## Clinical Internship (KIN425, 4 credits)

## Purpose

The internship in the Center for Balance, Mobility, and Wellness (CBMW) provides you with an opportunity to gain practical experience in an outpatient physical therapy setting that is specialized in the evaluation and treatment of balance and mobility problems. Through an active learning experience, you not only will develop the skills necessary to participate in the assessment and treatment of clients, but also will observe the application of classroom knowledge to clinical practice.

## Objectives

Listed below are the formal learning objectives associated with your internship in the Balance Center. Although these provide the framework for your internship, your interactions with clients, informal talks with physical therapy staff and other various experiences undoubtedly will expand these objectives and enrich your learning experience.

* Become familiar with the professional expectations and responsibilities for a physical therapist providing outpatient rehabilitation for older adults and individuals with diverse neurological disorders.
* Become familiar with various clinical tests used to assess balance and mobility and to develop an understanding of appropriate treatment protocols
* Become familiar with the daily operations and administrative details of a private, out-patient physical therapy practice
* Work cooperatively with Balance Center staff in identifying strategies &/or treatment approaches that will enhance patient care
* Identify and implement strategies in which the CBMW can assist in educating both patients and the broader community on fall-risk and/or fall prevention

## Work Description

For 4 credit hours of KIN425 you need to complete a minimum of 112 hours, respectively at the CBMW. During these hours your involvement and work experiences will vary, but will consist primarily of:

* Assisting in the assessment/treatment of clients experiencing balance & mobility problems
* Assisting with administrative tasks associated with client care
* Assisting with strategizing and implementing planned programs at the Center

## Work Schedule & Attendance

During the first meeting with your physical therapy supervisor you need to complete a Work Schedule contract that details the day(s) and number of hours that you will be working at the CBMW. Please be aware, it is not the responsibility of the CBMW staff to accommodate your course, student life, work, or athletics schedule. Instead, you need to identify times that work within the operation hours of the CBMW, which may require schedule changes on your end.

100% attendance is mandatory, unless you have made arrangements with your supervising physical therapist in advance. Rescheduling of missed days due to illness is required for more than two days missed and recommended for two or less. Unresolved absences will be reflected in your final grade for the course.

## Student Intern Responsibilities

1. Treat all patients with respect
2. Develop professional rapport with patients and staff
3. Present self with confidence in knowledge base
4. Assist physical therapist during evaluation and treatment
5. Ask questions that demonstrate application of classroom knowledge to clinical practice
6. Research through textbooks, journal articles or clinicians any knowledge deficits
7. Become familiar with various clinical tests used to assess balance and mobility
8. Incorporate results from clinical tests into appropriate treatment plans
9. Document exercises clearly and concisely
10. Develop safe guarding technique
11. Maintain and tidy clinic environment
12. Prepare a presentation on a topic pertinent to the CBMW to all staff members, kinesiology professors and any available classmates
    1. Topic may be chosen with help of the CBMW staff
    2. Intern is responsible for scheduling the in-service by looking at the staff schedule and communicating with professors
    3. Intern is responsible for reserving and setting up any necessary audio-visual equipment

## Evaluation

Evaluation Item % of Grade

Completion of required readings 5%

Case studies (2) 20%

In-service presentation 30%

Supervisor evaluation 30%

Daily journal 10%

Reflection paper 5%