OSUWMC Geriatric Physical Therapy Residency Curriculum

# 3 Major Content Areas of the Geriatric Residency

## Knowledge Areas of the GCS

* Foundational Sciences
* Clinical Sciences
* Behavioral Sciences

## Professional Roles, Responsibilities and Values

* Professional Behaviors
* Professional Development
* Communication
* Social Responsibility
* Leadership
* Education
* Administration
* Consultation
* Advocacy
* Evidence-Based Practice

## Practice Expectations for Clinical Specialists for Geriatrics in the Patient/Client Management Model

* Examination
  + History
  + Systems Review
  + Tests and Measures
* Evaluation
* Diagnosis
* Prognosis
* Intervention
  + Coordination
  + Patient/client related instruction
  + Procedural
* Outcomes Assessment

# Program Instructional Methods and Hours Overview

## Instructional Methods

| **Educational/Instructional Hours** | **Total Hours in Program** |
| --- | --- |
| Didactic Learning Modules   * The 5 M’s of Age-Friendly Care * Reimbursement and Regulatory Considerations * Aging Neuromuscular System * Aging Cardiovascular System * Aging Musculoskeletal System * Aging Pulmonary System * Aging Integumentary and Endocrine Systems * Pharmacology * Fall Prevention | 16+ |
| Inter-residency Learning Modules (~2 hours each)   * Leadership Series * Clinical Reasoning | 12+ |
| Geriatric PT Residency Conferences: Case Conferences | 25-30 hours (variable) |
| Research Activities   * Case Study * Research Activities | 25 |
| Independent Study Work | 50+ |
| Inter-residency conference, OSUWMC Grand Rounds, Professional Development courses, Combined Sections Meeting | 40+ |
| Specialty Learning/Health Care Professional Shadowing | 40 |
| Teaching in DPT Courses | 100 |
| Instructional Hours Subtotal | 300+ |

## Clinical Methods

| **Clinical Hours** | **Total Hours in Program** |
| --- | --- |
| Clinical Mentoring | 175+ Total |
| * 1:1 clinical mentoring /instruction from physical therapist clinical faculty while resident is treating patients | 100 |
| * 1:1 patient/client related planning/discussion/review of diagnostic tests, evaluation, plan of care, physical therapist clinical faculty treating patients, etc. | 50 |
| * Mentoring provided by a non-PT mentor (allied medical professionals; OT; ST; SW) | 25+ |
| Clinical Practice | 1,410 |
| Clinical Hours Subtotal | 1,625+ |
| Total Hours in the Program | 1,970+ |

# Sample Curricular Schedule Over the Calendar Year

1. Clinical Experiences
   1. Clinical Rotation Sites:
      * Outpatient Care New Albany (Outpatient Rehabilitation): as early as July through January, can start later if needed.
      * Ohio State Wexner medical Center (Acute/Transitional Care Rehab): February through March
      * Botkin Rehab Services, LLC (Home Health Rehabilitation): April through July
   2. Specialty Learning Opportunities:
      * During Outpatient Rehabilitation Rotation: as early as July through January, can start later if needed.
        + Wheelchair Seating Clinic
        + Orthotics/Prosthetics
        + Vestibular/Balance Disorders
        + Parkinson’s Exercise Group
        + Chronic Pain
        + Pelvic Floor
        + Geriatric Primary Care
        + PTA Management
        + Falls Clinic
        + Bone Health Programming
        + Movement Disorders
        + Inpatient Rehabilitation
      * During Acute/Transitional Care Rehab Rotation: February through March
        + Surgery Observation
        + Psychiatric Care
        + Case Management
        + Frailty Care Team
        + Wound Care
      * During Home Health Rehab Rotation: April through July
        + Ohio State Parkinson’s and Huntington’s Disease Clinic
        + Wheelchair Seating in the Home
        + Environmental Safety and Modification
        + OASIS Assessments
        + Community Engagement and Outreach
2. Didactic Experiences
   1. Foundations of Advanced Geriatric Physical Therapy Practice
      * APTA’s Combined Sections Meeting Attendance (one time attendance)
   2. Monthly Residency Case Conferences (one time per month)
      * Topic Examples:
        + Exercise dosing/Prescription for the Older Adult
        + Mentation/Mind Considerations in Geriatric PT
        + Joint Replacement in the Older Adult
        + Bone Health Across the Continuum
        + Older Adult Gait
        + Sarcopenia
        + Frailty
        + The Geriatric Low Back
        + Wellness and Prevention in the Geriatric Population
        + Geriatric Nutrition
      * Geriatric Resident’s Scholarly Project or Case Study Presentation
   3. Leadership Curriculum (one every 2-3 months)
      * Topic Examples:
        + Boundaries, Burnout, Energy Management (Part 1)
        + Emotional Intelligence
        + Uncomfortable Conversations
        + Boundaries, Burnout, Energy Management (Part 2)
        + Trauma-informed Care and Leadership
   4. Inter-residency case conferences (as available)
   5. Didactic Learning Modules (one every 6 weeks)
3. Teaching Experiences in the OSU DPT Division
   1. Teaching Assistant in the Neurologic and Geriatric Rehabilitation Laboratory [PT 8450] (selected labs during autumn semester on Tuesday and Thursday afternoons)
   2. Teaching Assistant in Therapeutic Progressions Laboratory [PT 8674] (selected labs during spring semester on Friday Mornings)
   3. Teaching Assistant in Community Reintegration Laboratory [PT 8474] (selected labs during spring semester on Tuesday and/or Thursday afternoons)
4. Research Experiences
   1. Research lab experience can be arranged, per resident interest, with faculty approval.
   2. Case Study or Scholarly Project completed by end of residency.