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 8 as a separate document to cdurall@uwlaux.edu.

Type of Facility: Outpatient Sports / Orthopedics

Website: http://www.uwlax.edu/Student-Health-Center/Physical-therapy/

Note: The Student Health Center (SHC) provides outpatient care to students attending UW-L or Western Technical College. The SHC does NOT bill insurance companies.

Location of Facility: 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 below)
Telephone: (608) 785-5120
Fax: (608) 785-8746

Parking: Free on-street parking is available near the HSC on a first-come basis (e.g. 10th or 11th St between Pine St. & La Crosse St). We cannot obtain parking permits for interns. When alternate-side parking is in effect (during winter months), parking is usually available close to the HSC early in the am. (See map on next page)

Staff: Lori Callister, PT, LAT
      Chris Durall, PT, DPT, MS, SCS, LAT, CSCS (CCCE & Dept. Director)
      Julie Puent-Nelson, PTA
      Chris Roethe, PTA

Other staff: Several work-study students are employed at the front desk in the PT unit. The Student Health Center has physicians, certified nurse-practitioners, nursing staff, medical assistant staff, radiological, & 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 – 4:45 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: Delta and AA.


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 usually 45-60 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 70% extremity and 30% spine.

With the exception of neck 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.

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

We commonly have more than one intern at any given time. This is intended to create an atmosphere of collaborative learning.
Expectations of PT Interns

Interns must introduce themselves as PT Interns to their patients. Patients have the right to defer their care to a staff PT if they choose, although this rarely happens.

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) before evaluating or treating patients independently. 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.

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.

Interns may be videotaped while performing a patient evaluation during their internship. The tape will be maintained by the SHC. Interns are expected to complete a brief self-assessment form after reviewing taped sessions.

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)
CPI

Internship Objectives

By the completion of their internship, students should be at advanced intermediate or 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 $10.00/week (http://www.uwlrecsports.com)
UWL Student Health Center PT Department Full-Time Clinical Experience 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.
**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://lacrosstribune.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.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/

**LA CROSSE CRAIGSLIST:**  http://lacrosse.craigslist.org/

**BEDROOM TO RENT:**  shared bathroom; ~1 mile from HSC (on 23rd & Main Sts.); $50/week; Contact: Roy Eggart 608-769-2042; reggart@yahoo.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.
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. Clinical experience takes priority over surgical observation. 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Surgery day(s)</th>
<th>Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bradley Fowler, MD (Sports)</td>
<td>Tues &amp; Thurs</td>
<td>N/A—talk to Jennifer Olds</td>
</tr>
<tr>
<td>Randall Gall, MD (Orthopedics)</td>
<td>??</td>
<td>Anne Rutz 782-7300 x 52652</td>
</tr>
<tr>
<td>Richard Marchiando, MD (Ortho)</td>
<td>Mon &amp; Wed</td>
<td>N/A—talk to Jennifer Olds</td>
</tr>
<tr>
<td>Edward Riley II, MD (Ortho)</td>
<td>Friday</td>
<td>Lance</td>
</tr>
<tr>
<td>Kevin Rumball, MD (Ortho)</td>
<td>Mon &amp; Thurs</td>
<td>N/A—talk to Jennifer Olds</td>
</tr>
<tr>
<td>Suzanne Tanner, MD (Sports)</td>
<td>Mon &amp; Fridays</td>
<td></td>
</tr>
</tbody>
</table>

Franciscan-Skemp

<table>
<thead>
<tr>
<th>Name</th>
<th>Assistant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charles Nolte, DO (Orthopedics)</td>
<td></td>
</tr>
<tr>
<td>Mark Perpich, MD (Orthopedics)</td>
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</tbody>
</table>

**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 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
SHC FUTURE INTERN QUESTIONNAIRE
Please complete and return prior to the start of your internship

Name:

Former Name(s):

Date of Birth:

Internship start date:  Internship end date:

Do you currently have, or have you ever had, a UWL email account?

Academic program:

Cell phone &/or La Crosse-area 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 your strengths:

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

List previous internships completed:

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