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.