

Geriatric Residency Curriculum: Physical Therapy

Curriculum:

I. Foundational Courses (all residency programs)

Orientation & Introduction to the Residency Program	9 CH
Clinical Problem Solving	4 CH
Evidence Based Practice Application	4 CH
Case Reports	3 CH
Professionalism & Leadership	2 CH
Pain	3 CH
Non-Violent Crisis Intervention	3 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
Foundations: Implementation Science	3 CH
Motor Control Collaboration	8 CH
APTA Credentialing Clinical Instructor Course	16 CH
Total --	78 CH

II. Geriatric Foundational Content

Advanced Geriatric Practice Overview includes material specific to any clinician working withan older adult population.

- Journal Club 16 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
- Brooks Advanced Practice Series Webinar

○ Fall Prevention	1 CH
○ Pharmacology	1 CH
○ Bone Health	1 CH
● Functional Outcome Measures Application of EBP Principles in Older Adult Populations	3 CH
● Falls Risk Screening, Assessment and Intervention	3 CH
○ Principles and Practice for Determining Fall Risk	
○ Application of EBP Principles in the Older Adult Populations	
● 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
● Parkinson Disease: Applying the Evidence	12 CH

- Exercise Dosing for the Older Adult 12 CH
- Oncology Rehabilitation 12 CH

Total – 116 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 35 hours of geriatric specific didactic and/or psychomotor education which is reinforced during clinical mentoring experiences and critical reflection assignments. This course is presented in a case-based format:

- Geriatric Examination (5)
- Five clinical cases (6 hours each = 30 CH) cover the following content across the continuum of care:
 - Cervical Spondyloarthropathy
 - Spinal Stenosis
 - Persistent Pain
 - Bone Health
 - Chronic Obstructive Pulmonary Disease
 - Vestibulobasilar Insufficiency
 - Diabetes
 - Heart Failure
 - Hypertension
 - Lower Extremity Amputation
 - The Aging Athlete
 - Tendinopathy
 - Hip Fracture
 - Total Joint Replacement

Total – 35 CH

V. *Interdisciplinary Content*

The content in this area of the curriculum has been developed in collaboration with health care providers who are pivotal members of a patient's health care team. There are 2 collaborations currently integrated into the Geriatric Residency Curriculum.

- Collaboration with St. Vincent's Family Medicine Residents
 - Shadowing 24 CH
 - Collaborative Discussions/Reflections 6 CH
- Collaboration with UNF Clinical and Applied Movement Science Nutrition & Dietetics Program
 - Shadowing 3 CH
 - Group & and Individual Reflections 4 CH

Total – 37 CH

Total Didactic Hours for the PT Geriatric Curriculum – 300 CH

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)

**Brooks Geriatric Physical Therapy Resident
Directed/Experiential Learning Activities**

- | | |
|--|-------|
| ○ Clinical Observation Experiences | |
| • Specialty Observations | |
| ▪ Balance Center | 4 CH |
| ▪ The NeuroRecovery Center (NRC) | 4 CH |
| ▪ Radiology | 4 CH |
| • The Motion Analysis Center (MAC) | 2 CH |
| • Peer Neuro PT @ Inpatient Rehabilitation Hospital | 4 CH |
| ▪ CVA (4 hrs) | |
| ○ Classroom Teaching (including prep time) | |
| • 6 hours to UNF DPT students | 10 CH |
| • 4 hours to USA DPT students | 8 CH |
| ○ Case Study Presentations + Abstract Development (8 hrs per case – 2) | 16 CH |
| ○ 5x5 Presentation + Abstract Development | 4 CH |
| ○ BIHL Symposium Presentation/Poster and Abstract Development | 16 CH |
| ○ Written Case Studies + Abstract Development (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) 30 CH
 - Includes Falls Screen Event; Senior Fitness Day Event, National Parkinson Foundation Moving Day, Senior Games Events
- Reflective Narratives (writing & unbundling session) 6 CH
- Documentation Reviews & Reflections 6 CH
- Clinical In-service (during any rotation) 3 CH
- Motor Control Collaboration Presentation Preparation 12 CH
- Research Activities 15 CH
 - Abstract Submission to CSM
 - May participate in additional activities as available (not required)

Total hours for REQUIRED DLAs -- 264 CH

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

Total Educational Hours for the Geriatric Residency Curriculum – 564 CH