

SPOTon

Speech Physical Occupational Therapy newsletter | August 2013



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

RehabCare is the leading provider of rehabilitation services, including physical, occupational and speech-language therapies, to over 2,000 hospitals and long-term care facilities in 46 states. The SPOTon newsletter is our way of informing, recognizing and celebrating the students who form the future Rehab Therapist community.

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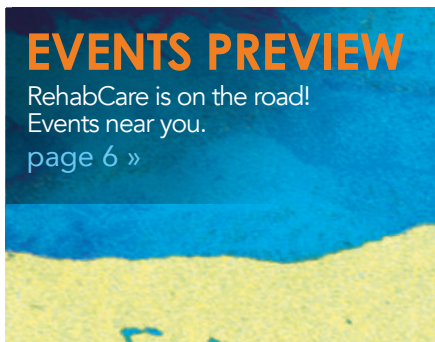
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CATCHING UP WITH JILLIAN MEARS



"Always ask questions"

Jillian (left) and current student Molly (right)
from her alma mater, UNLV

You may remember Jillian as a PT student who completed an affiliation in 2012 at RehabCare's Queen Anne location in Washington State. Jillian was our featured student in the second issue of SPOTon [Review Jillian's road to RehabCare at www.rehabcarestudents.com/resources].

Where has life taken Jillian since, you ask? After graduation in May of 2012, Jillian began her career as a RehabCare Physical Therapist at our Kindred Nursing and Rehab – Sunnyside location in Salem, Oregon. We thought it would be fun to do a little Q & A with Jillian to see how things are going for her.

How was it going from student to therapist?

The transition from student to therapist was challenging at times because I didn't have an instructor with me at all times to bounce ideas off of anymore. This challenge forced me to become more autonomous in my clinical reasoning. Luckily, I was still able to bounce ideas off of my fellow colleagues during co-treatment sessions and consult with my program director at the time who was also a physical therapist. For more complex patients, consulting with more experienced therapists was definitely an avenue for me to improve my understanding and implementation of various interventions.

Do you think completing an affiliation made an impact on the transition?

Completing an affiliation with Rehab Care definitely made the

transition from a student to a therapist more comfortable. I already knew how to complete most of the paperwork and was already familiar with the systems in place for patient care.

Did you have a mentor?

My unofficial mentor ended up being an OT who specialized in neurologic rehabilitation. We were able to co-treat with most complex patients, which allowed me to become more effective with patient handling techniques and all interventions. She was very helpful with answering questions when it came to progressing interventions and planning for discharge.

If you could do things differently, what would you change?

I would definitely ask more questions at my interview. What are the standards for productivity? Will I have a mentor? How many other therapists are working at the facility? How many patients will I see per day? What are common diagnoses? Do the therapists have support from the nursing staff or rehab techs?

Any words of wisdom or advice for new graduates beginning their first job?

It is better to be safe than sorry. Always be cautious on the side of safety. Always maintain accurate documentation. Always ask questions.

Jillian has had an extremely successful year with RehabCare and recently received her first promotion! Congratulations, Jillian! We're proud to have you on the RehabCare team!



SPOTon A CLINIC – CAPITOL HEALTHCARE AND REHABILITATION CENTRE

“...this place is hopping!”

This issue, we're swinging the spotlight over to Capitol HealthCare and Rehabilitation Centre, located in Springfield, IL. Capitol employs a large therapy staff of 16. With a census of 160 residents and a caseload of 30-40 med A's and 30-35 med B's, this place is hopping! The diverse group of clients makes it even more interesting, as the age ranges from as young as 27 to as "young" as 105! Our team at Capitol enjoys everything this population, including a large group of LE amputees and critically ill patients, has to share with us.

Our crystal ball tells us that there is a need for additional healthcare options for complex respiratory and bariatric clients in the future. To this end, we're currently undergoing training to meet the demands! Additionally, the use of modalities at this clinic has helped to achieve optimum results for our clients.

Capitol is an excellent option for therapy/allied health student clinical internship placements. We welcome the opportunity to share our skills and experience with future healthcare professionals.

Capitol is located in the medical district of Springfield and is two blocks from Memorial Medical Center, Springfield Clinic and St. John's Hospital.

To request a placement at Capitol HealthCare and Rehab, please send a message to scheduleyourclinical@rehabcare.com.

FROM OUR FRIENDS ON FACEBOOK

Celina Avelar-Fortes

Recently finished my clinical at Hallmark Nursing Home. The staff was welcoming, knowledgeable and it was nice to see all disciplines working together as a family (which of course included me). Way to go, Hallmark in New Bedford!

Katelyn Russell

I have just finished my second level II clinicals through RehabCare for OTA. I absolutely loved my experience. I was placed at a hospital and paired with a clinical instructor who was extremely knowledgeable. I think RehabCare takes great pride in who works for them, because everyone I met has been extremely helpful and knowledgeable. All in all, it was a great experience.

Hannah M. Gallagher

I just completed my first 3-month clinical at Seaside Health Care! I must say my experience reached far beyond my expectations. My supervisor and the therapy team were very welcoming and supportive of me throughout my entire experience. It was not only an educational experience but an enjoyable one as well! I would highly recommend this facility to students.

Lucy Kellogg

I recently completed the MOST amazing clinical practicum experience at Kindred Hospital – Denver. Wow! What a great way to end my graduate SLP program!

Ashli Baker

I recently finished my last clinical with RehabCare for my PTA program! It was by far my favorite clinical! Everyone was great, and I learned so much. I gained so much more confidence and feel like I am ready to be a great PTA! Thank you, RehabCare!

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FROM INTERN TO VALUED TEAM MEMBER

THE MARK BOWER STORY

"It's a whole new ball game once you're no longer a student..."



Has it been a year since we first met Mark? Last summer, University of Indianapolis OT student Mark Bower was accepted for a clinical fieldwork experience with RehabCare at Kindred TCR – Greater Lafayette. Early on, we knew Mark was an exceptional student, and had the skills and demeanor to be an excellent therapist for our patients as well as a perfect fit with the team. After completing his rotation with RehabCare, Mark completed his last fieldwork rotation with another healthcare organization before joining the RehabCare team as a full-time Occupational Therapist in January 2013.

What made Mark's experience so great? For one, Mark felt like he had a lot of freedom to work in the clinic. His Fieldwork Instructor was familiar with the State Practice Act and extremely knowledgeable in regulations guiding the student fieldwork experience. Mark was provided the opportunity to take on as much as he felt comfortable with, under the direction of his Fieldwork Instructor. He was able to work with all members of the staff, including nursing and social services, in different disciplines within the Rehab Department.

After meeting Mark personally, Area Director of Operations Susan Wilder knew that he would be a perfect fit for

RehabCare. Although she had a position she really needed to fill immediately, she was willing to hold the position for Mark once he graduated.

What advice does Mark have for other incoming fieldwork students? Encourage the supervising OTR to allow students to take on as much responsibility as ethically possible. Take advantage of this time to learn as much as you possibly can right now. Learn about the business end of billing and insurance protocols. It's a whole new ball game once you're no longer a student but a practicing OT. The RehabCare Fast Facts Friday newsletters have all been extremely helpful on this topic.

What's next for Mark? Well, Mark is just a few classes away from obtaining another Master's degree in Gerontology. He has already received rave reviews from the facility nursing and social services staff. To sum it up in the words of his Program Director, Dwight Bolejack, Mark has the talent to do whatever he wants to do. Not only is he a good therapist, he's a fantastic person. We're proud you're a part of the RehabCare team!

#thefuturelooksbright for Mark Bower!



SPOTon ALUMNI: INDIANA UNIVERSITY – OCCUPATIONAL THERAPY PROGRAM

JOAN AND KIM

"...excellent representatives of Indiana University..."

Joan (left) and Kim (right)



The RehabCare clinic at Kindred TCR – Bridgewater in Carmel, IN proudly employs many alums from the distinguished Indiana University Occupational Therapy Department. This distinguished group includes Kimberly Rumer (Fairchild) from the IU OT Class of 2010.

"Kim is one of those people that brightens your day whenever you are around her. She really cares about the people she services. Kim keeps therapy interesting, and she is always pushing you to do more." – a former patient

"Kim is also a great asset to the team; the patients respect her, and she is always willing to provide education to students as well as patient caregivers." – Kelly Wunderly, Program Director

In addition to Kim, Joan Sides, MS, OTR/L is also an alum from IU. With an undergrad degree from Purdue and no small encouragement from her entire family (who are all IU alums as well), she attended IU and graduated in 2009. Joan has hosted Level II IU students and was pleased to witness the education the OT students receive at IU applied to everyday clinical practice. Since graduation, Joan has been active in the AOTA and presented research at the AOTA Annual Conference in 2010. Joan and Kim are both excellent representatives of Indiana University, and we are so excited to have them on our team!

Who @RHBstudents is following on Twitter.

Who are you following? A few of our favorite Tweets:

Aaron Scheidies @aaronscheidies

Gr8 findings & facts we can tell our patients about the impact of exercise @RHBstudents

AOTA ASD @asd_aota

Love the SPOTon newsletter @RHBstudents! Helpful to see what other students are doing for internships and 1st jobs.

Aaron Cantú @AC_alpha415

Probably the best part of my job is being an advocate for my patients ... the interaction is huge

Sabrina @MsSKB

I received a gift from @rehabcare today! A bag & resource guide including #CNtesting #Berg #Brunnstroms #Ashworth etc

APTA Student Assembly @APTASA

In case you missed it... the Student Assembly was awarded the 2013 Innovative Component award at APTA Conference!...



WHAT'S HAPPENING IN 2013?

UPCOMING EVENTS

RehabCare is excited to announce a slate of events at these schools and institutions.

EVENT LISTINGS

8/7	Austin Community College	Austin, TX	Career Fair
8/7	Southwest Baptist University	Bolivar, MO	Career Fair
8/22	University of Tennessee	Memphis, TN	Career Fair
9/10	Texas Tech University	Lubbock, TX	Guest Lecture
9/12	East Carolina University	Greenville, NC	Career Fair
9/13	University of St. Augustine	St. Augustine, FL	Career Fair
9/16	St. Louis University	St. Louis, MO	Career Fair
9/19	Des Moines University	Des Moines, IA	Career Fair
9/19	Louisiana State University	New Orleans, LA	Career Fair
9/20	University of St. Augustine	Austin, TX	Career Fair
9/21	KPTA – All Academic Team	Lexington, KY	Conference
9/25	Western Carolina University	Cullowhee, NC	Career Fair
9/27	University of St. Augustine	San Marcos, CA	Career Fair
10/1	University of Missouri	Columbia, MO	Career Fair
10/21	University of Southern Indiana	Evansville, IN	Career Fair
10/22	University of Evansville	Evansville, IN	Career Fair
10/22	Texas Tech University	Lubbock, TX	Career Fair
10/24	Marquette University	Milwaukee, WI	Career Fair
10/25-26	APTA – National Student Conclave	Louisville, KY	Conference

A NOTE FROM ONE OF OUR FACULTY PARTNERS

Hi Jenn – Interestingly enough, from the last issue of SPOTon, three of your “top ten” clinical internship nursing center locations...are sites we utilize! Thanks for being such a great partner in clinical education!

– Dr. Peri Jacobson

Director of Clinical Education for the Doctor of Physical Therapy Program at Bellarmine University

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Snap QR code
for Resources
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