



# NEWSLETTER

Website: [www.biofeedbackwi.org](http://www.biofeedbackwi.org)

Summer 2004

## A Message from the BSW President

By: Linda Nett-Duesterhoeft, OTR

May has graced us with color to celebrate the survival of another Wisconsin winter. Meanwhile, the board has been busy planning the details of our **Oct. 28 through 30 2004 Conference. Dr. Frank Andrasik, PhD, will speak on *Biobehavioral Management of Headaches*** on Friday, and Saturday morning wrap up with *Experientials in Treating Headaches*. Dr. Andrasik was the 2002 recipient of AAPB's Distinguished Scientist Award. His most recent text, published in 2003, is "Biofeedback: A Practitioner's Guide" (3rd ed.) His accomplishments are too numerous to elaborate in our short column. But needless to say, we are very happy to have him as our keynote speaker this year.

We will meet at the beautiful Osthoff Resort in Elkhart Lake, in the Kettle Moraine region, southeast of Lake Winnebago, lodging in lovely two bedroom suites. Bring your families, they will love it. When making reservations, make sure that you mention Biofeedback Society of Wisconsin for the \$115.00 rate. The conference brochure will be coming out in June/July, but in a nut shell, we have five great breakout sessions for our

Saturday portion: Biofeedback in the Schools, Multidisciplinary Medical and Psychological Treatment of Children with Migraines, Functional Outcomes of Pelvic Floor Biofeedback Training in Children with Elimination Problems, Heart Math and Energy Field Therapy through the lens of Benson's Breakout Principle, and wrapping up the day is a presentation on The Humanities in Medicine. In addition to all of this, on Thursday, Oct. 28, a three-hour Introductory Skills Training for Biofeedback will be held from 6:00 p.m. to 9:00 p.m.

Our website, [www.biofeedbackwi.org](http://www.biofeedbackwi.org) is up with members' professional information, as well as a bulletin board for professional interchange. If you haven't already tried out the bulletin board, we would appreciate you register and log on and say hello, give your board and membership questions or feedback. If you run into difficulty, let Melissa Meyer, our administrative assistant, know what specific problems you had, and she will contact our web master.

Melissa can be contacted at: [supportstaff@tds.net](mailto:supportstaff@tds.net).

I am grateful to announce that the board has nominated and ratified our President Elect position for this year as Dr. Robert Hodes, PhD, who will assume office immediately following the annual meeting as the new President. I will step into the Past President position, and Dr. Suzie Franklin, PhD, has been nominated and ratified by the board to assume President Elect for 2004-2005. Dr. Mark Marnocha, PhD, and Dr. Suzanne Marnocha, RNP, are stepping down from the board, later this year. Mark has been the glue that held our Society together when in the midst of some of our greatest changes. We owe him a huge amount of gratitude. Suzanne has represented her nursing profession in our society, and is a delight.

Enclosed is a call for nominations for three members-at-large. Please seriously consider the benefits this society has played in your professional lives, and nominate yourself so we have a solid slate of candidates to offer at this year's annual meeting. I have found the board to be non-judging, creative and supportive, as I'm sure you will as well. See you in October, wearing your best BSW costume.

*Annual BSW  
Conference*

**K**now people who may be interested in receiving the BSW conference brochure? Please forward their mailing addresses to:

[supportstaff@tds.net](mailto:supportstaff@tds.net).

They will be added to the conference mailing list.

# Reimbursement Issues with Rehab Feedback

By: Susan Baumann, OT

Reimbursement is one of those necessary evils that we must deal with in the medical and allied health professions. I'm sure what we would rather focus our time and energy on is our patients and how we can teach them to manage their pain.

Unfortunately, most of us work in a system that is dictated by insurance companies that forces us to practice within THEIR guidelines in addition to our professional practice guidelines and AAPB practice guidelines. That being said, I am no expert on who, what or how much. I have been asked, however, to please write about what I do know.

Unfortunately, there is no absolute person you can call to find out black and white answers.

This is what I do know:

1. You must bill codes under your primary professional license. (I am an OT, therefore I always bill OT codes.)
2. There are two medicare recognized CPT codes for biofeedback:

**90901** = general biofeedback

**90911** = biofeedback for incontinence

\*These CPT codes are universal in definition all over the United States. However, the dollar amount assigned to them is individually designated at each medical clinic.

There is a significant ethical question many of us face at our individual facilities. That is whether or not to bill the biofeedback code appropriate to what service we are providing OR just to bill our usual professional service billing codes. The problem is, only a small percentage of our client's

insurance companies actually recognize the validity of biofeedback and agree to authorize payment. Do you deny treatment to that client? Many of my clients have asked how much it would be to pay out of pocket in this case. However, because I work in a hospital setting, the charge is extremely high, much too far out of reach for the average person.

We are not legally allowed to have different charges for insurance companies vs. out of pocket. It is preferable to continue treating the client and just bill traditional charges for therapy. However, then, is it

ethical to charge the biofeedback code for those whose policies cover it and charge traditional (less expensive) codes for those whose policies do not? Many facilities are foregoing use of the biofeedback codes for that reason. I, however, would like to encourage my fellow OTs and PTs to use the biofeedback charge for two reasons:

1. It is a higher charge (in my facility) because of all the extra training and equipment needed to provide the service.
2. Every 10 years, the OT practice guidelines are reviewed for

*(Continued on page 3)*

## Biofeedback Society of Wisconsin

c/o Support Staff Solutions  
4510 Windigo Trail, Madison, WI 53711  
Phone: 608-252-8503 Fax: 240-526-8076

Website: [www.biofeedbackwi.org](http://www.biofeedbackwi.org)

### Board of Directors

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Linda Nett-Duesterhoeft, OTR  
920-831-1410

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920-739-8434

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609-238-5176

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#### Website Editor

Phyllis Kasper, PhD  
920-683-9500

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608-265-6527

### Newsletter Advertising Rates

#### Camera-Ready Display Ads

Half-page \$100  
Quarter-page \$50

#### Classified Ads

BSW Members FREE  
Non-Members \$10 per line

## Meet Your New Board Member

Susan Baumann graduated from SUW-Milwaukee in 1989 with a BS in Occupational Therapy.

She worked as a staff therapist in head injury rehab and then as a rehab manager in a nursing home until 1993. From 1993 to 1996, Sue did traveling OT all over the United States with her husband,

who is a COTA. In 1999, they moved back to WI with their two children. Sue has been working at Beaver Dam Community Hospital (BDCH) ever since. She started the Biofeedback Program at BDCH two years ago, and became a certified biofeedback clinician last year. Sue uses the biofeedback to treat patients with

urinary incontinence, as well as fibromyalgia, headaches, chronic pain and anxiety. Sue has found that biofeedback works wonderfully as an adjunctive therapy along with traditional OT and PT.

Susan has accepted nomination to the BSW Board.

## Treasurer's Report Offers Insight

By: Jim Heider, EdS

Here is the summary for BSW as of 05-11-04:

- Checkbook Balance: \$6,300.83
- CD Balance: \$3,150 (est.)
- Total Assets: \$9,450.83

Due to the initial costs of website and related materials, the

checkbook is running close to our typical level, so we have essentially financed this increased cost with a bigger profit on last year's conference.

Hopefully, we can recoup some of this with a well-attended meeting.

We have allocated some monthly expenditures for web matters and clerical needs, and we will try to live within our budget!

Give me a call if there are specific questions.

(Continued from page 2)

## Reimbursement Issues with Rehab Feedback

updating and redefinition. This is determined by what OTs have been documenting and charging

for over the previous decade. If we do not charge for what we are actually doing, it will never be

recognized as a valid modality to be used in rehabilitation.



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# VIDEO

## Biofeedback

Effective Tools for Today's Health Care

Educates patients, insurance carriers, legislatures, human resource managers, business owners, other health professionals, and the general public about applications, clinical efficacy and cost-effectiveness of biofeedback.

Demonstrates the use of biofeedback with anxiety disorders, migraine, incontinence, spinal cord injury, neurofeedback, and more. 15-minute running time.

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Make checks payable to Biofeedback Society of Wisconsin  
Mail to Biofeedback Society of Wisconsin  
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**Biofeedback**  
Society of  
Wisconsin

# Biofeedback Society of Wisconsin Membership Renewal/Website Data Form

Please complete both sides even if you are not posting information online.  
We would like consistent data for all members.

Membership categories, definitions and fees:  
The dues year for the Biofeedback Society of Wisconsin is the calendar year.

**Member:** Persons with interest in biofeedback research, technology or clinical application. Full members receive all BSW mailings and may attend professional meetings at a reduced member rate. Full members may vote on affairs of BSW and serve on the Board of Directors or committees. Members are also able to post their contact and professional information on the BSW website,. See options below.  
Annual dues are \$65.

**Students/Retirees:** Students are actively pursuing a related professional degree in a timely manner with a reduced income. Please provide photocopy of current tuition invoice. Retired professionals are over 65 with a reduced income. Please provide a photocopy of your driver's license as proof of age. Students/Retirees receive all BSW mailings. They may not vote or serve on the Board of Directors, but may serve on committees. Their data can only be posted in the MEMBER DIRECTORY (not provider directory) on the website. Annual dues are \$30.

I only want to renew/become a member! Information is completed below, but please do not post my information online.

I want to be listed online in the (check one):

- Member directory only (member of the BSW, but not providing biofeedback services).  
 Member AND Provider directories (BSW member and providing biofeedback services).

How do you prefer to be contacted by website visitors?

Phone       Email       Other \_\_\_\_\_

Name \_\_\_\_\_ Degree \_\_\_\_\_  
(First, MI, Last)

Position/Title \_\_\_\_\_

Institution/Facility \_\_\_\_\_

Work Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Professional website (link will be provided) \_\_\_\_\_

Where do you want to receive the BSW newsletter, phone and email communications?

- Contact information listed above.  
 Alternate contact location listed below (i.e. home; will NOT be posted on the website!).

Please provide, on separate sheet, a brief description of your background and services offered (mini bio; maximum 50 words will be posted online, written in the first person "I" to the website visitors).

Profession \_\_\_\_\_

Certifications/Licenses: \_\_\_\_\_

WI License/Registration # \_\_\_\_\_

Accepting new clients: \_\_\_\_ YES NO \_\_\_\_

Types of Biofeedback used (check or add other):

\_ SEMG \_ Autogenic Training \_ EEG \_ Heart rate variability \_ Contingency Training

Check all areas in which you provide services for biofeedback or about which you would like to network with colleagues:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> _Adult ADD                     | <input type="checkbox"/> _Essential hypertension     | <input type="checkbox"/> _Post-traumatic stress disorder |
| <input type="checkbox"/> _Anxiety disorders             | <input type="checkbox"/> _Fecal incontinence         | <input type="checkbox"/> _Psychogenic emesis             |
| <input type="checkbox"/> _Asthma                        | <input type="checkbox"/> _Fibromyalgia               | <input type="checkbox"/> _Psychotherapy                  |
| <input type="checkbox"/> _Blepharospasm                 | <input type="checkbox"/> _Guillian Barre syndrome    | <input type="checkbox"/> _Raynauds disease               |
| <input type="checkbox"/> _Bruxism/TMJ                   | <input type="checkbox"/> _Hemiplegia                 | <input type="checkbox"/> _Reflex sympathetic             |
| <input type="checkbox"/> _Cardiac rehabilitation        | <input type="checkbox"/> _Hyperhidrosis              | <input type="checkbox"/> _Respiratory disorder           |
| <input type="checkbox"/> _Carpal tunnel                 | <input type="checkbox"/> _Instrumentation            | <input type="checkbox"/> _Sexual disorders               |
| <input type="checkbox"/> _Causalgia                     | <input type="checkbox"/> _Irritable bowel syndrome   | <input type="checkbox"/> _Sleep disorders                |
| <input type="checkbox"/> _Cerebral palsy                | <input type="checkbox"/> _Migraine/tension headache  | <input type="checkbox"/> _Spinal cord injuries           |
| <input type="checkbox"/> _Chronic pain                  | <input type="checkbox"/> _Multiple sclerosis         | <input type="checkbox"/> _Sports applications            |
| <input type="checkbox"/> _Dermatitis                    | <input type="checkbox"/> _Myofascial pain            | <input type="checkbox"/> _Stress management              |
| <input type="checkbox"/> _Diabetes                      | <input type="checkbox"/> _Neuromuscular rehab        | <input type="checkbox"/> _Stroke                         |
| <input type="checkbox"/> _Drug/Alcohol control          | <input type="checkbox"/> _Orthopedics                | <input type="checkbox"/> _Tendon transfer                |
| <input type="checkbox"/> _Dysmenorrhea                  | <input type="checkbox"/> _Paretic muscles dystrophy  | <input type="checkbox"/> _Tic                            |
| <input type="checkbox"/> _Dysphagia                     | <input type="checkbox"/> _Parkinson's disease        | <input type="checkbox"/> _Tinnitus                       |
| <input type="checkbox"/> _Eating disorders              | <input type="checkbox"/> _Peds ADD                   | <input type="checkbox"/> _Torticollis                    |
| <input type="checkbox"/> _Educational applications      | <input type="checkbox"/> _Peds ADD/ADHD              | <input type="checkbox"/> _Urinary incontinence           |
| <input type="checkbox"/> _Epilepsy                      | <input type="checkbox"/> _Peds Learning disabilities | <input type="checkbox"/> _Whiplash                       |
| <input type="checkbox"/> _Esophageal motility disorders | <input type="checkbox"/> _PMS                        | <input type="checkbox"/> _Writers cramp                  |

Check all areas in which you are willing to mentor other BSW members:

- \_ members just getting started in biofeedback.
- \_ "phone consultant" for members getting started in biofeedback.
- \_ help members understand what to do to become BCIA certified.
- \_ supervise BCIA candidates (must be BCIA certified to do this.)
- \_ provide on-site training & consultation in biofeedback.

Signature: \_\_\_\_\_

(Returning this information via email will constitute your consent and electronic signature.)

For questions regarding this form or the posting of information on the BSW website, please contact Phyllis Kasper at 920-683-9500 or pkasper@bytehead.com.

**Please submit this information via mail with your dues or via fax or email to:**

**Biofeedback Society of Wisconsin**

**c/o Support Staff Solutions**

**4510 Windigo Trail**

**Madison, WI 53711-2729**

**Fax: 240 526-8076 Email: supportstaff@tds.net**

**Biofeedback Society of Wisconsin  
Board of Directors  
Call for Nominations**

The Biofeedback Society has three Board positions which will soon be vacant. We are requesting nominations to fill three at-large-board positions.

Please nominate other members or yourself. Nominations will be tabulated and the nominating committee will submit a slate of candidates to the Board for approval. The approved slate becomes the ballot which will be put to a vote by the general membership at our annual membership meeting on Oct. 29.

We look forward to advancing the goals of the BSW with your support!

Nominee's Name: \_\_\_\_\_

Degree and Title: \_\_\_\_\_

Affiliation/Organization: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Business Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Brief bio (i.e. education, areas of interest, experience):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please return the requested information by July 1st to:  
Melissa Meyer, BSW Administrative Assistant  
c/o Support Staff Solutions  
4510 Windigo Trail  
Madison, WI 53711-2729  
Fax (240) 526-8076  
Email: supportstaff@tds.net**