

PT 651: Introduction to Clinical Practice
Self-directed Learning Assessment Tool

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Name: _____

Peer Members: _____

Course dates: _____ Clinical Facility: _____

Clinical Learning Units (Select eight from the list below):

_____ LEARNING UNIT 1: MEDICAL CHART REVIEW

_____ LEARNING UNIT 2: TAKING A MEDICAL HISTORY

_____ LEARNING UNIT 3: DOCUMENTATION

_____ LEARNING UNIT 4: TESTS AND MEASURES RELATED TO ROM

_____ LEARNING UNIT 5: TESTS AND MEASURES RELATED TO STRENGTH

_____ LEARNING UNIT 6: TESTS AND MEASURES RELATED TO POSTURE

_____ LEARNING UNIT 7: TESTS AND MEASURES RELATED TO GAIT

_____ LEARNING UNIT 8: TESTS AND MEASURES RELATED TO VITAL SIGNS

_____ LEARNING UNIT 9: ASSESSES PATIENT'S PHYSIOLOGIC STATUS

_____ LEARNING UNIT 10: TESTS AND MEASURES: NEUROLOGIC

_____ LEARNING UNIT 11: APPLICATION OF HEAT AND COLD

_____ LEARNING UNIT 12: APPLICATION OF ELECTRICAL STIMULATION

_____ LEARNING UNIT 13: REIMBURSEMENT AND COST OF CARE

_____ LEARNING UNIT 14: OTHER HEALTH CARE PROVIDERS

_____ LEARNING UNIT 15: CASE STUDY

I have completed the assigned learning units indicated by an "X" above.

Student Learner

Clinical Instructor

Date

MEDICAL CHART REVIEW

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Reviews the entire medical record for information which relates to PT clinical decision making.
				2	Identifies most relevant information.
				3	Identifies existing and potential patient problems based on data in the medical record.
				4	Reviews the medical record periodically according to facility standards.
				5	Uses the medical record to better understand the roles of various healthcare team members.

Assessment Signatures:
 _____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

TAKING A MEDICAL HISTORY

Directions: The rater is to observe the above process and evaluate each step as indicated:

CC= Completed Correctly

NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Introduces self to patient, identifying profession and calls patient by name.
				2	Uses effective verbal and non-verbal communication necessary to establish rapport with patient; uses lay terminology when possible, defines terms and offers explanation as needed.
				3	Assesses environment for barriers to effective communication, attempts to control for theme and is able to verbalize their decision making.
				4	Selects appropriate style of questioning (open-ended, yes/no, limited choice, clarification, elaboration).
				5	Acknowledges patient's non-verbal messages and adapts accordingly.
				6	Demonstrates active listening skills.
				7	Uses elaboration techniques (occasional smile, head nodding, "please go on".)
				8	Systematically gather relevant data (present illness, past history, family history, and social history).
				9	Concludes the interview by summarizing main points and asking patient if there is anything else that would like to add or discuss.
				10	Understands the major task of taking a good history is to hypothesize impairments related to functional limitations (diagnosis).
				11	Documents history taking accurately and concisely.
				12	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

Comments:

_____ date: _____
Student

_____ date: _____
Peer

_____ date: _____

Clinical Instructor

DOCUMENTATION

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Writes legibly, uses acceptable grammar and spells correctly.
				2	Uses appropriate medical terminology and abbreviations approved by the facility.
				3	Writes objective findings and goals in measurable terms.
				4	Includes pertinent information in each note (e.g. subjective data, evaluative findings, assessment, goals and plans.
				5	Completes all required documentation within the time limit and frequency established by the facility.
				6	Composes documentation with regard to the intended audience (e.g. P.T. staff, other health professionals, payer, legal)
				7	Adapts documentation skills to facility format (e.g. dictation, computerized notes, SOAP, templates)

Assessment Signatures:

_____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

TESTS AND MEASURES RELATED TO RANGE OF MOTION & FLEXIBILITY

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Wash hands
				2	Introduce self, explain procedure to pt and gives rationale for procedure. Asks patient for questions & obtains informed consent.
				3	Assist patient to the desired position; inquire to patient's comfort (modify if necessary)
				4	Drapes patient appropriately
				5	Exposes joint and its landmarks
				6	Palpates appropriate landmarks
				7	Selects active/passive motion appropriately
				8	Maintains alignment of the goniometer with landmarks and axis of motion
				9	Reads the scale accurately at the end of range
				10	Corrects deviations from desired range of motion
				11	Tests uninvolved and involved side
				12	Determines if limitation exists
				13	Differentiates between limitations due to joint restriction, pain, soft tissue, or muscle weakness
				14	Queries patient
				15	Explains indications & rationale for Rx
				15	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

TESTS AND MEASURES RELATED TO STRENGTH

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Wash hands
				2	Introduce self; explains procedure to pt and gives rationale for procedure. Asks patient for questions & obtains informed consent.
				3	Positions patient in anti-gravity, gravity assisted, or against gravity position as indicated to accurately measure strength
				4	Performs passive range of motion to determine available range.
				5	Instructs and demonstrates the motion to be performed
				6	Observes and palpates tendons and muscle bellies for evidence of contraction
				7	Eliminates substitutions with proper stabilization
				8	Gives resistance correctly (location, length of lever arm, amount)
				9	Tests uninvolved and involved side
				10	Assesses muscle strength using the appropriate grading system
				11	Modifies testing procedure when unable to evaluate w/standard testing and can explain modification.
				12	Queries patient
				13	Thoroughly documents treatment
				14	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

TESTS AND MEASURES RELATED TO POSTURE
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Directions: The rater is to observe the above process and evaluate each step as indicated:

CC= Completed Correctly

NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Wash hands
				2	Introduce self; explain procedure to pt and gives rationale for procedure. Asks patient for questions and obtains informed consent.
				3	Observes patient's habitual posture in functional positions (supine, sitting, walking, or w/c)
				4	Observes patient from anterior, posterior and lateral views
				5	Begins to identify deviations from normal alignment
				6	Exposes bony landmarks
				7	Palpates bony landmarks
				8	Analyzes the impact of alignment on patient's functional activities
				9	Begins to formulate hypothesis of the causes of postural deviations based on the patient's history, age, interpretation of evaluative findings
				10	Thoroughly documents treatment
				11	Explains findings to patient
				12	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____
Student

_____ date: _____
Peer

_____ date: _____
Clinical Instructor

COMMENTS:

TESTS AND MEASURES RELATED TO GAIT

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Prepares environment, considers safety and removes obstacles.
				2	Introduce self, explains procedure to pt and gives rationale for procedure. Asks patient for questions & obtains informed consent.
				3	Observes the patient from all sides
				4	Identifies deviations from normal at each joint or body part.
				5	Begins to identify deviations in gait (cadence, stride length, weight shift, base of support)
				6	Begins to formulate hypothesis of the causes of gait deviations
				7	Verifies causes of gait deviations through specific evaluative procedures (MMT, ROM muscle tone, etc.)
				8	Queries patient
				9	Explains findings to patient
				10	Thoroughly documents treatment
				11	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____

Student

_____ date: _____

Peer

_____ date: _____

Clinical Instructor

COMMENTS:

TESTS AND MEASURES RELATED TO VITAL SIGNS

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Obtains pertinent information from medical record (lab reports, ECG's, medications, BP, HP, cognitive changes)
				2	Washes hands
				3	Introduces self, explains procedure to pt & gives rationale for procedure. Asks patient for questions & obtains informed consent.
				4	Queries patient
				5	Gross assessment of patient's physiologic responses (color, level of responsiveness, perspiration, breathing pattern/rate)
				6	Gathers equipment
				7	Positions patient appropriately
				8	Performs procedure correctly
				9	Collects accurate information
				10	Begins to interpret data accurately for patient's condition
				13	Thoroughly documents treatment
				14	Explains indications / rationale for Rx
				15	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____

Student

_____ date: _____

Peer

_____ date: _____

Clinical Instructor

COMMENTS:

Blood Pressure: Adjustment of valve
 Pump up to at least 200 mm HG
 Release and watch manometer
 Record start and ending sounds

Heart Rate: Identify anatomical location of pulse
 Use only the first three fingers to feel pulse
 Count and record

Respiration: Observe chest or bring hand to chest to feel rise and fall
 Count and record

TESTS AND MEASURES RELATED TO NEUROLOGICAL EXAM

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Wash hands
				2	Selects elements of neurological exam appropriate for patient (e.g. cognition, coordination, tone, etc.)
				2	Introduce self, explains procedure to pt & gives rationale for procedure to the extent possible. Asks patient for questions & obtains informed consent.
				3	Assist patient to the desired position; inquire to patient's comfort (modify if needed)
				4	Selects appropriate neurological test
				5.	Observes patient throughout exam for habitus, posture, level of comfort, signs of distress, spontaneous use of extremities, abnormal and normal movements (tremors, tics, fasciculation)
				5	Performs test correctly
				6	Assesses test accurately
				7	Identifies "normal" response to test
				8	Identifies "abnormal" response to test
				9	Explains implications of abnormal test responses to patient in lay terms
				10	Thoroughly documents treatment
				11	PERFORMS PROCEDURE SAFELY

Assessment Signatures:

_____ date: _____

Student

_____ date: _____

Peer

_____ date: _____

Clinical Instructor

COMMENTS:

Cognition:	Alert and oriented X 3 Arousal and alertness Patient aware of context and circumstances Identifies barriers to comprehension or learning
Coordination:	Rapid alternating movements Dysmetria Ataxia Place & hold functions (pronator drift/past pointing) Description of tremor
Tone:	Response to PROM Deep tendon reflexes Clonus Modified Ashworth scale Identification of abnormal reflexive posturing
Cranial Nerve Testing:	Screening during interview Testing if indicated - motor/sensory/reflexive
Balance:	Romberg variations & SOT options Functional reach TUG Tinetti Berg Dynamic gait index
Sensory Testing:	Distinguishes dermatomes Cutaneous distributions

UNDERSTANDING OF OTHER HEALTH CARE PROVIDERS

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Seeks information regarding the composition of the interdisciplinary team.
				2	Seeks information regarding individual roles of each interdisciplinary team.
				3	Articulates physical therapy's unique role in the interdisciplinary team.
				4	Recognizes the limitations of physical therapy's scope of practice and expertise.
				5	Determines needs of and available resources for the patient.
				6	Recommends referrals based on expertise and effectiveness of the interdisciplinary team's members.
				7	Advocates for appropriate patient services and resources.
				8	Assists patients in accessing recourses.

Assessment Signatures: _____ date: _____
 Student

Comments:

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

REIMBURSEMENT AND COST OF CARE

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Identify plans of care for patients with varied insurance plans and financial resources a) Medicare A (inpatient) b) Medicare B (outpatient) c) Medicare C (managed Medicare) d) Commercial insurance e) Managed care f) Medicaid g) Out of pocket payment/Medical savings accounts
				2	List tow limits and benefits of each of the above payment plans.
				3	Identifies the direct cost per treatment to the patient (e.g. co-pay) if it applies.
				4	Seeks information regarding the facility's ability to provide pro bono services for patients with no or limited financial resources.
				5	Calculates total charges for one treatment visit.
				6	Describes the relationship between billable units and hours worked in determining cost of service.
				7	Seeks information regarding the facility's productivity standards for PT staff.

Assessment Signatures:

_____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

PATIENT REPORT

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Selects a patient who would benefit from a physical therapy examination, preferably one with minimal co-morbidities.
				2	Determine the patients chief complaint or reason for seeking out physical therapy.
				3	Conducts a medical chart review.
				4	Takes a medical history.
				5	Hypothesizes possible impairments related to functional limitations/chief complaint.
				6	Performs a systems review.
				7	Selects appropriate examination procedures related to ruling in/ruling out.
				8	Evaluate the patient by interpreting findings and rendering a clinical judgment.
				9	Involves patient in goal setting that are consistent with discharge plans.
				10	Sets goals that are realistic, objective, measurable and functional.
				11	Generates a patient record that resembles an initial evaluation (accurate and concise with minimal essential information omitted).
				12	Presents patient report to peers in a "Grand Rounds" format for questions and comments.

Assessment Signatures:

_____ date: _____
 Student

_____ date: _____
 Peer

_____ date: _____
 Clinical Instructor

COMMENTS:

Application of Heat and Cold

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI	Step	Criteria
				1	Wash hands
				2	Introduce self, explains procedure to pt and gives rationale for procedure. Asks patient for questions & obtains informed consent.
				3	Explains procedure to patient and gives rationale.
				4	Asks patient for questions and obtains informed consent.
				5	Queries patient for precautions & contraindications
				6	Inspects skin integrity and checks thermal sensation
				7	Selects appropriate treatment
				8	Gathers all necessary equipment
				9	Positions patient for comfort and treatment efficacy, drapes patient for modesty & protection of clothing
				10	Provides patient with call button
				11	Asks patient for feedback during treatment session
				12	Cleans and inspects skin after treatment
				13	Queries patient after treatment
				14	PERFORMS TREATMENT SAFELY

Circle intervention:

Comments:

Ice massage
 Ice/gel pack
 Cyrocuff
 Hot pack
 Paraffin
 Ultrasound

Assessment Signatures:

_____ date: _____

Student

_____ date: _____

Peer

_____ date: _____

Clinical Instructor

ELECTRICAL STIMULATION

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI		
				1	Wash hands
				2	Gathers equipment and performs safety check
				3	Introduce self
				4	Explains procedure & rationale to pt; describes sensations they may experience.
				5	Asks patient for questions & obtains informed consent.
				6	Assesses the area to be treated noting any blemishes, discolorations, or sensory problems; verifies presence/absence or contraindications and/or precautions. Tests sensation.
				7	Positions & drapes patient for comfort
				8	Selects appropriate device
				9	Sets up device appropriately; electrode placement, selects correct parameters.
				10	Sets timer for treatment
				11	Provides patient with call button
				12	Assess patient during treatment
				13	Clean and inspect skin after treatment
				14	Queries patient for treatment response
				15	PERFORMS TREATMENT SAFELY & CORRECTLY

Circle intervention:

Comments:

- Pain suppression
- Muscle dysfunction
- Tissue enhancement
- Wounds
- Iontophoresis

Assessment Signatures:

_____ date: _____

Student

_____ date: _____

Peer

_____ date: _____

Clinical Instructor

OPTIONAL CLINICAL SITE UNIT
Please Describe: _____

Directions: The rater is to observe the above process and evaluate each step as indicated:
 CC= Completed Correctly
 NI= Needs Improvement (step was missed, not done correctly, or done out of sequence)

Self	Peer	Step	Criteria
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CC	NI	CC	NI		
				1	
				2	
				3	
				4	
				5	
				6	
				7	
				8	
				9	
				10	

Assessment Signatures:
 _____ date: _____
 Student
 _____ date: _____
 Peer
 _____ date: _____
 Clinical Instructor

COMMENTS: