



# SOUTH PLAINS COLLEGE

## PHYSICAL THERAPIST ASSISTANT

### CLINICAL 1 HOURS EXPECTATION

#### TO THE STUDENT PTA :

You are expected to accrue a minimum of 160 hours of clinical time during your Clinical 1. This means you should be at your clinical, doing clinical-related things, for 8 hours/day, 5 days/week, for 4 weeks. This is a minimum - get as many hours as you can, so you can take advantage of the opportunities to learn.

Sometimes, a clinical day may be shortened (either scheduled or otherwise) – your CI may not work 40 hours/week, or there may be no-shows or cancellations that reduce the day to fewer than 8 hours, or there may be some other reason. If you find out that you will not be getting the opportunity to participate in your clinical for at least 8 hours any day, or for 5 days any week, make plans with your CI to get this minimum time another way. Here are some ideas :

- REQUIRES AN ON-SITE CI
  - Observe/work with another PTA or PT (requires that your CI be on-site – the PTA/PT being observed/worked with can serve as your CI)
  - Observe a PT evaluation (requires that your CI be on-site – the evaluating PT can serve as your CI)
- DOES NOT REQUIRE AN ON-SITE CI (activities that do not involve patient interaction do not require your CI to be on-site)
  - Observe an OT or SLP session with a patient who's on your CI's caseload.
  - Write practice SOAP notes for treatments you observed : create complete SOAP notes for treatments that you observed/helped with. To supplement this activity, you could propose information that you think is "missing" - this may be especially applicable to the subjective section, but you can probably identify things from each section of the SOAP note where you wish you had more information - identify what's missing, and make up statements (as if they happened) that would fill in the missing info.
  - Review whatever patient records exist for patients on your CI's caseload. Ask for access to patient records of any kind (previous treatment notes, evals, etc.), and look them over from the perspective of "I've just been asked by the supervising PT to go work with this patient": create a chart indicating impairments/limitations/goals that need to be addressed, and propose treatment activities to address them (challenge yourself to come up with more than 1, at least 3, at least 5, etc. - whatever's appropriate). For each proposed activity, also indicate how to make the activity more challenging (1 way, 3 ways, 5 ways?) and how to make the activity less challenging (1, 3, 5 ways?). Then go back and prioritize : indicate the most important impairment/limitation/goal to address, and 2nd-most important, 3rd-most, etc.; also, indicate the best activity idea, 2nd-best, 3rd-best, and the best way to make each activity more challenging (and 2nd-best, 3rd-best, etc.) and the best way to make the activity less challenging (and 2nd-best, 3rd-best, etc.). Remember the critical elements to treatment : gotta involve repetition, gotta be the just-right challenge, gotta be fun/engaging.

- Analyze treatment/predict the treatment goals for treatments you observed. For each treatment activity you remember observing, propose other activities that can be used in the future to address the same impairment/limitation/goal, and ways to make each more and less challenging, and prioritize.
- Create treatment plans/activity ideas for patients on your CI's caseload. (Same as chart review activity above, but if you don't have access to the chart information.)
- Research applicable diagnoses/medications/procedures/etc. (Same as chart review activity above, but for patients you haven't seen yet, but might. Start with diagnoses that are common to your clinical setting, and then explore diagnoses presented in Intro, BPC, or Patho that might apply to your clinical setting.)

Discuss with your CI these ideas, and maybe the two of you can add to that list, so when there's a hole in the day, or the day starts late or ends early, you don't have to put your clinical on hold. Note : if you are not interacting with patients, your CI does not need to be on-site. Also, remember to consult available resources : notes from class, the internet, Youtube, social media, AI, etc.

As long as you're doing something clinical-related, you can be "on the clock". Your grade is based on your CI's assessment of your performance, but I reserve the right to reduce/augment it based on your industriousness. So, if you are diligent and meet the expectation of 40 h/w even though there's not 40 hours'-worth of PT to observe, that will reflect well! And, if you accept well-short days without any apparent effort otherwise, that will also reflect in your grade.

Either way, please overcommunicate with me about what you're doing (let me know what the plans are as soon as you know them, and describe what you did that was outside your "normal" day to make-up for a shortened day)/thinking (let me know whenever a shortened amount of clinical time is anticipated, and what the plan is for when it occurs)!