



WE'RE **NATIONALLY KNOWN**, BUT **LOCALLY FOCUSED**

Kindred Hospital Rehabilitation Services (KHRS) and RehabCare are the leading providers of rehabilitation services, including physical, occupational and speech-language therapies, to over 2,000 hospitals and long-term care facilities in 47 states. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who form the future Rehab Therapist community.



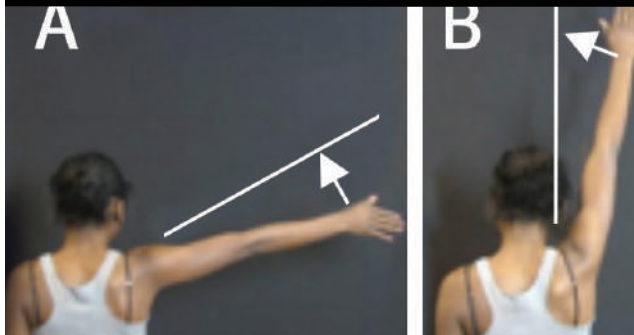
WORD ON THE STREET THE LATEST NEWS AND INSIDE INFO

pages 5-6 »

CLASS OF 2016: WE'RE HERE TO HELP

TIPS AND PRACTICE QUESTIONS FOR
YOUR BOARDS

pages 3-4 »



THE CLINICAL INTERNSHIP DISPATCH OUR STUDENTS' THOUGHTS ON CLINICAL TOPICS

page 7 »



SPOTon: TWO STUDENTS DRIVE KNOWLEDGE INTO PRACTICE

page 2 »

Find Us:

SPOTon:
DRIVING

KNOWLEDGE INTO PRACTICE



PTA Clinical Intern Students Jennifer Buckley (Seated Left), her cohort, Brittany Markley (Seated Right), and their Clinical Instructors Don Dewald (Left) and Shawn Peters (Right)

The phrase “two is better than one” certainly rings true for Jennifer Buckley and Brittany Markley, PTA students from Clarke State Community College. This pair of internship students completed a clinical rotation together at Oakwood Village, a RehabCare facility located in Springfield, OH. Students spend countless hours learning in the classroom, but there comes a point when those teachings must be applied in real-world scenarios.

Internship students are provided many resources throughout their rotation, with the best resource being their Clinical Instructor, who assists them in their education of becoming a therapist. But what does it mean to gain onsite experience? Jennifer said, “It was so rewarding to **put knowledge into practice** – learning how to interact, motivate and support patients to achieve their goals. It was a chance to experience the uniqueness of each patient and develop the skills to keep therapy fun and rewarding.”

For many students, hard work is what a clinical experience is all about. Brittany explains: “On-site experience means opportunity and self discovery. It’s challenging yourself to become a better, more well-rounded professional. As students, we sit in a classroom and absorb lecture material. And although this is helpful, it’s nothing like interacting with patients and other professionals.”

When asked if they could see themselves working for KHRS-RehabCare after graduation, Jennifer said, “I was so impressed with the level of professionalism at Oakwood Village. I would be honored to work for RehabCare after graduation.” As for Brittany, she is interested in relocating to Florida. Our response? Come along for the ride – we have just the ‘spot’ for you!

Find Us:



CLASS OF 2016: WE'RE HERE TO HELP

The all-nighters, coffee runs and endless hours of studying are about to pay off as you prepare for your board exam. Need some extra tips? We polled our recent new grad staff to find out what worked best for them:

- Register as soon as you can. Some tests are "Fixed Date" – meaning they are only available to be taken a few times a year.
- Start studying months in advance.
- Create a study schedule (and stick to it).
- Take multiple practice tests.
- Focus on your weak areas.
- Let everything sink in. Don't study the night before – relax and take the day off.
- For OTs: Study for the Ranchos Los Amigos scale, Glasgow Coma Scale, types of reflexes, developmental milestones, AOTA ethical standards and SCI levels (especially know what motor function is available at each level).
- For PTs: Study the "Big 3" – Musculoskeletal, Neuromuscular and Cardiopulmonary/Lymphatic System. Know your anatomy, including all your muscles, nerves, dermatomes and myotomes.
- For SLPs: Review the ASHA Code of Ethics, Classifications of Aphasia, Dysarthria, Speech & Language Developmental Milestones, Spectrogram Analysis, phonetics and ASHA information on each disorder.

Want some extra practice? We've provided some practice questions to test your knowledge! Our Kindred Rehab Student Programs team wishes you the best of luck!

PT Questions

1. After sitting at a computer station for 2-3 hours, an individual reports experiencing a sharp, localized pain in the left arm. When asked to show the location of the pain, the individual points to the area of the insertion of the deltoid. The pain disappears when the individual stands up and walks around briefly. Which of the following interventions is MOST likely to correct the problem?

- a. Isometric strengthening of the deltoid
- b. Lumbar extension exercises in prone position
- c. Instruction in correct postural alignment in sitting position
- d. Instruction in shoulder active range of motion exercises

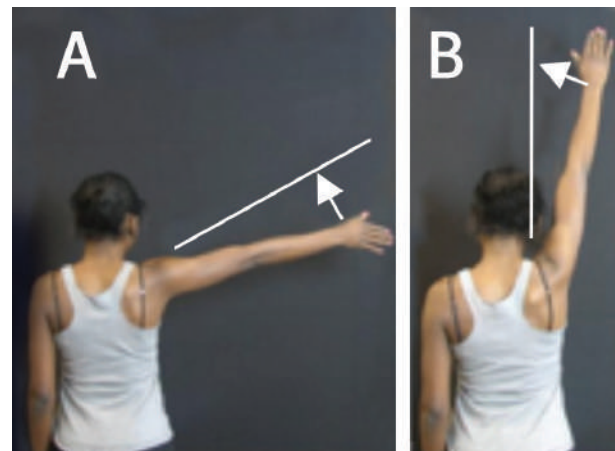
2. A patient with a medullary-level vascular lesion has increased vagal nerve activity. Which of the following descriptions BEST represents the cardiovascular effects that occur when the patient transitions from supine to standing position?

- a. Rise in blood pressure and no change in heart rate
- b. Drop in blood pressure and no change in heart rate
- c. Rise in blood pressure and an increase in heart rate
- d. Drop in blood pressure and an increase in heart rate

3. A patient has used crutches with a partial weight-bearing toe touch gait for the past 3 months. When progressed to full weight-bearing, the patient is unable to demonstrate a heel-toe gait sequence with the involved extremity. Which of the following disorders is the MOST likely origin of the gait abnormality?

- a. Plantar fasciitis
- b. Fibular (peroneal) nerve palsy
- c. Heel cord tightness
- d. Hammertoe

4. While abducting the shoulder, the patient in the photograph denies pain while moving the arm through the range indicated in photograph A, but reports increasing pain severity as the arm moves into the range indicated by photograph B. Which of the following disorders is MOST likely present?



- a. Acromioclavicular joint lesion
- b. Subacromial bursitis
- c. Infraspinatus tendinopathy
- d. Partial tear of the supraspinatus

Answers: 1 c, 2 b, 3 c, 4 a

Find Us:

CLASS OF 2016: WE'RE HERE TO HELP

OT Questions

1. A four month-old with arthrogryposis remains in the position that he is placed and shows little spontaneous movement. The therapist initiates intervention by working on rolling from:

- a. Supine to side-lying.
- b. Prone to supine.
- c. Prone to side-lying.
- d. Supine to prone.

2. An individual with post-polio syndrome receives an occupational therapy re-evaluation of her functional status. The occupational therapist initiates sensory testing by first:

- a. Demonstrating the test with the individual's vision occluded.
- b. Proceeding proximal to distal.
- c. Demonstrating the test with the individual's vision not occluded.
- d. Proceeding distal to proximal.

3. An adult with amyotrophic lateral sclerosis frequently coughs and chokes when eating finely chopped foods and drinking thin liquids. The speech pathologist and occupational therapist collaborate and recommend a videofluoroscopy procedure when the person:

- a. Is able to consume chopped foods and apple juice with no difficulty.
- b. Demonstrates minimal limitations in cognitive level, consistent with initial evaluation.
- c. Demonstrates only oral stage problems.
- d. Cannot tolerate therapy focused on improving feeding and swallowing skills.

4. An occupational therapist leads an outpatient wellness program. An individual with obsessive-compulsive disorder asks for suggestions to manage symptoms that are interfering with his life satisfaction. The most appropriate recommendation for the therapist to make is for the individual to:

- a. Redirect thoughts and energies into meaningful activities.
- b. Approach activities in a nonchalant manner without high expectations.
- c. Engage in concrete activities that can be broken down into simple steps.
- d. Set limits on the number of activities done in a day.

Answers: 1 a, 2 c, 3 b, 4 a

SLP Questions

1. Which of the following is the major physical or organic factor underlying impairment in the speech of persons with cleft palate?

- a. Congenital hearing loss from otitis media
- b. Broad irregular maxillary arch
- c. Palatopharyngeal insufficiency
- d. Maintenance of learned neuromuscular patterns
- e. Irregular vocal fold abduction

2. An SLP determines the mean length of utterance (MLU) of a language sample from a three-year-old child. Two weeks later, the SLP reevaluated the same sample and again determines the MLU. The extent to which the two scores are similar are most directly a function of the:

- a. Validity of the scores
- b. Reliability of the scores
- c. Skewness of the score distribution
- d. Efficiency of administration
- e. Speediness of the measure

3. An SLP is providing services to adults with neurogenic disorders of communication. Of the following clients, which will likely have the most favorable management prognosis?

- a. John, who has a brain injury resulting in a slight concussion
- b. Jim, who has a traumatic brain injury resulting in paralysis
- c. Mary, who has Alzheimer's disease
- d. Juan, who has amyotrophic lateral sclerosis
- e. Helen, who has Huntington's chorea

4. A 60-year-old man has Parkinson's disease and is in the early stages of dementia. It would be appropriate to address which of the following goals first in therapy?

- a. To improve articulation skills
- b. To educate the family or caregivers
- c. To decrease jargon
- d. To decrease circumlocution
- e. To improve motor skills

Answers: 1 c, 2 b, 3 b, 4 b

Source References:

"Physical Therapist Examination." The Federation of State Boards of Physical Therapy. 2016. Web. 16 March 2016.

"TherapyEd NBCOT Prep Question Series." AfterCollege. 2015. Web. 16 March 2016.

"The Praxis Study Companion." Educational Testing Services. 2016. Web. 16 March 2016.

Find Us:

WORD ON THE STREET



PT Students stopping by our table at the Career Fair portion of PT Professional Day in Leavenworth

Brushing Up on Interview Skills

In February, Kindred Hospital Rehabilitation Services and RehabCare were invited to attend the first PT Professional Day at the University of St. Mary in Leavenworth, KS. This event provided the May 2016 graduating class a real interview opportunity, giving them invaluable experience for their upcoming job search. Cristin Noll, Area Director of Operations, and Sarah Whealen, Program Director (Nottingham Health and Rehab, KS), interviewed the upcoming new graduates. All of the students were very professional, researched the company ahead of time and asked great questions.

In addition to the mock interviews, the University of St. Mary hosted a Career Fair for all PT classes to attend. Esther Elfrink, Area Director of Operations, manned our table and spoke with PT students interested in joining the company. We hope to see many of these graduates as future team members.

Thank you Cristin Noll, Esther Elfrink and Sarah Whealen for sharing your expertise with the students from the University of St. Mary.



RehabCare Team Members (Left to Right):
Sarah Whealen, Esther Elfrink and Cristin Noll

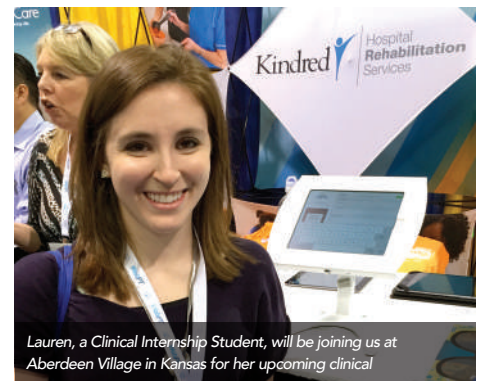
California Dreaming

What happens when you combine sunshine and Disneyland with over 11,000 PTs, PTAs and students? The American Physical Therapy Association Combined Sections Meeting! The KHRS-RehabCare Student Programs team recently returned from another successful conference where we had the opportunity to meet members of the physical therapy community from across the country. During this year's record-setting conference, we enjoyed seeing some familiar faces, including current KHRS and RehabCare employees and clinical internship students, as well as meeting upcoming graduates that we hope will join the KHRS and RehabCare family in the future.

Thank you to Barb Wallace, Lauren Brody-Terrill, Annie Roden and our fantastic team of operations and clinical specialists: Mathu Hanson, Glenda Mack, David Wendeborn, Susan Evans, April Rice, Staci Freudiger, Lisa Naeger, Leta Kant and Mary Beth Froehlich.



Barb Wallace (Right) with a group of students who stopped by our booth in Anaheim



Lauren, a Clinical Internship Student, will be joining us at Aberdeen Village in Kansas for her upcoming clinical

Find Us:



WORD ON THE STREET



Coral Robison, PTA, Program Director, treating a patient

Sharing the Importance of the Functional Independence Measure

The employees of Kindred Hospital Rehabilitation Services and RehabCare believe that one of the greatest sources of knowledge is experience. We jump at the opportunity to take that experience and bring it on campus to teach our future professionals. Last month, one of our esteemed Program Directors, Coral Robison of Saline Memorial Hospital, attended a lunch and learn for the South Arkansas Community College PTA program, where she presented on FIM scoring (Functional Independence Measure). "I want the students to understand WHY they are scoring FIMs and what the FIMs are truly used for," Coral said.

During Coral's personal experience as a student, she did not understand the importance of FIM training in a rehab facility, and she wants to put her knowledge to good use by teaching current students to understand that it's not just another piece of paper to fill out. Coral makes her presentation fun and engaging for students by providing real-life examples. When asked why it is important for her to do student trainings, she said, "It gives me the opportunity to share my passion for acute rehab with the students and help remind them that what they do significantly impacts every patient's life." With dedicated team members like Coral Robison and knowledge-hungry students, they prove that the future does indeed look bright.

#TheFutureLooksBright

The Kindred Rehab Student Programs team is always on the road. Follow us to catch us at an event near you.

April 1	University of Indianapolis	Career Fair
April 1	Michigan Physical Therapy Association	Student Conclave
April 1	University of North Texas	Career Fair
April 2	University of Washington	Career Fair
April 2	University of Texas Health Science Center – San Antonio	PT Olympics/Career Fair
April 7-9	AOTA National Conference	Conference
April 11	Saint Louis University	FIM Guest Lecture
April 12	Bellarmino University	Guest Lecture/Bio Ethics Panel
May 11	Southwest Baptist University	Career Fair

We're adding events daily. For a complete list of events, visit our calendar at kindredrehabstudents.com/events.

Find Us:



THE CLINICAL INTERNSHIP DISPATCH

JOIN US EACH QUARTER AS WE ASK OUR CLINICAL INTERNSHIP STUDENTS AND EDUCATORS FOR THEIR TIPS, VIEWS AND OPINIONS ON VARIOUS CLINICAL AND FUN TOPICS.

New Year, New Resolution. What did our current clinical internship students say about their 2016 New Year's Resolutions?

Tracy Doss

Lone Star College – Kingwood OTA student and Clinical Intern at Kindred Hospital – Northeast Houston

"My resolution is to maintain my GPA for the remainder of my OTA program and begin to apply acquired knowledge to my clinical experiences. I have waited a long time to return to college and finish a degree, and I don't intend to waste a moment of it. January passed by so quickly, and now that it is February I am getting into a routine and making good strides. I have had to learn to say 'no' to family and friends when I need to study and focus. That is extremely difficult for a dedicated mom, wife, family member and class leader. However, I have to be committed to my college program success as well.

I will finish my first round of Level 1s at the beginning of March and start the second round immediately after. That will give me another set of separate experiences. After that, I will be returning to Kindred for Level 2 Clinicals and an 8-week session starting May 2. I am thrilled to be included in the Kindred family. Thank you for the great learning opportunities."

Audra Walker

St. Ambrose University SLP student and Clinical Intern at RehabCare's CareMeridian of Littleton

"My New Year's resolution is to continue my career with balance in mind. Over the past couple years, I have learned a lot about how to achieve that in graduate school, where one of my professors once told me, 'You can have two of the following in graduate school: good grades, a life and sleep.' I think that I have managed to juggle all three with a lot of effort and sacrifice. I hope to continue this balance as I graduate and move into my first full-time SLP position.

It was interesting to have the month of January off in between my internships because I felt that I had a lot of prep time. I would wake up, study for the Praxis, work out and still have time for fun. Now that my internship has started, I need to organize myself a bit better. My supervisor can attest to my checklists – I live by the schedule that I set for myself in my planner.

I hope to keep my cool as I begin to take over my supervisor's caseload this and next month. We work with a lot of medically fragile patients, so there is a lot to think about. Thankfully, we have amazing co-workers and support staff, so I see myself succeeding in such an encouraging environment."

Wykeia Sanders

Lone Star College – Kingwood OTA student and Clinical Intern at Kindred Hospital – Northeast Houston

"My resolution is to continue being focused throughout the OTA program and during clinical fieldwork. I want to obtain as much knowledge about this great profession as possible and to inspire at least one patient while doing so.

My goal is to become more confident, stand out at all my fieldwork sites and be offered a position from those sites once clinicals are done in August. I have pushed toward my goals and am progressing quite well now that it's February. In March, I hope to become more comfortable at my site and leave the last day of my Level 1 clinicals feeling like I could do this job that I've grown to love dearly – only with more confidence and expertise."

Look for our next SpotOn Newsletter in June.

Find Us: