

Kathleen Blechertas, PT, DPT, FABC

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Professional Objective: To continue expanding clinical and administrative knowledge and practice, representing, and promoting comprehensive healthcare in a professional, positive, and legal manner.

Experience: Current

Manager Rehab Therapies (Four locations),
Inpatient and Outpatient Services Scripps Memorial Hospital La Jolla 10/06 - present
Scripps Green Hospital Inpatient Rehab Services: PT, OT, SPT 6/21 – present
Scripps Cancer Center John J Hopkins - Lymphedema rehab, 10/21 – present
Scripps Xmed Wound/Lymphedema Center, 10/22 – present
74 reports (22 direct reports) ; manage both inpatient and outpatient settings, including budget, physical therapy practice, compliance updates, audits, and expansion of advanced specialty areas.

Experience: Former:

Manager Rehab Therapies, Wound Ostomy Nurses: 10/06- 10/2019,
Manager of Lift Team Scripps Memorial Hospital La Jolla, , 10/06 – 2011
Senior Physical Therapist: 9/03-10/06: Scripps Memorial La Jolla
Duties include supervising acute care therapists, mentoring, participating in performance reviews, scheduling, providing clinical guidance, encouraging professional growth and development. Duties included: problem solving; Continued as clinician in acute care, wound care, and Pulmonary Rehab
Senior Physical Therapist: '99-'03; University Hospitals of Cleveland
Duties included but not limited to senior duties listed above.

Education:

Doctor of Physical Therapy, Simmons College, Boston, MA 2013
Bachelor of Science, Certification in Physical Therapy
Cleveland State University: Cleveland, OH, June 1997
Fellow American College of Healthcare Executives (FACHE)
Chicago, IL. 2014
Fellow Advisory Board (FABC), Washington, DC 2012

Licensure/Certifications

Current California State Licensure #28187, 2003-present
Wound Care Certification 11/04 – renewal: 2009, 2014, 2019
FACHE 2014 – renewal: 2017, 2020
CPR Instructor 1998-2010
APTA Credential Clinical Instructor 2000
Ohio Physical Therapy Licensure, 1997-2005

Committee/Leadership Involvement:

Healthcare Community:

San Diego Healthcare Leaders (SOHL) –Board Member, Mentor Program Chair, 7/14-16
Team Captain and organizer for Physical Therapy Sports Med Crew
Susan G. Komen 3 Day Breast Cancer Walk 2008,–2017

Scripps Health:

- Oversee Scripps System specialty services: ie:- wound care, lymphedema, pelvic floor programs
- Rehab System Representative for Falls ACEP Geriatric Accreditation
- Safe Patient Movement Chair – Scripps Memorial Hospital La Jolla Campus 5/14- present
- Rehab representative Scripps Network Cancer Committee 1/12-present
- Prebys Hospital Tower Planning Project –La Jolla campus
 - Phase I - 2007- 3/15
 - Phase II – 4/15-present
- Lead HAPU Task Force 2009-2019
- Scripps Emerging Leader Program Mentor: 2011, 2012, 2013, 2014, 2016
- President Scripps Leadership Academy 1/10-6/11
- Leadership Academy Alumni 5/2010 - present
- Quality Summit Committee Chair 2010-2011
- Quality Summit Committee Member 2012-2014
- CAUTI Team member 2010-2012
- RISC (Rehab Interdisciplinary Service Committee) 2006-present
- Nurse Practice Council member- rehab rep 2004-2006
- Licensed Clinical Sounding Board 2005-07

Community Involvement:

- St. Augustine Physical Therapy Program Board Member 2009-present
- Former:** University Hospital Committees:
 - Patient Safety Task Force
 - Pain Awareness Committee
 - Rehab Services Marketing Health Career Rep
 - Wound care Resource Team
 - Colorectal Process Improvement Project
 - Gastric Bypass Support Group

Community Lectures/Publications:

- Publication: NDNQI Case Studies in Nursing Quality Improvement:01/11
 - “Incremental Changes in Culture, Workforce, and Products
 - Reduce Hospital-Acquired Pressure Ulcer in the Intensive Care Setting”
- Lecture: Pelvic Floor Rehab: Scripps Mercy Hospital 7/2010
- Presentation: Urinary Incontinence...What Can PT do for You?.5/2007
- Lecture and Lab presenter: Basic Wound Class SMH-LJ '05-08
- Presented case study: Wound Forum – Continuum Case Conference 1/06
- Presented 2hr CEU course for the Ohio PT Northeast District. 11/02
- Lecture and Lab: Cleveland State University Physical Therapy Program '98-'02,
- Exam, Evaluation, and Intervention: Patients with Diabetes and Vascular Disorders
- Participant: annual community walks for autism, cardiac care, and breast cancer.

Continuing Education:

2026 APTA: Combined Section Meeting: 2/12-14

Data-Driven Strategies for Targeted Physical Therapy and Discharge Planning 2/12
Re-inventing Ethics Education for a New Generation: An Evidence-Based Approach
Move It to Heal It: Exercise for Patients with Wound
The Future of Falls Care: Data-Informed, Clinically Tailored, and Guideline-Driven 2/13
Dizziness, Pee, & Vitamin D: Implications, Screening, Management Fall Risk in Older Adult
Float or Focus: Should Acute Care Therapists be Rotated Across Hospital Units?
The Role of the Physical Therapist in Ostomy Management 2/14
Grounded and Graceful: Tai Chi as a Therapeutic Intervention for Falls Risk
When the Barrier to Early Mobility Is Us: Rethinking Rehab's Role in ICU Mobility

2025 Productivity vs. Value: Why We Need to Change the Discussion ... 04/25

Legal Issues 4: Capacity Subpoenas & Warrants 04/25
Legal Issues 3: Lawsuits 04/25
Legal Issues 2: Risk Management and Liability 04/25
Legal Issues 1: Healthcare and the Law 03/25
APTA Revised Code of Ethics for Physical Therapist and Standards of Ethical Conduct for Physical Therapist Assistant 03/25
Neuromusculoskeletal Screening for the Cervical Region and Other Medical Considerations 03/25
APTA Regulatory, Legislative, and Payment Updates 03/25
Environmental Considerations in Ethical Physical Therapy Practice 01/25
Clinical Decision Making in Diverse Populations 01/25
Navigating the Regulatory Environment: Ensuring Compliance While Promoting Professional Integrity 01/25
Defensible Documentation: A Framework for Physical Therapy Documentation 01/25

2024 SAWC: Symposium on Advanced Wound Care 10/24

Moving from Awareness to Action: Preventing Geriatric Falls Post-Hospitalization 09/24
Pressure Injury Prevention: Improving Mobility Outcome 3/30/24

2023: APTA Regulatory, Legislative, and Payment Updates, 2023

EMDR & Parts Work for Treating Complex Trauma 11/23
Symposium on Advanced Wound Care 11/2-5/23
Beating the Odds with UBM

- A New Paradigm Shift in Wound Care
- Healing with Nutrition
- Multidisciplinary Panel Looks at Debridement.
- Edema in the Mixed Arterial/Venous Leg
- Venous Interventions and Surgical Closure for Leg Ulcers
- Tips and tricks in Diagnosis and Working Together as a Team
- The Wound Care Checklist: Comprehensive Evaluation of Patients with Wounds
- HBO: A review and Update
- Debunking the Myths in Pressure Injury Prevention and Management
- Business of Wound Care: Receiving and Keeping your Payments
- Business of Wound Care: Reimbursement for Lymphedema
- Business of Wound Care: 2024 Medicare Payment Regulations
- What the Future Holds for Wound Healing

Ethics for Today's World 3/23

Combined Sections Meeting 2/23 ***

Defining Our Role in Caring for Older Adults
Clinical Practice Guidelines for the Management of Falls in Community-Dwelling Adults
Rising to the Challenge, More Patients Discharging Home
Talk the Talk, Walk the Walk: Implications for Dual Tasking in Acute Care PT
Falls Risk Screening Measures for Cancer Populations: An Evidence-Based Approach
Payment and Policy Updates: What PTs & PTAs Need to Know

- Lessons Learned: Preventing Wound Decline During Community Health Crisis
- Balance Rehabilitation and Falls Prevention in Neurological Populations
- Gait Strategies: 1/23
- Empower Clients with Mobility Impairments: 1/23
- Comprehensive Wound Care Certification: 1/23
 - Session I: The Ultimate Hands-On Wound Care Clinic
 - Session II: Wound Care Conference/Clinical Demonstration Lab
 - Session III: Lawsuits & Wounds
- 2022: Covid Skin Manifestations: Prevention and intervention 6/22
- Preventing Falls Among Older Adults 6/22
- Managing Infection 7/22
- Managing the Infected Surgical Wound 7/22
- Burn Wounds, Managing Infection 7/22
- Managing the Complicated Vascular Wound 7/22
- Spine with Scoliosis is Unique: Physiotherapeutic Scoliosis Specific Exercise 10/22
- Diversity, Equity, and Inclusion in Physical Therapy 10/22
- Professionalism Module 1: 12/22
- HIPAA and Telehealth: 12/22
- Documentation Success: 12/22
- 2021: Ergonomic Evaluation Certification Program 10-11/ 21
- 2020 Professionalism Module 3: Ethical Compass 1/24/20
- VA Amputation Care Initiative and Updates 1/23/20
- Acupuncture in Amputee Pain Management 1/23/20
- Professional iWALK Fitter Course/Certification 1/20
- Keep Runners Running 1/22/20
- Practical Application of Telehealth 1/22/20
- SEAK: How to be an Effective Expert Witness 3/5-6/2020
- Acute Care Physical Therapy & COVID-19: 4/11/20
- Navigating Telehealth Billing for Outpatient Physical Therapy Services 4/13/20
- Overview of Prone Positioning: Why It Works and Lessons Learned 5/9/20
- Falls Prevention Specialist Certification Course 11/20
- 2019 ACHE National Conference, Chicago, 3/4-7/20
- The Ultimate Hands-On Wound Care Clinical Lab 3/11/19
- HealthTrust Wound Care Summit 9/12-13/19
- SAWC Fall Conference Las Vegas 10/11-14/2019
- SOHL 11th Annual SOHL Conference 10/25/19
- 2018 NPUAP Annual Conference Las Vegas 3/2-3/3/2018
- Professionalism in Physical Therapy 1/18
- Navigating the Regulatory Environment 1/18
- Audits and Appeals 1/18
- Preventing Pressure Ulcers 5/18
- New Opportunities to Improve Pressure Ulcer Prevention and Treatment 5/18
- Medicare Device-related Pressure Ulcers 5/18
- Management and Treatment of Lower Extremity Wounds 5/18
- Lower Extremity Wounds: Focus of PAD Awareness 5/18
- Lower Extremity Ulcers 5/18
- Legal Issues in Wound Care 5/18
- Infection Prevention in Wound Care 5/18
- Identifying Assessing and Documenting Types of Wounds 5/18
- Demystifying the Staging Systems 5/18
- From OR to Courtroom and Legal Issues Related to Pressure Ulcers 5/18
- Bariatric Skin Care 5/18
- Assessing Community Acquired Pressure Ulcers among Ethnically Diverse Populations 5/18

- A Picture Can be Worth a Thousand Words 5/18
- Type 2 Diabetes: Prevention and Management 1/18
- Developing Exercise Program for Individuals with CHD 1/18
- Managing Balance between Volume and Value: 2/18
- Creating a Culture of Mobility in Acute Care 2/18
- Defining Skilled Maintenance Therapy and Minimizing Denial 2/18

- 2016 APTA Combined Section Meeting, Anaheim, CA Feb 18-21

- 2015 ACHE National Conference, Chicago, 3/16-19
NPUA Symposium Advanced Wound Care, Las Vegas

- 2014 ACHE National Conference, Chicago, 3/18-22
APTA Combined Sections Meeting, Las Vegas, NV Feb 3-6
Symposium on Advanced Wound Care, Las Vegas, NV 10/16-18
Measuring Pressure Ulcer Rates 4/10
Ethics and Jurisprudence- CPTA 12/11

- 2013 ACHE National Conference, Chicago, 3/11-14
Wild on Wounds, Las Vegas, NV 9/12-14
APTA Combined Section Meeting, San Diego, CA 1/20-24
PT Doctorate Program, Simmons College, Boston, MA
Research Seminar, Spring quarter
Transforming Conflict into Collaboration 5/23
OP Therapy CPT Coding, Billing, and Documentation 2/26
ACHE- FACHE prep 8/-11/2013
5th Annual SOHL Conference 11/1
Treatment of Complex and High-Risk Chronic Pain: A Rehabilitation Approach 3/27
NPUAP: How are your Numbers Stacking Up? A User's Guide to the New NUAP Prevalence and Incidence Monograph 1/23
Scripps Leadership Academy Alumni 3rd Annual Retreat 12/2

- 2012 ACHE National Conference, Chicago, 3/19-22
PT Doctorate Program, Simmons College, Boston, MA
Holistic Health, Spring quarter
Acquiring and Analyzing Research Data, Fall quarter
Health Law, Summer quarter
Fellowship Intensive: The Advisory Board: Washington, DC 5/6-8, 12/4-6
Ethics & Jurisprudence- California Physical Therapy 12/12

- 2011 NPUAP Conference: Las Vegas 2/24-26
ACHE National Conference: Chicago 3/20-24
Fellowship Intensive: The Advisory Board: Washington, DC 4/4-6
PT Doctorate Program, Simmons College, Boston, MA
Crisis Management and Coping, Summer quarter
Health Promotion Fall quarter

- 2010 APTA Combined Sections Meeting Feb.
ACHE National Conference: Chicago March
Core Strengthening; Las Vegas May
Facial Neuromuscular Rehabilitation 9/15/10

- 2009 APTA Combined Sections Meeting Feb

- 2008 Mobilization of Visceral Fascia for Treatment of Pelvic Dysfunction May
Pelvic Function, Dysfunction, and Treatment Level 3

- 2007 Pelvic Function, Dysfunction, and Treatment Level 2A, May

- Pelvic Function, Dysfunction, and Treatment Level 2B, September
- 2006 SUNA Annual Symposium March '06 NY, New York
KCI training and education workshop 6/06 San Antonio, TX
 - 2005 Supervisor Workshop 4/05-5/05 La Jolla, CA
SUNA Annual Symposium: Disorders of Bladder, Bowel, Pelvic Floor March '05
Annual Symposium of Advanced Wound Care 4/05 San Diego, CA
 - 2004 Beyond Kegels Level I and Beyond Kegels II; 2/04 San Diego, CA
Strength and Coordination Training of Pelvic Floor: 8/04 San Pedro, CA
Wound Care Continuum Conference: 4/04 San Diego, CA
NAWC – Wound Care Credentialing Seminar 11/04 La Jolla, CA
Pelvic Floor Function, Dysfunction, and Treatment 12/04 Las Vegas, NV
 - 2003 Vestibular Rehabilitation 2/03 Cleveland, OH
Educare Wound Care Seminar 9/03 San Diego, CA
 - 2002: Amputee Seminar 11/02 Cleveland, OH
American Society of Bariatric Surgery Conference: June 24–28 Las Vegas, NV
APTA National Conference, 6/5-9/02 Cincinnati, OH
Improving Functional Movement, 4/02 Cleveland, OH
Cervical Spine Rehab, 4/02, Cleveland, OH
 - 2001 Women's Health. Feb 23, Cleveland, OH
Geriatric Gait. April 28-29, Columbus, OH
Diabetes & Obesity in Adults & Children May 5, Independence, OH
Rehabilitation of Cardiac Patients. August 22, Wickliffe, OH
Bloodless Medicine and Surgery. Nov. 19, Cleveland, OH
 - 2000 Future of Prosthetics April 19, Beachwood, OH
APTA National Conference. June 14-17, Indianapolis, IN
 - 1999 CSM – APTA Seattle, WA Feb 3-7.

Clinical Education Workshop, Cleveland, OH April 12 /May 6.
 - 1998 APTA – Boston, MA, Presented Poster Presentation Feb 11-15
Clinical Education Seminars- Performance Instruction/Generic Abilities
Cleveland, OH April 21, May 5.
Orthotic/Prosthetic Seminar Independence, OH Dec. 11.
 - 1997 Ohio APTA conference – Columbus, April. (Presented Platform Presentation

Professional Affiliations:

APTA member: 1995-present; various section member over the years
 ACHE member: 2009-2023 (American College of Healthcare Leaders)
 SOHL member; 2009-2023 (San Diego Organization of Healthcare Leaders)
 National Alliance of Wound Care & Ostomy (2005 – 2025)
 The Advisory Board, Washington, DC- member: 2010-present