Brooks Institute of Higher Learning
Geriatric Residency Curriculum: Physical Therapy

Curriculum:
I. Foundational Courses (all residency programs)

- Orientation & Introduction to the Residency Program 12 CH
- Clinical Problem Solving 4 CH
- Evidence Based Practice Application Lab 2.5 CH
- Case Reports 3 CH
- Professionalism & Leadership 2 CH
- Pain 3 CH
- Non-Violent Crisis Intervention 4.5 CH
- Conservative Management of Urinary Incontinence 8 CH
- Foundations: Lifespan 3 CH
- Foundations: Neuromuscular 3 CH
- Foundations: Musculoskeletal 3 CH
- Foundations: Cardiovascular & Pulmonary 3 CH
- Foundations: Male & Female Pelvic Health 3 CH
- APTA Credentialing Clinical Instructor Course 16 CH

Total -- 70 CH

II. Geriatric Foundational Content
Advanced Geriatric Practice Overview includes material specific to any clinician working with an older adult population.

- Journal Club 14 CH
- Critical Issues in Aging (2 CH is self-study) 3 CH
  - Demographics of an Aging Population
  - Comparing and Contrasting Theories of Aging
  - Communication, Values, and the Quality of Life in Aging

Revised 7/10/2018
Brooks Advanced Practice Series Webinars
- Dizziness 1 CH
- Attaining Lifelong Bone Health 1 CH
- Diagnostic Lab Testing 1 CH

Pharmacology (Self-study) 1 CH

Functional Outcome Measures 3 CH
  Application of EBP Principles in the Geriatric Population

Falls Risk Screening, Assessment and Intervention 3 CH
  - Principles and Practice for Determining Fall Risk
  - Application of EBP Principles in the Geriatric Population

Systems Changes I (Normal Age Related Changes) (Self-Study) 3 CH
  - Musculoskeletal System
  - Neuromuscular System
  - Central Nervous System
  - Peripheral Nervous System/Somatosensory System
  - Pharmacokinetics/Pharmacodynamics

Systems Changes II (Normal Age Related Changes) (Self-Study) 3 CH
  - Cardiovascular System
  - Pulmonary System
  - Autonomic Nervous System
  - Digestive System
  - Thermoregulation

Total – 33 CH

III. Geriatric Content
This content has been developed within the context of the Geriatric, Orthopedic, Neurologic, or Sports Physical Therapy Residency, and is deemed relevant for the Geriatric Physical Therapy Resident.

- Advanced Orthopedic Practice Overview 8 CH
  - Therapeutic Exercise Dosing

- Orthopedic Manual Physical Therapy for the Older Adult 32 CH

- EBP in stroke Rehabilitation: Functional Application to Improve Outcomes 16 CH

- Advanced NPT Management of the Vestibular Patient 16 CH

- Clinical Gait Analysis 8 CH

Revised 7/10/2018
• Parkinson Disease: Applying the Evidence  12 CH
• Exercise Dosing for the Older Adult  12 CH

Total – 104 CH

IV. Geriatric Content
The course in this section, Advanced Geriatric Physical Therapy Management, has been developed specifically for the Geriatric PT Resident and consists of approximately 53 hours of geriatric specific didactic and/or psychomotor education. This course is presented in a case-based format:

- Geriatric Examination (5)
- Cervical Spondyloarthropathy in an older adult patient with Heart Failure (6)
- Spinal Stenosis and Chronic Pain in an older adult patient with Hypertension (6)
- Rotator Cuff Tendinopathy/Tear and Thoracic Compression Fracture 2⁰ a fall in a patient with Macular Degeneration and Chronic Obstructive Pulmonary Disease (6)
- Frontal Lobe Glioblastoma in an older adult patient with a Below the Knee Amputation (6)
- The Older Adult Athlete (3)

Total – 32 CH

Total Hours for the PT Geriatric Curriculum – 239 CH

Additional Aspects for the Brooks Geriatric Residency Program

Mentoring and Clinical Supervision:
- Each Resident will receive 150 hours of 1:1 clinical mentoring hours.
- Each Resident will receive 850 hours of 1:1 clinically supervised hours.
- Each Resident will perform 1000 hours of clinical practice hours with the specific population of geriatric patients (this is a combination of the 1:1 clinical mentoring hours and the clinically supervised hours).

2 Written Case Reports

2 Oral Case Presentations + BIHL Symposium

1 5x5 Presentation

7 Quizzes

1 Written Comprehensive Final Exam

3 Practical Examinations

Directed Learning Activities (See Attached Document)

Revised 7/10/2018
Brooks Geriatric Physical Therapy Resident
Directed Learning Activities

- Clinical Observation Experiences
  - Specialty Observations
    - Balance Center 4-8 CH
    - Emergency Department 4-8 CH
    - Radiology 4-8 CH
  - Peer Ortho PT @ Outpatient Clinic 4-8 CH
  - Peer Neuro PT @ Inpatient Rehabilitation Hospital 4-8 CH
    - CVA (4 hrs)
- Collaboration with St. Vincent’s Family Medicine Residents
  - Shadowing 16-27 CH
  - Collaborative Discussions/Mini Case Report
- Classroom Teaching (including prep time) 10 CH
  - 6 hours to UNF DPT students
- Collaborative Presentation at FPTA Spring Conference (including prep time) 16 CH
  - with St. Catherine’s Geriatric Residency Program in Miami when programming space is available
- IHL Scholarly Symposium Abstract Submission & Participation (includes prep time) 20 CH
- Case Study Presentations (6 per case – 2) 12 CH
- Written Case Studies (20 per case – 2) 40 CH
- Supervision of PT or PTA Student (depends on availability of students) 80 CH
  - May include a 2 week observational experience
- Community Service Related Activities (depend on opportunities available) 20 CH
  - Includes Falls Screen Event
- Clinical Mentoring of PTA in Advanced Proficiency Program up to 30 CH
- Reflective Narratives 6 CH
- Clinical In-service (during any rotation) 3 CH
- Research Activities 15 CH
  - Abstract Submission to CSM
  - May participate in additional activities as available (not required)

Total for hours for REQUIRED DLAs -- 296-316 CH

Resident Removed from Clinical Practice ~ 70-80 hours over the course of the residency year

Revised 7/10/2018