

## Brooks Institute of Higher Learning Geriatric Residency Curriculum: Physical Therapy

### Curriculum:

#### *I. Foundational Courses (all residency programs)*

Orientation & Introduction to the Residency Program	11 CH
Clinical Reasoning	4 CH
Case Presentations	3 CH
Pain	3 CH
Scholarly Integration	9 CH
Therapeutic Alliance	2 CH
Implementation Science	3 CH
Motor Control Collaboration	8 CH
Motion Analysis Center	3 CH
Medically Complex Foundations	3 CH
IHL Pillar Discussions	10 CH
APTA Credentialing Clinical Instructor Course	16 CH
<b>Total --</b>	<b>75 CH</b>

#### *II. Geriatric Foundational Content*

**Advanced Geriatric Practice Overview** includes material specific to any clinician working with an 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 Innovative Topics in Rehabilitation Webinar 1 CH
  - Bone Health
- Functional Outcome Measures 3 CH
  - Application of EBP Principles in Older Adult Populations

- 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 – 32 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
  
  - Comprehensive Stroke Rehabilitation: Using Evidence to Guide Your Practice 16 CH
  
  - Orthopedic Manual Physical Therapy for the Older Adult 27 CH
  
  - Comprehensive Vestibular Rehabilitation 16 CH
  
  - Vestibular Rehabilitation Seminar 3 CH
  
  - Basic Management of Urinary Incontinence for the Home Health, Skilled Nursing and Non-Pelvic Floor Therapist 8 CH
  
  - Clinical Gait Analysis 8 CH
  
  - Parkinson Disease: Applying the Evidence 12 CH
  
  - Exercise Dosing for the Older Adult 12 CH
- Total – 110 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 UNF Clinical and Applied Movement Science  
Nutrition & Dietetics Program & Brooks Research Center
  - Virtual Interprofessional (VIP) Consultation Experience 6 CH

**Total – 6 CH**

**Total Didactic Hours for the PT Geriatric Curriculum – 258 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

Revised 9/11/2021

*2 Oral Case Presentations*

*1 5x5 Presentation*

*BIHL Scholarly Symposium Presentation*

*7 Quizzes*

*1 Written Comprehensive Final Exam*

*3 Practical Examinations*

*Directed Learning Activities (See Below)*

**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
  - Peer Neuro PT @ Inpatient Rehabilitation Hospital 4 CH
    - CVA (4 hrs)
- Classroom Teaching (including prep time)
  - UNF DPT students 6 CH
- Case Study Presentations + Abstract Development (8 hrs per case – 2) 16 CH
- 5x5 Presentation + Abstract Development 4 CH
- BIHL Symposium Presentation/Poster + 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
- Motor Control Collaboration Presentation Prep 6 CH

Revised 9/11/2021

- Research Activities 15 CH
  - Abstract Submission to CSM
  - Submit Written Case Report to GeriNotes, the Clinical Magazine of APTA Geriatrics
  - May participate in additional activities as available (not required)

**Total for hours for REQUIRED DLAs -- 241 CH**

**Total Educational Hours for the Geriatric Residency Curriculum – 499 CH**