

# IMPAIRED PHYSICAL THERAPY PRACTITIONERS COMMITTEE

*A confidential service of the Kentucky Board of Physical Therapy*



## WHAT IS IPTPC?

In 2000, the Kentucky State Legislature established the Impaired Physical Therapy Practitioners Committee (IPTPC) in order to meet the needs of physical therapy practitioners whose ability to practice may be compromised by chemical dependency or abuse.

IPTPC recognizes that physical therapy practitioners are unique individuals who have dedicated their adult lives to helping others recover from physical impairments and injuries. We believe that no PT or PTA should lose a job or license due to substance abuse.

IPTPC offers a confidential, non-disciplinary approach to support recovery. Developed by and offered through the Kentucky Board of Physical Therapy, in compliance with KRS Chapter 327.045 and administrative regulation 201 KAR 22:150, IPTPC provides the opportunity for encouragement, treatment and recovery. The program emphasizes hope and is administered with compassion, concern, and with the dignity of the individual in mind.

## THE DISEASE

Chemical dependency is a chronic, progressive disease characterized by the use of chemicals in spite of adverse consequences in one's life. It is well accepted that some form of chemical dependency affects 10 percent of the adult population in the United States. Thus, one might safely surmise that well over 300 Kentucky licensed therapists and assistants have some form of chemical dependency.

Many believe they are immune from addictions. Healthcare professionals often buy into the myth that they should be able to handle their chemical dependency. However, the hard truth is that not recognizing or dealing with chemical dependency only exacerbates the problem. Often, we are too engrossed in our own problems to be objective. Our individual efforts result in more stress, which increases the severity of the situation.

What may seem a tremendous burden to one person can become lighter when shared. The first step in recovery is admitting there is a problem. It is not easy; yet, once we take that first step, we begin the process of recovery. There is hope.

## Signs & Symptoms of Impairment

**Work Habits** - Misses work or is frequently tardy because of illness or oversleeping; misses scheduled appointments; submits reports or assignments late; has an unacceptable error rate.

**Emotions** - Becomes irritable, defensive, jealous, easily angered, depressed, or moody. These behaviors may affect relationships and work, leading to social and professional withdrawal.

**Observations** - Smells of alcohol or appears to need drugs or alcohol to "jumpstart" the day; is observed taking drugs or exhibits inappropriate behavior with patients.

**Personal care** - Deteriorating personal hygiene.

**Defensive behaviors** - Becomes angry if someone mentions their drinking, use of drugs or emotional instability; frequently feels guilt about use of alcohol or drugs.

## OUR SERVICES

IPTPC develops individualized program agreements for recovery based on the unique circumstances of the individual. When needed, monitoring is facilitated in many ways, some listed below:

- Assistance with identification, assessment, and referral to approved recovery treatment providers
- Monitoring participant's compliance during recovery and continued physical therapy practice
- Educate therapists, assistants, employers, and other groups about the program
- Provide encouragement and support to ensure participants meet or exceed the generally accepted level of services in the practice of physical therapy.

## AM I ELIGIBLE?

A physical therapist or physical therapist assistant may access the program by self-referral, board referral, or referral from another person or agency, such as an employer, coworker, or family member. Admission to the IPTPC program is also available to individuals who meet the requirements listed below:

- Physical therapists or physical therapist assistants credentialed by the Kentucky Board of Physical Therapy or an applicant for credentialing;
- Request participation in the program regardless of whether referred by the Board, self, or another person;
- Obtain a chemical dependency assessment, which includes a complete physical and psychosocial evaluation performed by a licensed or certified medical or psychological specialist in the field of drug, alcohol, or other chemical dependency;
- May have attended treatment with an approved provider; and
- Agree to the terms set forth in the agreement.

**To obtain further information or to make a confidential referral, call:  
(502) 749-8385**

**This number is answered by our IPTPC program committee member.**

*Requests for information and/or assistance are strictly confidential. All records of program participants are confidential. Participation in the IPTPC program is voluntary and remains anonymous to the Kentucky Board of Physical Therapy as long as the participant is compliant with the terms of the program agreement.*

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