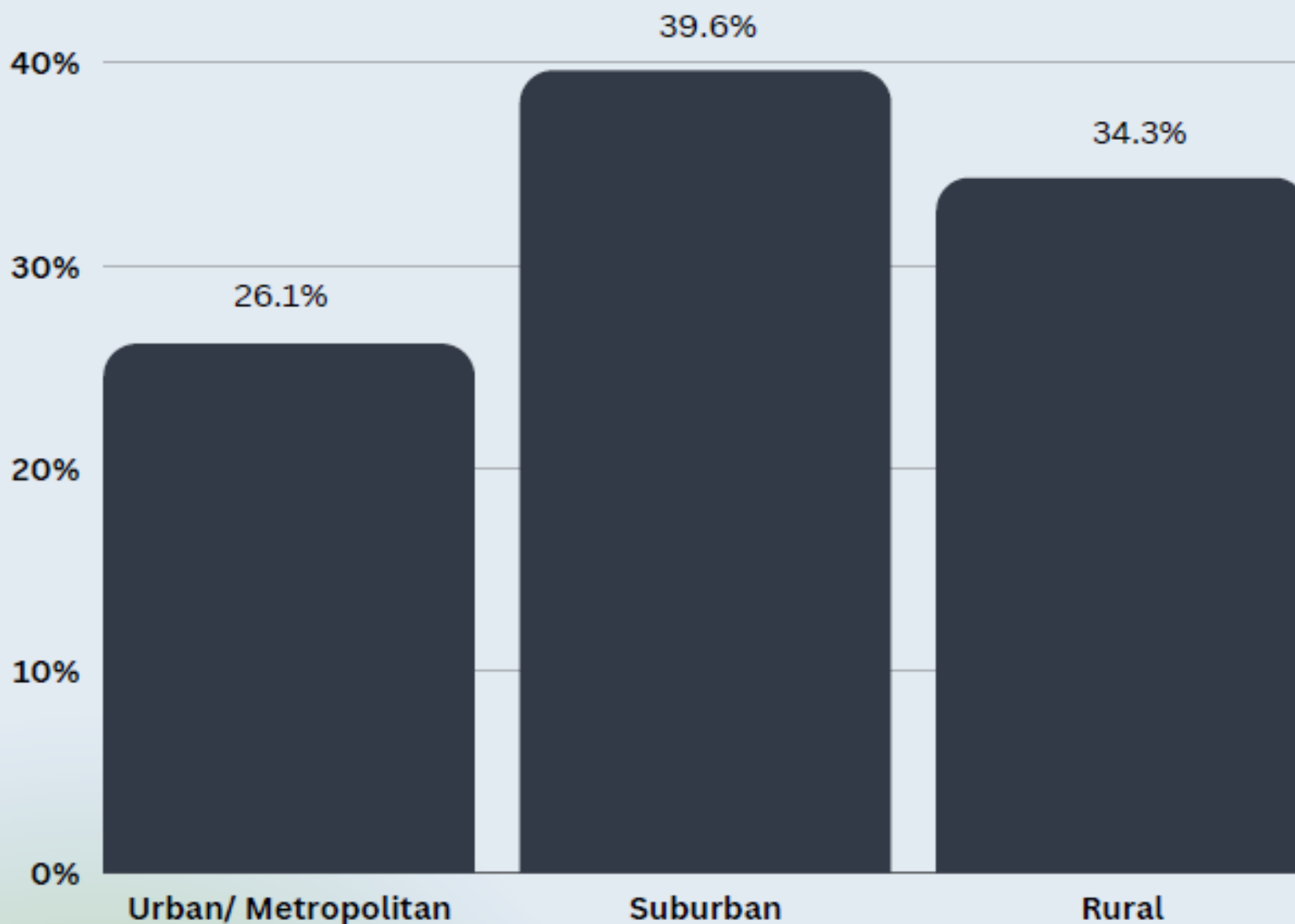
Where were you when you conducted your telehealth visits? Select all that apply (277 responses)



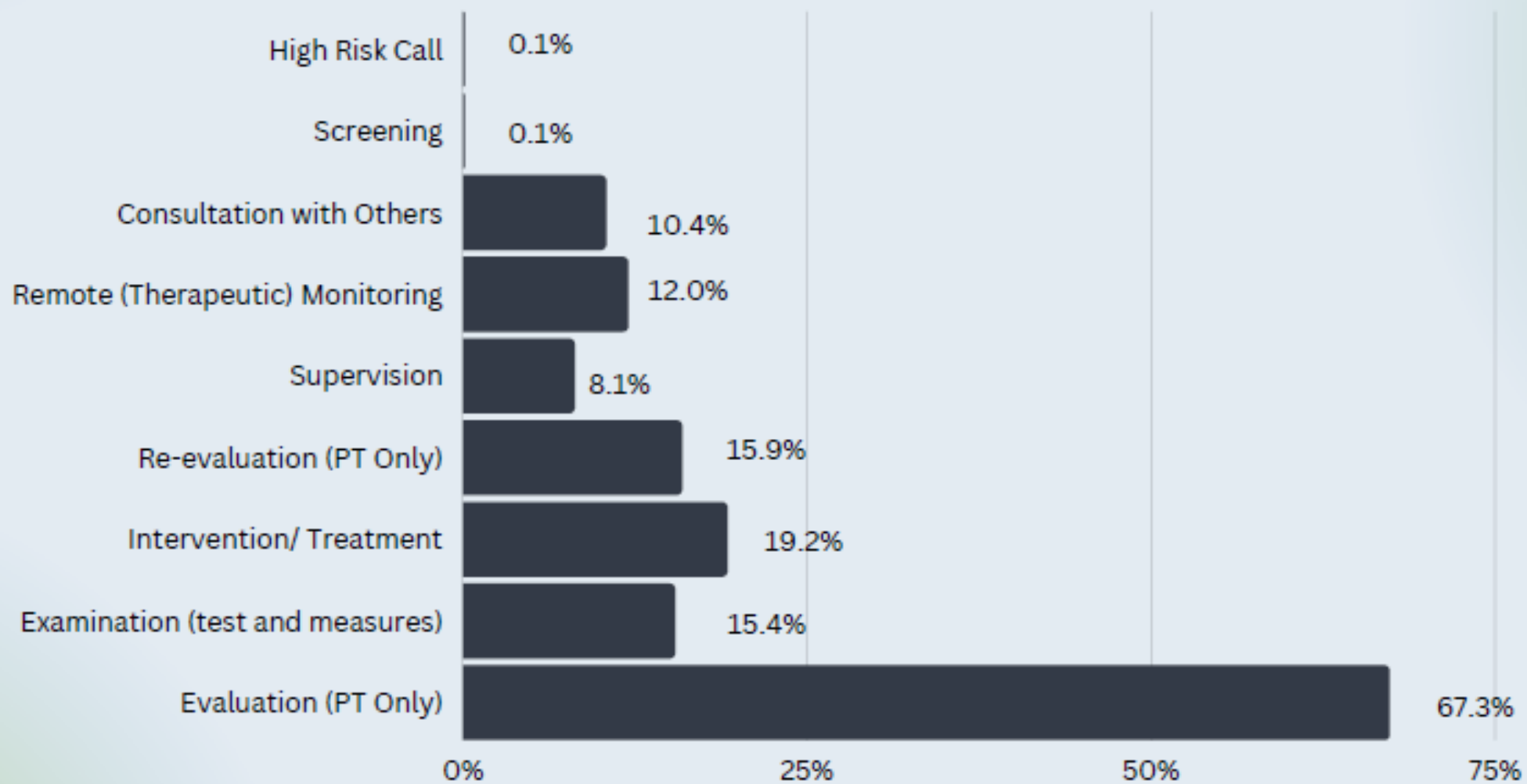
**Where were your patients located when you conducted telehealth visits?  
Select all that apply. (244 responses)**



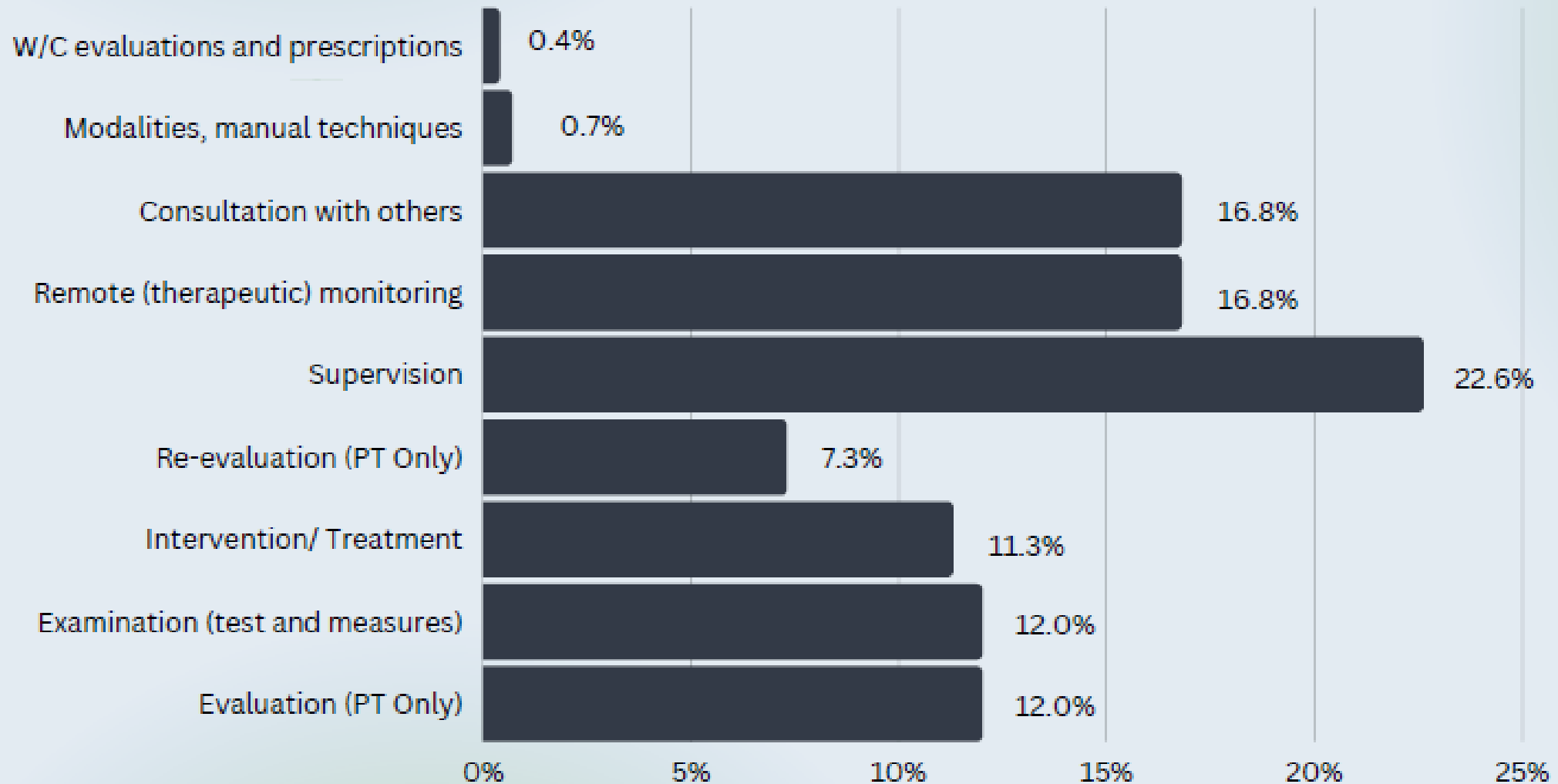
Using percentages, please identify how much of your telehealth patient population are located in each setting



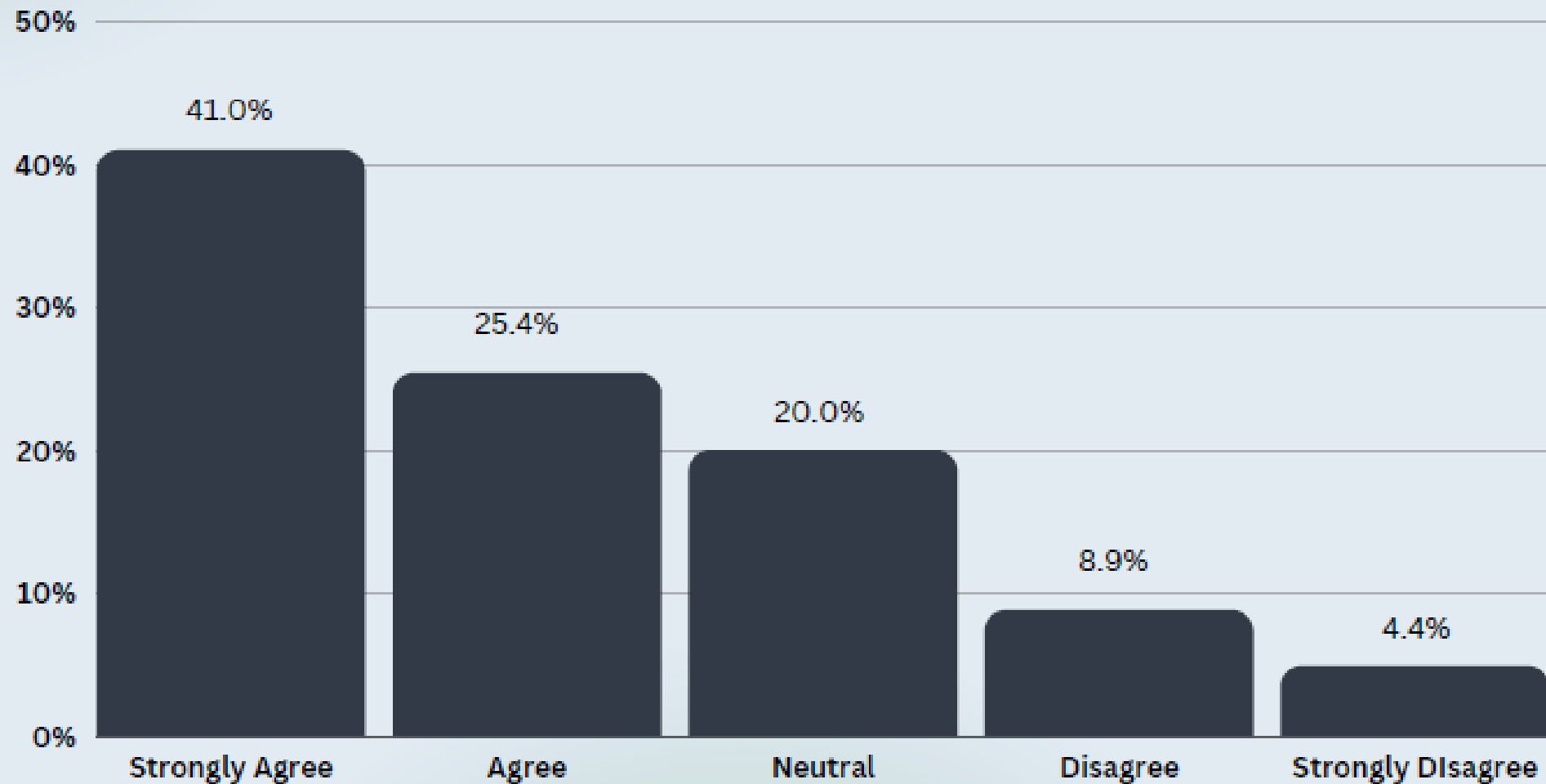
**What aspects of care do you provide via telehealth? Select all that apply.  
(844 responses)**



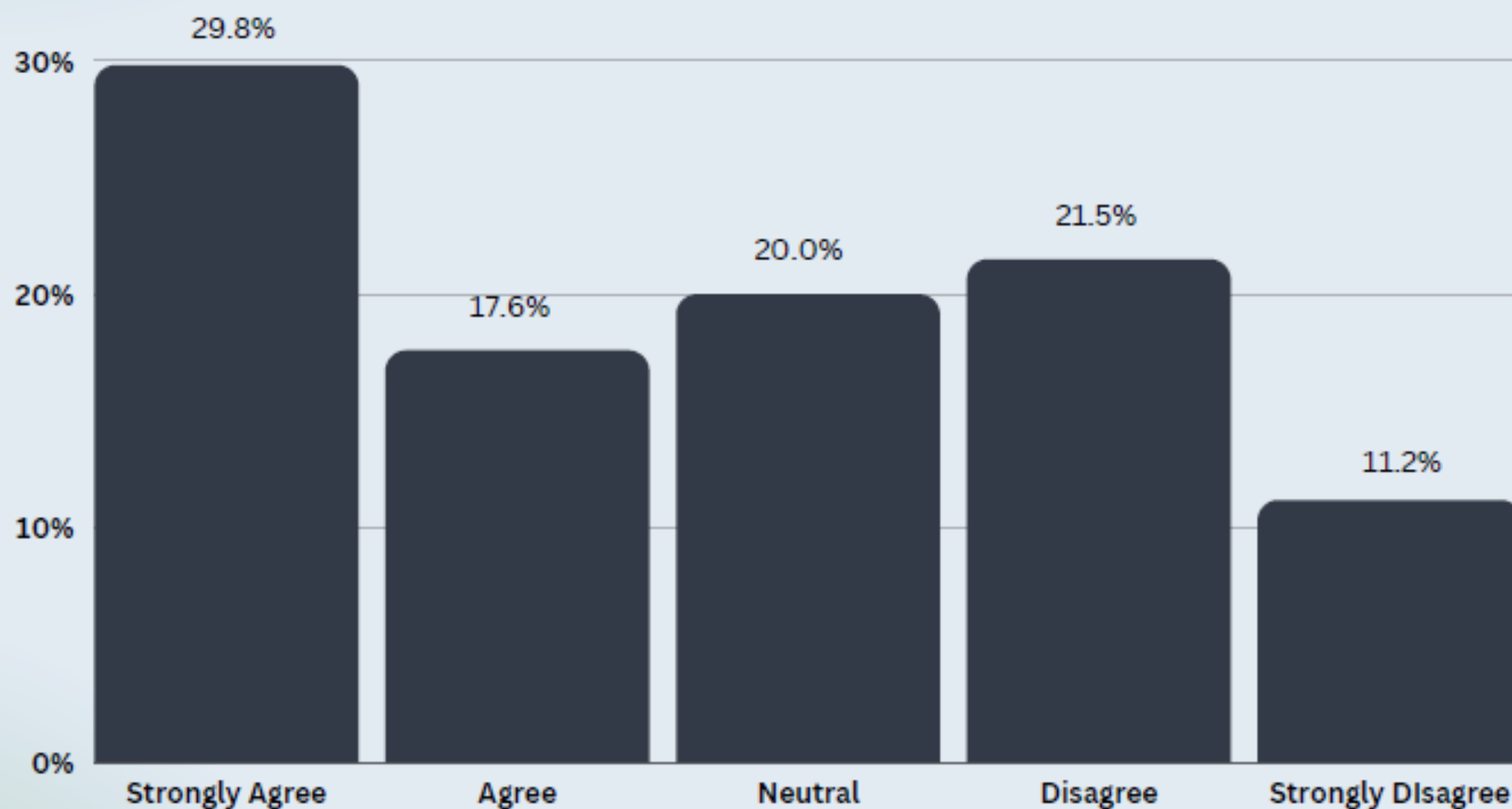
## What aspects of care do you NOT provide via telehealth? Select all that apply. (274 responses)



## Telehealth has allowed me to provide more comprehensive quality care for patients. (n=205)

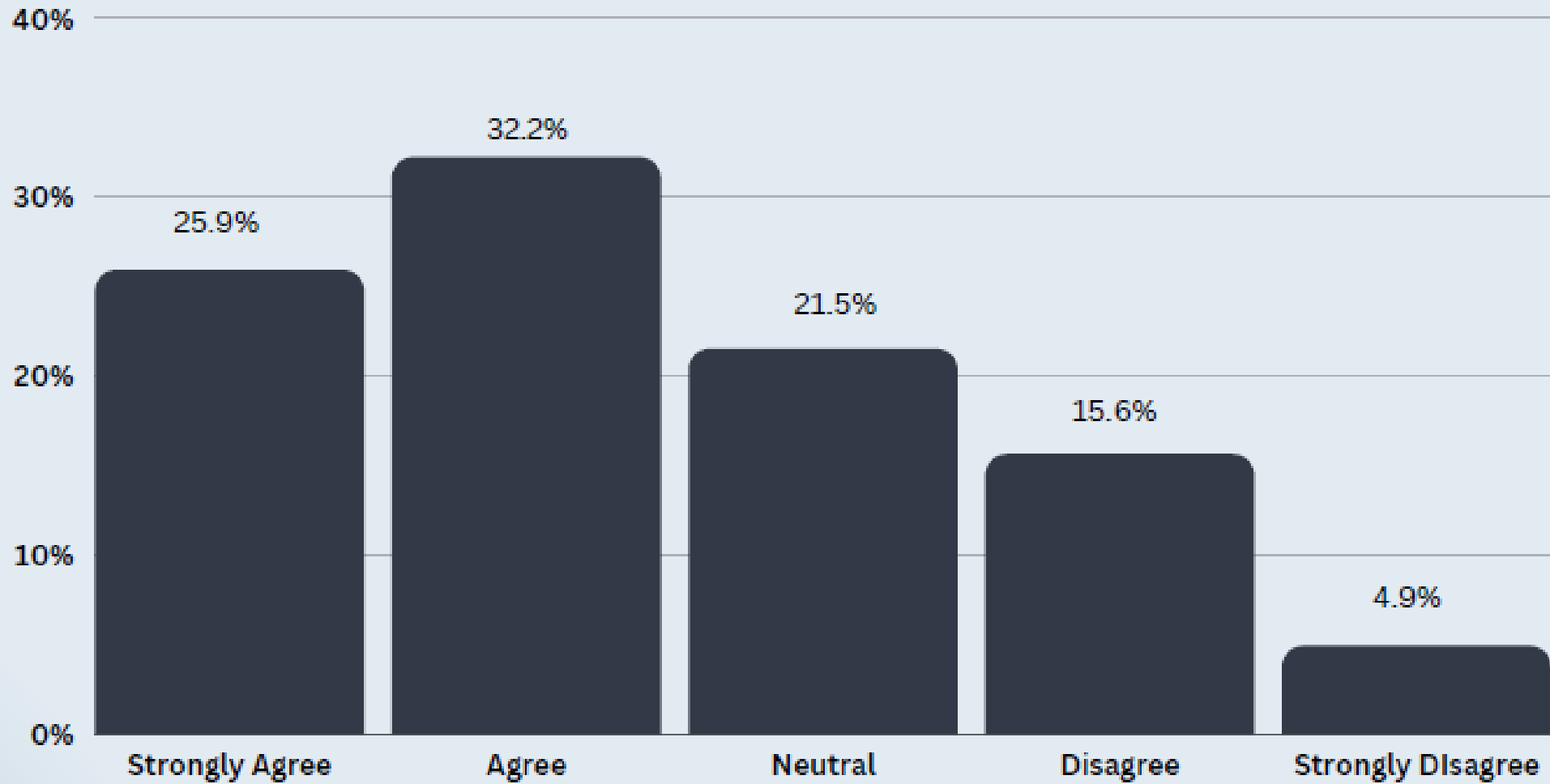


**Most of the virtual telehealth visits I provide replace in-person care.  
(n=205)**

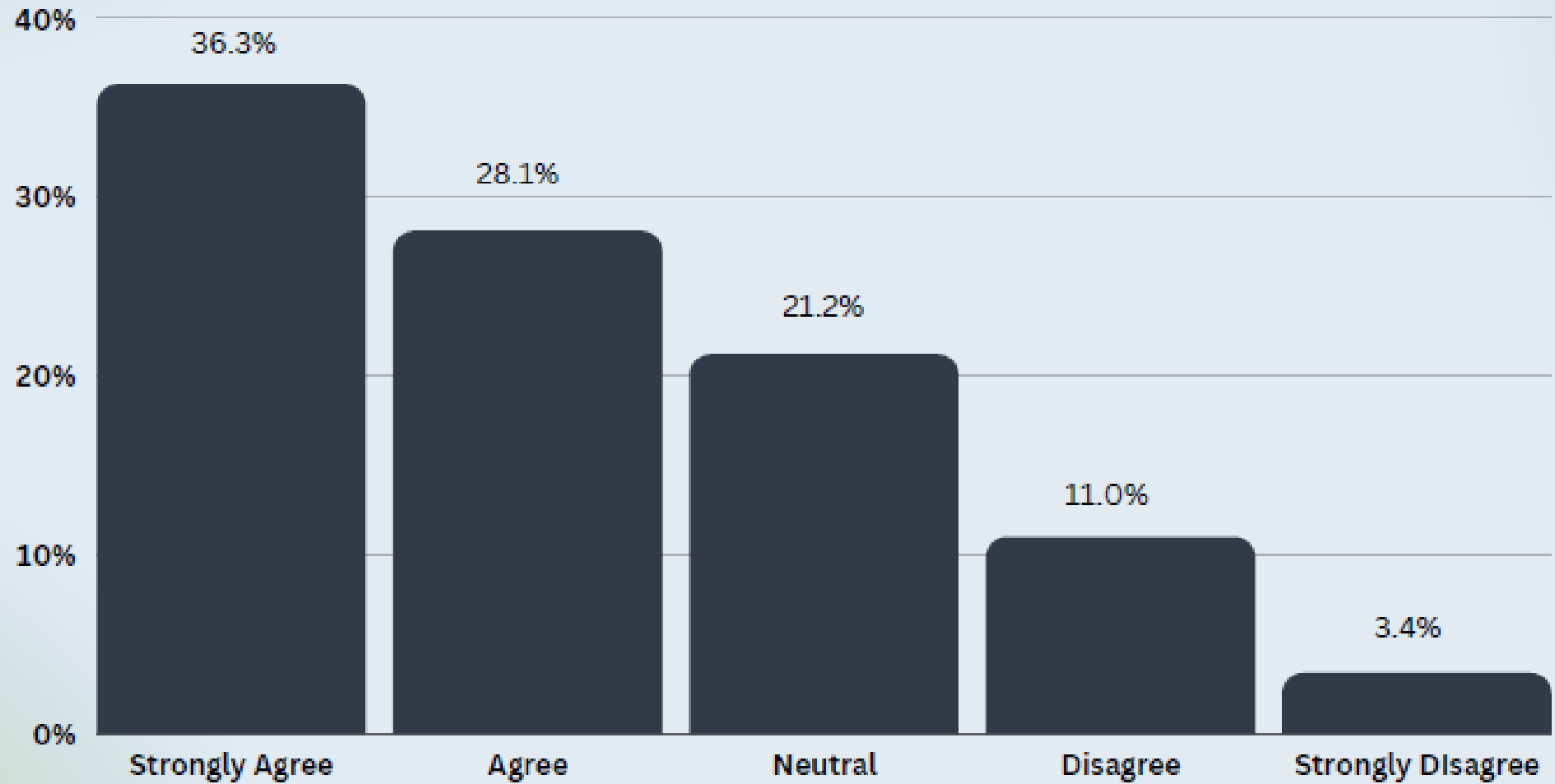




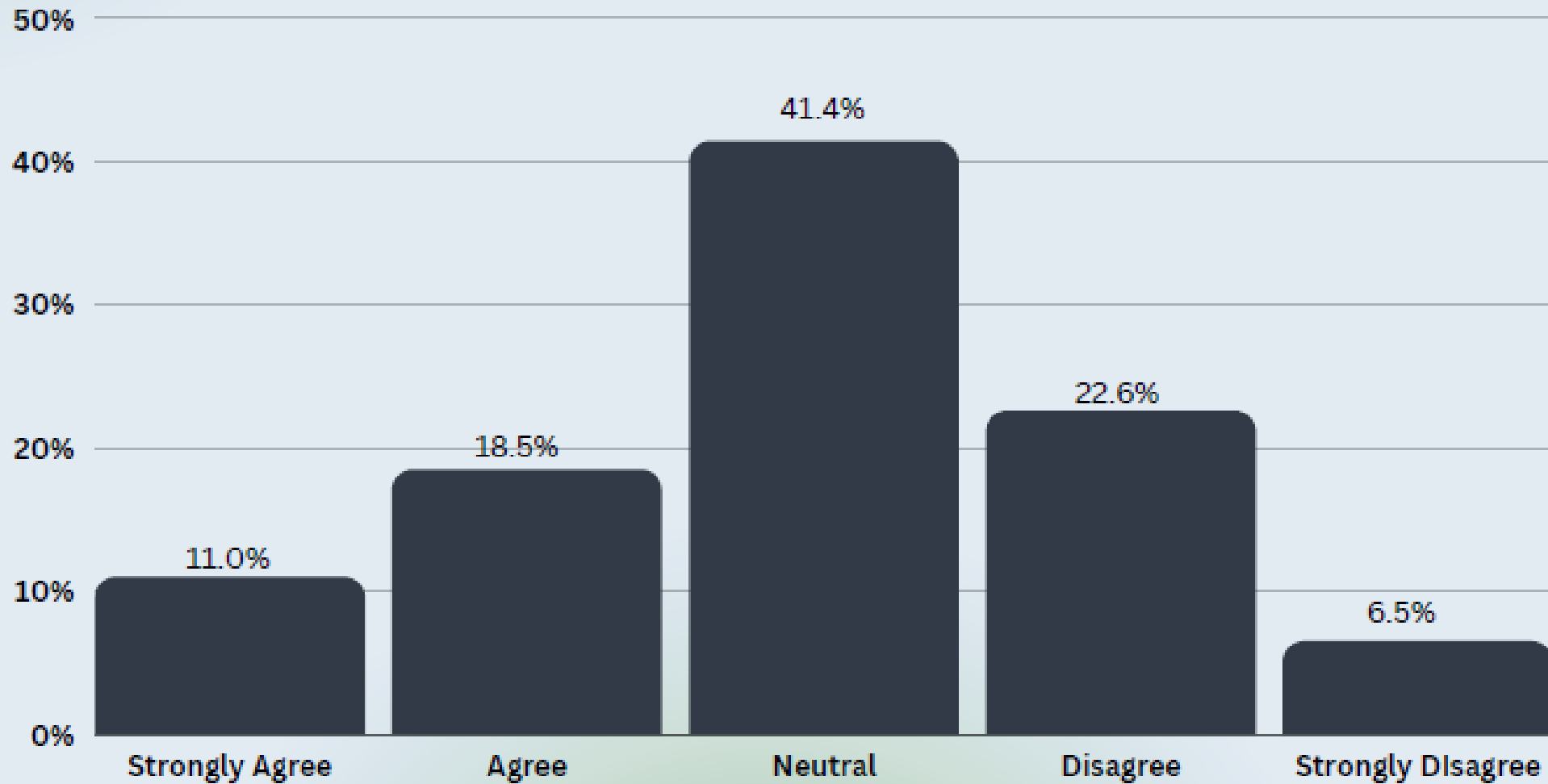
## Most of the virtual telehealth visits I provide supplement in-person care. (n=205)



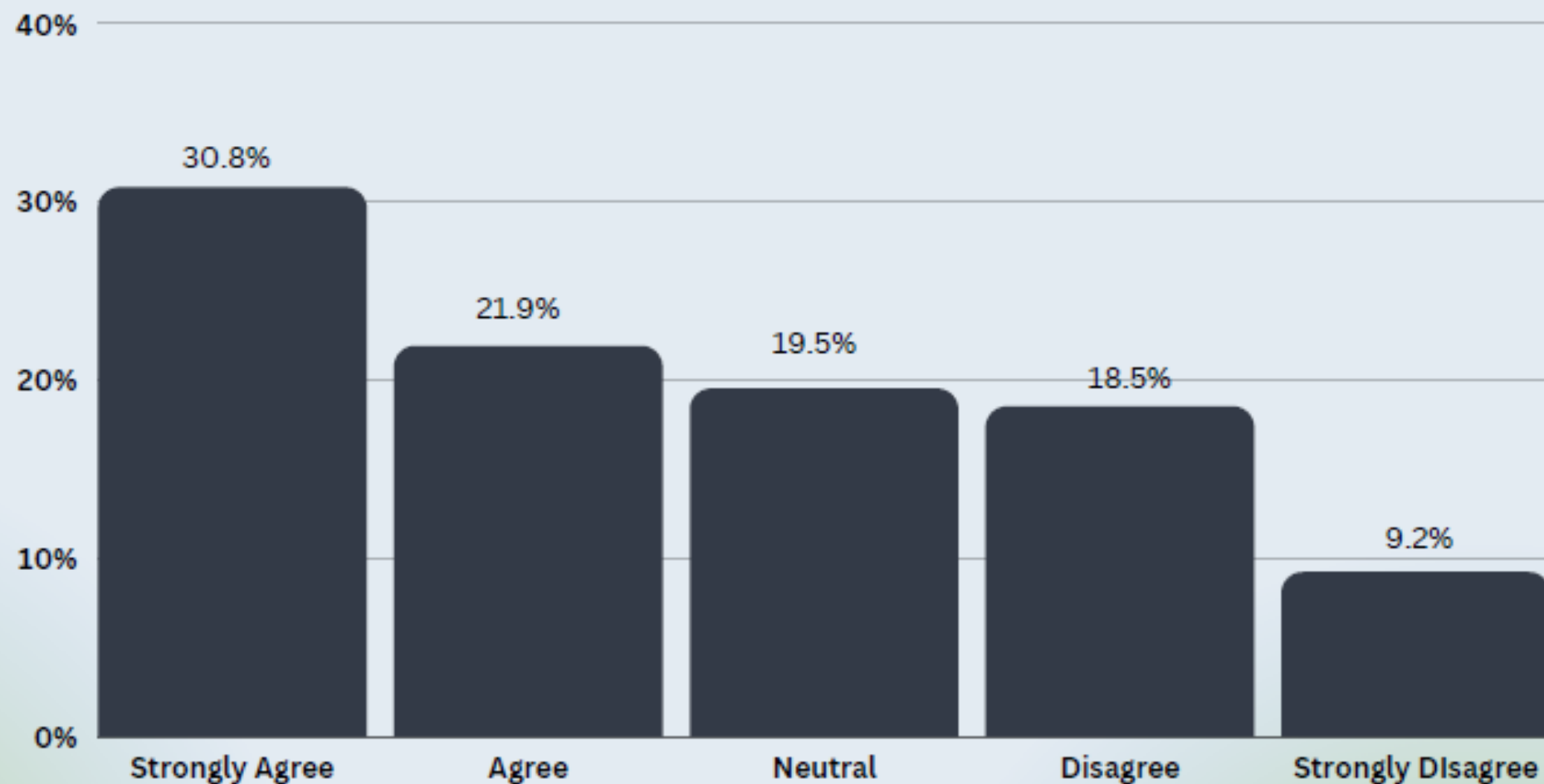
## Patients have better access to care with telehealth (n=292)



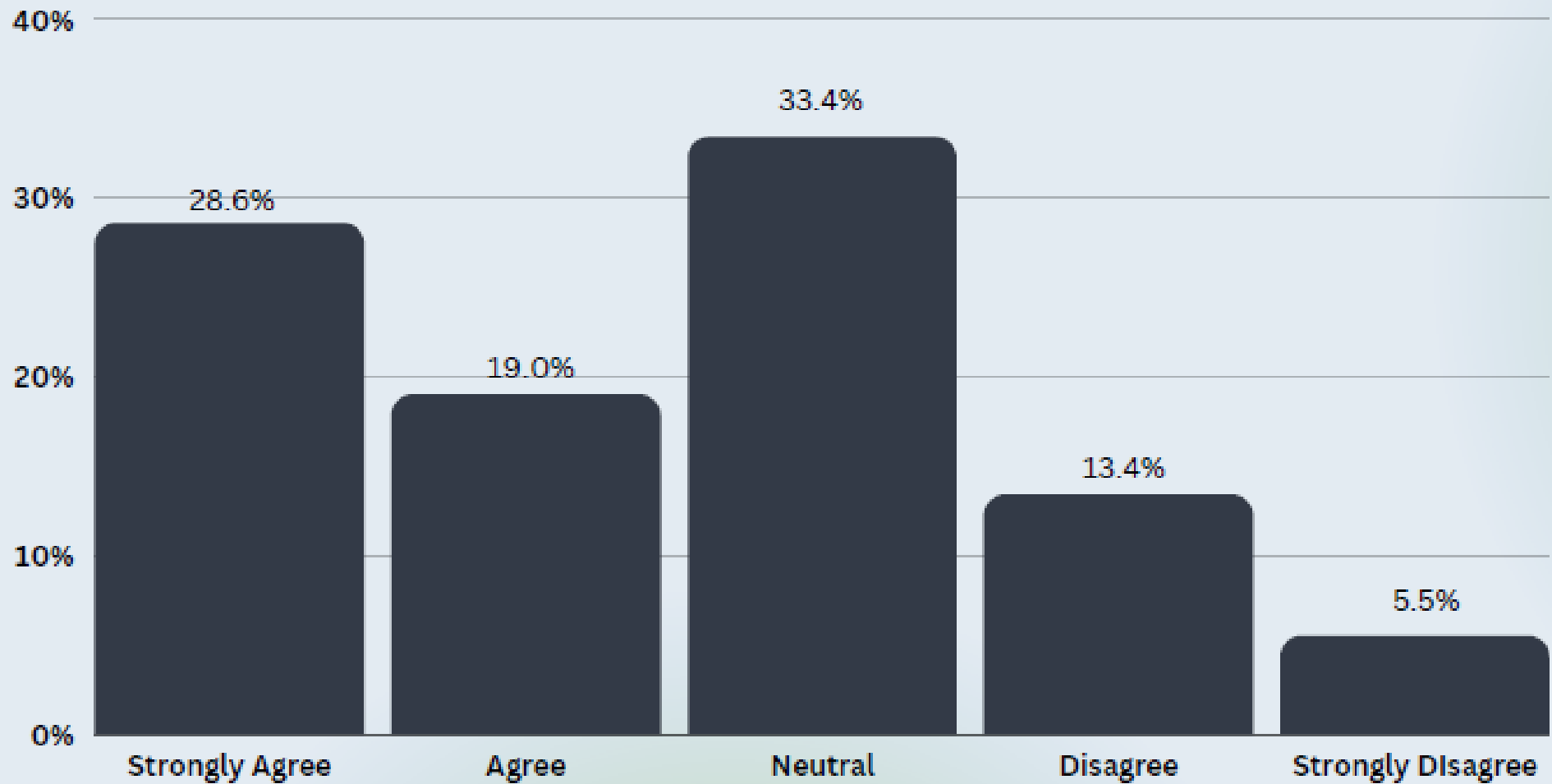
## Patients have higher satisfaction with Telehealth (n=292)



## I am personally motivated to increase use of telehealth. (n=292)



**My organization's leadership is motivated to increase use of telehealth.**  
(n=290)

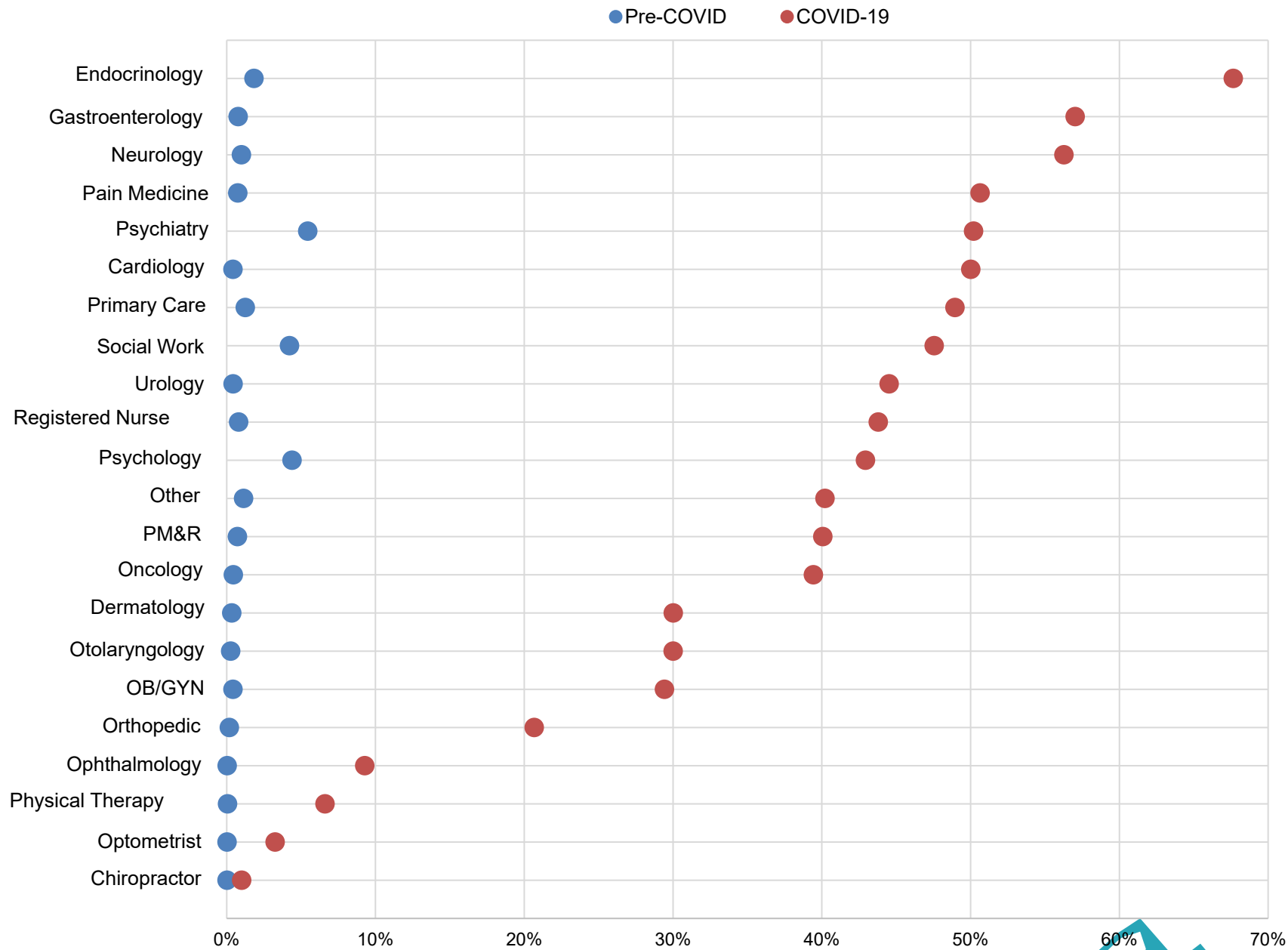




# Telehealth Advantages/Concerns & Opportunities

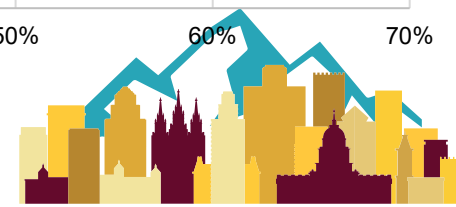
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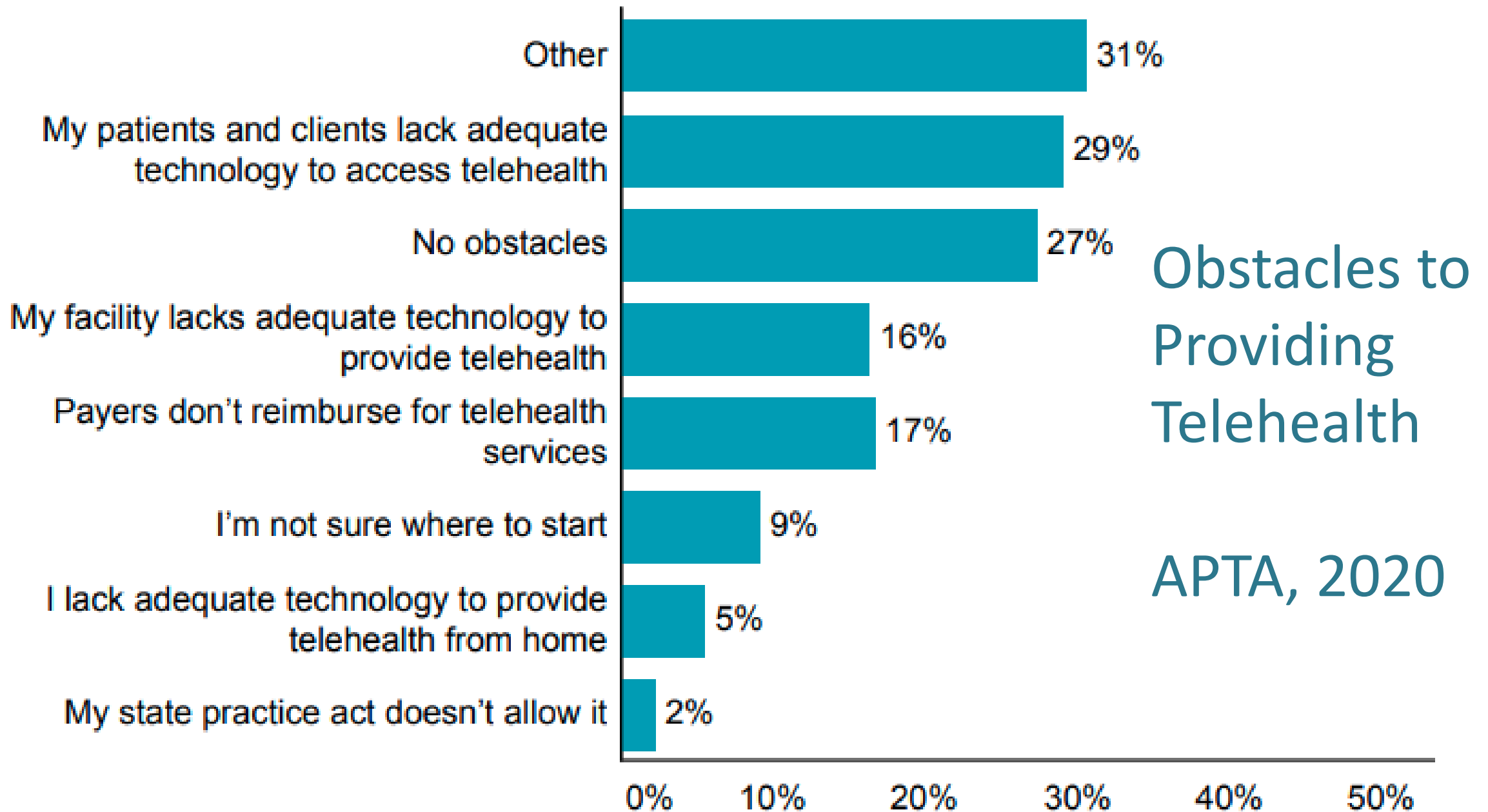




# Telehealth Use during COVID-19

Patel, 2022







# Specific Clinical Use Cases Most Appropriate for Telehealth in PT?

- Less complex & safer environment for patients
- Lack of provider or lack of services
- Engaged family members (if pediatrics)
- Not for inpatient or acute rehab settings



# Providers GREATEST concerns when providing telehealth

- Technology
- Patient safety
- Communication
- Privacy



# Other Telehealth Comments Not Addressed in Survey

- Patient selection – pro and con
- Relationship with PTA
- Compact-related topics



# Digital Practice Resources

<https://world.physio/covid-19-information-hub/covid-19-practice-based-resources>

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## REPORT OF THE WORLD PHYSIOTHERAPY/INPTRA DIGITAL PHYSICAL THERAPY PRACTICE TASK FORCE

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15 May 2019

# FSBPT Resources

Download the Telehealth in  
Physical Therapy Document



Review the 50 state survey  
of Telehealth Laws and  
Regulations



- <https://www.fsbpt.org/Free-Resources/Regulatory-Resources/Telehealth-in-Physical-Therapy>



# References

1. Lee AC, Harada N. Telehealth as a means of health care delivery for physical therapist practice. *Phys Ther.* 2012 Mar;92(3):463-8. doi: 10.2522/ptj.20110100. Epub 2011 Dec 1. PMID: 22135703.
2. Demeke HB, Merali S, Marks S, et al. Trends in Use of Telehealth Among Health Centers During the COVID-19 Pandemic — United States, June 26–November 6, 2020. *MMWR Morb Mortal Wkly Rep* 2021;70:240–244. DOI: <http://dx.doi.org/10.15585/mmwr.mm7007a3external icon>
3. Patel SY, Mehrotra A, Huskamp HA, Uscher-Pines L, Ganguli I, Barnett ML. Variation In Telemedicine Use And Outpatient Care During The COVID-19 Pandemic In The United States. *Health Aff (Millwood)*. 2021;40(2):349-358. doi:10.1377/hlthaff.2020.01786.
4. Tousignant M, Moffet H, Nadeau S, et al. Cost analysis of in-home telerehabilitation for post-knee arthroplasty. *J Med Internet Res*. 2015;17(3):e83. Published 2015 Mar 31. doi:10.2196/jmir.3844.
5. Davies L, Hinman RS, Russell T, Lawford B, Bennell K; International Videoconferencing Steering Group. An international core capability framework for physiotherapists to deliver quality care via videoconferencing: a Delphi study. *J Physiother*. 2021 Oct;67(4):291-297. doi: 10.1016/j.jphys.2021.09.001. Epub 2021 Sep 11. PMID: 34521586.





# Speaker Contact Information

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**#CLEAR2023AEC**





# Thank You

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