



SHC PT INTERNSHIP INFORMATION FORM

Dear Physical Therapy Intern:

This form contains information pertaining to your forthcoming internship in the **Student Health Center Physical Therapy Department** at the University of Wisconsin - LaCrosse. **Please read it carefully.** Complete and return the questionnaire on page 4 as a separate document within the next 1-2 weeks to durall.chri@uwlax.edu. **Please confirm receipt of this form via email (durall.chri@uwlax.edu) or phone (608-785-8562).**

Type of Facility: Outpatient Sports / Orthopedics

Note: The Student Health Center (SHC) provides outpatient care solely for students attending UW-L or Western Technical College. Students who meet SHC requirements, and have paid the segregated fee, are eligible to receive SHC services. We do not bill insurance companies in the SHC PT Department.

Location of Facility: The SHC Physical Therapy Department is located on the 1st floor of the Health Science Center (HSC), which is located at 13th & Badger Sts. on the Western edge of the UW-L campus (building #34 on next page).

Street Address: 1300 Badger Street
City, State, Zip: La Crosse, WI 54601-1502 (see map on next page)
Telephone: (608) 785-5120
Fax: (608) 785-8746

Parking: Free on-street parking is available near the HSC. We cannot obtain parking permits for interns.

Staff: Lori Callister, PT, LAT
Christopher J. Durall, PT, DPT, SCS, LAT, CSCS (CCCE)
Dennis Fater, PhD, PT, Cert. MDT
Julie Puent-Nelson, PTA
Katie Tossi, PTA

Other staff: Several work-study students are employed at the front desk in the PT unit. The Student Health Center has 4 physicians, 1 certified nurse-practitioner, nursing staff, medical assistant staff, radiological, and laboratory services.

Physical Therapy Hours During the Fall and Spring Semesters: 8:00 AM - 4:30 PM Monday, Wednesday, Thursday, Friday; 9:00-4:30 Tuesday (8:00-9:00 meetings these days). **Interns should plan on a 7:45 AM - 5:00 PM workday. The Student Health Center is open limited hours (usually 8:00am-12:00pm) during the Summer and over academic breaks (e.g. J-term).**

Report First Day: PT unit in Student Health Center at **8:00 AM**, unless otherwise instructed by CI or other SHC-PT Staff

Housing: See housing section below. Interns are responsible for making all housing arrangements. There are no dorm rooms available for interns.

Travel: Interns must make arrangements for travel. Arrangements can be made for transport to/from the airport or train station with advance notice. La Crosse is served by Amtrak, and two commercial airlines: NWA and AA.

About La Crosse, Wisconsin: <http://www.explorelacrosse.com/home/index.asp>

Uniform Requirements: Casual professional dress (e.g. khakis and collared shirt) with clean/neat appearance, a belt and nametag. Shirts must be tucked-in. No open-toed shoes/sandals. Socks must be worn. Casual dress shoes are preferred vs. athletic shoes. For men, ties are welcomed but not required. Jeans are permitted on Fridays only.

Lunch: Lunch breaks are scheduled on a rotating basis, usually 30-45 minutes in duration. A refrigerator & microwave are available.

Average Daily Number of Physical Therapy Patients in Department:

80 - 100 per day during fall and spring semesters
10 - 15 per day during summer

Average Daily Number of Evaluations/Re-evaluations for Physical Therapy Interns: 10

Our caseload is roughly 75% extremity and 25% spine.

With the exception of spine problems, we see patients on a first-contact basis.

Evaluations and re-evaluations are documented on computer. We have computer workstations in the intern office and in some examination rooms.

We can refer patients for plain radiography in the SHC. Interns will have the opportunity to learn some fundamentals of plain radiography.

We may have more than one intern at any given time. This is intended to create an atmosphere of collaborative learning not competition.

Expectations of PT Interns

Interns must introduce themselves as PT Interns to their patients. Patients must be informed of this and allowed to defer their care to a licensed PT if they choose.

PTs and/or PT Interns perform evaluations and serial reassessments and the PTA staff and/or PTA interns perform *most* of the interventions. This practice pattern has been an adjustment for many interns in the past. There are opportunities for interns to practice and learn some interventions (e.g. spinal manipulation)

Practice orthopedic special tests prior to arriving. You may be required to perform a series of competency checks on the clinical exam (e.g. MMT, goniometry, special testing) If feasible, bring a copy of your ortho/sports class notes and a copy of the syllabus for these courses. This allows your CI to understand your orthopedic preparation. We have some orthopedic texts available but you may want to bring your own copies.

Interns are expected to carry their own patient loads quickly, usually within the first week.

Each intern will be asked to complete a clinical project and present an in-service on the clinical project. Topics for the project can be discussed upon arrival.

Each intern will be videotaped while performing a patient evaluation three times during their internship. Interns must bring a VHS tape for this process. This tape may/may not be returned to the student. If the tape is maintained by the SHC, a comparable tape will be provided to the student at no charge. Interns are required to complete a one-page self-assessment form after reviewing each taped session.

Interns are expected to take initiative and seek out opportunities to learn and to assist in the clinic when they have down time. Examples of constructive use of down-time: working on the scholarly project, preparing for the next day's patients, practicing a clinical skill, helping to tidy the clinic. Examples of not taking initiative: surfing the internet, answering personal email, making personal phone calls, text messaging.

Assessment

Weekly progress and planning sheets (below)

Videotaped evaluations (above & below)

CPI

Internship Objectives

By the completion of their internship, students must be at entry-level on all components of the CPI. This internship is focused on evaluation and care planning.

Special Programs or Services Available:

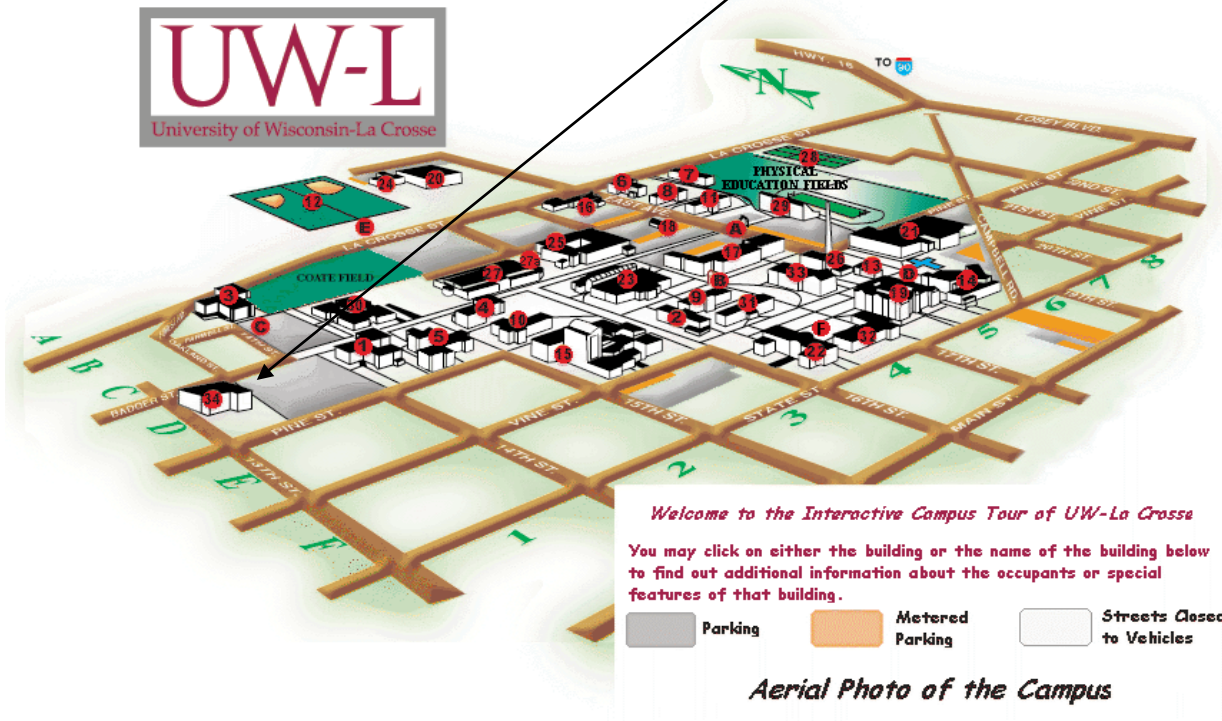
- Orthopedic surgical observation
- Epidural steroid injection observation
- Interns can obtain a pass to use the REC center on campus for \$5.00/week (<http://www.uwlrecsports.com>)

UW-L CAMPUS LOCATION



CAMPUS MAP (HSC is #34)

Interactive Campus Tour



UWL Student Health Center Physical Therapy Department Full-Time Clinical Experience

CLINICAL OBJECTIVES

Following successful completion of this clinical affiliation, the student will demonstrate the ability to:

1. Routinely practice in a safe manner that minimizes risk to patient, self and others with occasional monitoring and cueing in both uncomplicated and complicated situations.
2. Routinely present self in a professional manner with minimal monitoring and cueing in both uncomplicated and complicated situations.
3. Routinely demonstrate professional behavior during interaction with others with minimal monitoring or cueing in both uncomplicated and complicated situations.
4. Independently adhere to ethical practice standards with minimal consultation.
5. Adhere to legal practice standards.
6. Routinely communicate in ways that are congruent with situational needs with minimal monitoring or cueing.
7. Produce accurate and concise documentation re: the delivery of physical therapy services with progressively less cueing required as the internship proceeds.
8. Adapt delivery of physical therapy care to reflect respect for, and sensitivity to, individual differences.

9. Routinely apply the principles of logic and scientific methods to practice of physical therapy services with progressively less cueing required as the internship proceeds.
10. Routinely perform a physical therapy patient examination with progressively increasing competence and less cueing required by CI as the internship proceeds.
11. Routinely evaluate clinical findings to determine physical therapy diagnosis and outcomes of care with progressively less cueing required as the internship proceeds.
12. Design a physical therapy plan of care that integrates goals, treatment, outcomes and discharge plan with progressively less cueing required as the internship proceeds.
13. Routinely perform physical therapy interventions in a competent manner with progressively less cueing required as the internship proceeds.
14. Routinely educate others (patients, family, caregivers, staff, students, other health care providers) using relevant and effective teaching methods with minimal cueing in complicated situations.
15. Routinely address patient needs for services other than physical therapy as needed with progressively less cueing required as the internship proceeds.
16. Manage simple resources (e.g., time, space, equipment) to achieve goals of the practice setting.
17. Routinely incorporate an understanding of economic factors to the delivery of physical therapy services.
18. Routinely and independently use support personnel according to legal standards and ethical guidelines. Delegates and supervises support personnel.
19. Demonstrate at the facility specific level that a physical therapist has professional/social responsibilities beyond those defined by work expectations and job descriptions.
20. Implement a self-directed plan for professional development and lifelong learning that relates directly to clinical experience.

HOUSING

****Please let us know if you have particularly good or bad experiences with these companies (or website links), or if you have additional recommendations for accommodations we could add to this list****

APARTMENT LOCATING SERVICES

Apartment Connections 608-785-7368
Rental Directory 608-784-5595

<http://lacrossetribune.abracat.com/c2/reforrent/search/index.xml>

<http://www.apartmentrentalguide.com/state/wisconsin/lacrosse.htm>

<http://www.affordablehousingonline.com/apartments.asp?mnuState=WI>

<http://lacrosse.areaguides.net/apartments.html>

APARTMENTS

Benson Management 608-782-3776
Munson Realty 608-785-7187
Premier Management 608-788-7962
Property Management Concepts 608-782-9680
River Place Apartments 608-782-0202
 ✓ Excellent place but winter only and 2-3 month minimum
Swanson Property Management 608-783-7763

REALTIES

Gerrard Realty, La Crosse (608) 784-7815
Hoeschler Realty, La Crosse (608) 784-5958
Wagner & Associates, La Crosse (608) 782-4020
Monson Realty, La Crosse (608) 785-7187

HOTELS/MOTELS

<http://www.mytravelguide.com/hotels/Lacrosse-Wisconsin.php>

<http://www.reservetravel.com/us-wi-Lacrosse-Hotels.html>

<http://www.google.com/local?hl=en&lr=&q=hotels+motels&near=Lacrosse,+WI&sa=X&oi=localr>

http://www.besthotel.com/?state=72&country=1&src_aid=235601

OTHER:

UWL WEBSITE: <http://www.uwlax.edu/ResLife/offcamhousing.html>

FIND A PLACE TO LIVE.COM: <http://findaplacetolive.com/>

ROOM TO RENT FOR FEMALE INTERNS ONLY: full house access (kitchen, laundry); per past interns its "Quiet, clean, close to HSC" ~\$200-300/month; Contact: Mary Ellen Lee 608-782-6080.

BEDROOM TO RENT: shared bathroom; ~5 miles from HSC (on Losey Blvd. near Central HS) ; \$50/week; Contact: Katie Karcher, 608-769-5867; kekarcher@hotmail.com.

MISC:

Healthclub memberships:

Premier Fitness (in King on 5th Building): Student memberships have been provided in the past for ~\$40-50/month

REC Sports (on UWL campus): See Chris when you arrive for details.

SHC FUTURE INTERN QUESTIONNAIRE

Please complete and return prior to the start of your internship

Name:

Internship dates:

Academic program:

Cell phone (in case we need to contact you on short notice):

Emergency contact (name):

Emergency phone:

Health insurance:

Briefly discuss why you chose the Student Health Center for your internship:

Please list clinical objectives for your internship at the Student Health Center:

Briefly discuss any areas that you feel you need to improve upon:

Briefly discuss your strengths:

List previous internships completed:

If there is other information about yourself that you would like us to know, please include it.

SURGICAL OBSERVATIONS FOR PT/PTA INTERNS AT THE SHC

Several area orthopedists have agreed to have SHC PT interns observe them in surgery. There are, however, several things that you must do prior to walking into the O.R.

1. Talk to Chris about dates/times when you want to go. *Only one intern can go per day.*
2.
 - a. If you want to go to Franciscan-Skemp, **you need to contact Ruth Morgan (785-0940 ext. 4203) to make all of the arrangements.**
 - b. If you're going to Gundersen-Lutheran, call **Jennifer Olds 775-3351** in the surgery department. Find out when you need to report to the surgery department. **THEN:** call **the Medical Education office 775-2961** to make arrangements to view **a video on aseptic techniques** and **sign a HIPAA form.** You can only view the video between 8:00-4:00 weekdays. The Medical Education office is located on the 1st floor of the clinic next to Podiatry.
3. Show-up on time and be prepared.
4. After you return, write a "thank-you" letter to the surgeon—see Chris for letterhead and envelope.

Gundersen-Lutheran

Bradley Fowler, MD (Sports)
Randall Gall, MD (Orthopedics)
Richard Marchiando, MD (Ortho)
Edward Riley II, MD (Ortho)
Kevin Rumball, MD (Ortho)
Suzanne Tanner, MD (Sports)

Surgery day(s)

Tues & Thurs
???
Mon & Wed
Friday
Mon & Thurs
Mon & Fridays

Assistant

N/A—talk to Jennifer Olds
Anne Rutz 782-7300 x 52652
N/A—talk to Jennifer Olds
N/A—talk to Jennifer Olds
Lance
N/A—talk to Jennifer Olds

Franciscan-Skemp

Charles Nolte, DO (Orthopedics)
Mark Perpich, MD (Orthopedics)

****Thank you notes must follow your observation. You can show Chris the draft of your note if you wish. These must be printed on Dept. letterhead—see Chris for letterhead & an envelope.**

Addresses:

Gundersen-Lutheran
Department of Orthopedics
1900 South Ave.
La Crosse, WI 54601

Franciscan-Skemp
Department of Orthopedics
700 West Ave.
La Crosse, WI 54601

OBSERVING EPIDURAL STEROID INJECTIONS

Dr. Tim Harbst, a Physiatrist at Gundersen-Lutheran, is willing to have SHC PT/PTA interns observe him performing fluoroscopically-guided epidural steroid injections (ESI). If you are interested in observing him, you need to do the following:

1. Talk to Chris about dates/times when you want to go. I prefer that only one intern go per day.
2. Call **Patti Keller**, Dr. Harbst's assistant, at **775-2366** to schedule your observation. Dr. Harbst usually performs ESIs on Tuesday and Thursday mornings starting ~8:30 am.
3. Dr. Harbst's clinic is located on the 3rd floor of the **EAST BUILDING**. Let the receptionist at the **Neurosciences** front desk know that you are a PT/PTA Intern from the SHC there to shadow Dr. Harbst.
4. You will need to sign a HIPAA form.
5. Dress professionally (men need to wear ties), wear your nametag, and show-up **on time**.
6. After you return, write a "thank-you" letter to Dr. Harbst—see Chris for letterhead and envelope.

Address:

Dr. Tim Harbst
Gundersen-Lutheran
1900 South Ave.
La Crosse, WI 54601

SHC PT Dept Intern Orientation Checklist

- Review internship objectives; see wall file holder in PT Intern office
- Sign confidentiality form (see wall file holder in PT Intern office); **have Chris also sign as supervisor**
- Complete intern contact info sheet and **give to Chris**
- Tour HC and meet staff; **see Julie or Katie for this.**
- Review documentation flowchart posted on wall in PT Intern office; **discuss with Chris.**
- Review intake questionnaire and consent to treat forms **with Chris or Lori**
- Review Wisconsin Practice Act re: practice and supervision of PTAs (on bulletin board in intern office).
- Review paper evaluation forms and look-up & practice special tests that are not familiar; **see Chris or Lori for assistance.**
- Complete Competency Checks on MMT, Goniometry, Special Testing **with Chris**
- Review treatment flow sheets (including treatment parameters on back of sheet); **see Chris or Lori for assistance.**
- Review exercise flow sheets and identify exercises you are unfamiliar with—**seek clarification from Julie, Katie, Chris, or Lori if necessary.** Make sure to use universal names for exercises—if you have special/unique exercises, make sure you orient PTA staff to your exercises and their names.
- Practice unfamiliar exercises in gym; practice using all gym equipment so you could set-up patients on devices--seek clarification from staff if necessary.
- Complete Competency Check on Exercise **with Katie or Julie**
- Practice LE Functional Tests and Trunk Muscle Endurance Tests (sheets in gym); **see Julie or Katie for assistance**
- Complete competency check on e-stim, ultrasound, mechanical traction, and iontophoresis; **see Julie or Katie for assistance.**
- Practice using macros on computer to document a mock patient evaluation and re-evaluation; **see Chris for assistance.**
- Practice using VHI exercise software on gym computer and HEP binder located in cupboard below gym computer; **see Julie, Katie, Chris, or Lori for assistance.**
- Examine consumable items on shelves in the back of the department—sleeves, splints, orthotics, etc. and practice fitting these; **see Julie or Katie for assistance.**
- Complete competency check for fitting crutches, and ankle and knee immobilizers; **see Julie or Katie for this.**
- See Julie** about filling-out yellow loan or charge forms correctly/completely.
- Review procedures for observing an orthopedic surgery; these are posted on bulletin board in PT Intern office.
- If interested in obtaining pass to utilize campus exercise facilities, see wall file holder in PT Intern office for **Student Intern Membership Application.**
- Talk to Chris** about your scholarly project at the SHC; **arrange date and time with Chris.**
- Talk to Chris** about the weekly progress and planning process/form (see page 9)
- Talk to Chris** about the videotaping requirement and the self-assessment form (see page 10)
- Schedule weekly progress meetings, CPI meetings, and scholarly project presentation; **see Chris for assistance**
- Ask one of the front desk staff** to give an overview of the appointment scheduling and check-in process.

Date Completed _____ Intern Signature _____

SHC PT INTERN WEEKLY PROGRESS & PLANNING FORM

Name _____ Date _____ Week # _____

Step I: Self-assessment of progress towards last week's goals (w/ supporting examples) and concerns.

Knowledge goals (1-3):

Skills goals (1-3):

Affective goals (1-3):

Concerns with internship:

Step II: CI feedback and suggestions for improvement:

Step III: Mutually determined goals for next week

Knowledge goals (1-3):

Skills goals (1-3):

Affective goals (1-3):

Student Signature

Clinical Instructor Signature

Videotape Review

Name: _____ Date: _____

(start of internship / mid-term / end of internship)

Instructions: Review videotaped session(s) and answer questions below. *Set your VCR counter to "0" at the start of the tape.*

What do you think you did particularly well? (Counter marker(s) for specific example(s)_____)

What did you identify that needs improvement? (Counter marker(s) for specific example(s)_____)

Compared with the first or second videotaped session, how have your clinical skills and patient interaction skills changed?

Goals/Action plan:

Be sure tape is cued to the end of the current taped session