

2023 Candidate Statement – Candidate for Director



John Borstad, PT, PhD

Question: What meaningful qualities do you bring to the Board of Directors that would help to achieve the APTA strategic plan?

Response:

I approached this question by first thinking about the term *meaningful qualities*, which to me encompass a person's strengths, experiences, and attributes. After reflecting on my own qualities, I considered how they would help achieve the APTA strategic plan. Below I summarize what I consider the most meaningful qualities and how these qualities relate to achieving the strategic plan.

Strengths

My StrengthsFinders® profile highlights five strength qualities that I would bring to the Board of Directors. These strengths, identified several years ago, continue to describe me well and are: Belief, Consistency, Empathy, Learner, and Responsibility.

Belief suggests a strong affinity for high ethical conduct and an enduring commitment to a set of core values. This quality will contribute most to *Demand and Access* and to *Quality of Care*. I remain deeply committed to the belief that physical therapy brings incredible value to people's lives, and that access to our care and broad reach of our services are imperative. I also believe that we can continue to produce the evidence we need to elevate care and provide widespread support for our value.

Consistency implies a steadiness and reliability, plus a strong emphasis on fairness and equity. This quality applies most to *Sustainable Profession*. I will use this strength to advocate for fair compensation, including PT graduates among professionals in loan forgiveness programs, and containing education costs.

Empathy denotes care and concern for others and their emotional well-being. I will apply this to the goal of *Member Value*, working to hear, understand, and provide opportunities to all members. This strength also applies to *Sustainable Profession* as we aim to strengthen provider health and well-being. A Director has a duty to care about and be a champion for members and the profession.

Learner describes being curious and eager to pursue new knowledge and meaning. I see this strength being applied across all domains of the strategic plan, assuming there will be many factors to discover and consider as goals and outcomes are pursued. I believe having this strength applies most to *Member Value*, where learning member and non-member needs is vital for seeing new ways for members to engage, and for challenging norms and processes that may be barriers to engagement.

Responsibility describes duty, accountability and follow-through – a psychological ownership of commitments. This strength also permeates across all domains, but applies most to *Sustainable Profession*. My sense of responsibility will compel me to evaluate systems and processes for barriers to physical therapist and physical therapist assistant compensation. Responsibility is necessary to achieve this goal because a Director is obligated to put the needs of members first and work diligently to improve the work and life conditions of all members. I will also bring this strength to the relentless pursuit of *Demand and Access* goals and outcomes on behalf of members and clients.

Experiences

I will rely on nearly twenty years in academics where I regularly collect and evaluate data, analyze problems, propose solutions, and gather, synthesize and disseminate information. I also edit a textbook used by PT and PTA educational programs and have seven years of clinical practice. My experience with data collection and analysis will apply to all domains, but mostly to *Quality of Care* through producing and disseminating evidence-based practice resources, and to *Sustainable Profession* as systems and processes related to compensation are evaluated. My experience in academics and editing also give me insight into the problem of educational costs and student debt.

Attributes

For personal attributes, I believe that being optimistic, trusting, honest, and authentic rise to the top of the meaningful qualities list. These qualities will be with me in the Boardroom when strategies for meeting the goals and outcomes of the strategic plan are deliberated. These attributional qualities have made me a trusted team member in the clinic and in my academic career, and will be used to positively serve the association if I am elected to be a Director.

Additional meaningful qualities I will bring to the Board that will help the APTA achieve all strategic plan outcomes include a strong work-ethic, the habit of diligent preparation, and resilience in the face of challenges. Another important quality I have is fiscal responsibility, which will apply to all Board responsibilities. Finally, while I am almost always intense and serious about my work, I do not take myself too seriously. I recognize I have room to grow and am willing to temper my intensity with a dose of humility and humor.