



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

RehabCare and Kindred Hospital Rehab Services (KHRS) 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 47 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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WORD ON THE STREET



Newly Revised ICD-10

The 10th revision of the International Statistical Classification of Diseases and Related Health Problems (ICD) – a medical classification list by the World Health Organization (WHO) – just launched in October. Check out some of these head-scratching ICD-10 codes we found:

12.Z99.89: Dependence on enabling machines and devices, not elsewhere classified

W55.21: Bitten by a cow

V91.07XA: Burn due to water skis on fire, initial encounter

T71.231D: Asphyxiation due to being trapped in a discarded refrigerator, accidental

W22.02XD: Walked into lamppost, subsequent encounter

V95.41XA: Spacecraft crash injuring occupant, initial encounter

R46.1: Bizarre personal appearance

Y92.146: Swimming pool of prison as the place of occurrence of the external cause

Y92.250: Art gallery as the place of occurrence of the external cause

V96.00XS: Unspecified balloon accident injuring occupant, sequela

Clinical Internship Student Gossip!

Every year, thousands of students have their clinical rotations in one of our many facilities. Hear what they wanted to share about their experiences:

"I learned a lot about proper documentation; contracture management; how the disciplines of speech, occupational and physical therapy work cohesively together; and how to provide the best quality care for our patients. Thank you, RehabCare, for all of your support throughout my internship – it was an experience I will never forget."

– Deanna

"My internship at RehabCare helped me feel more confident in my physical therapy skills. Thank you for the opportunity."

– Ashley

"My clinical supervisor was incredible, both in terms of her level of expertise and her willingness to see me grow in our profession. This has been one of the most challenging, but worthwhile, experiences of my graduate career."

– Tanya

"Every member of the team was very welcoming, helpful and always willing to answer any questions that I had. I will definitely consider RehabCare in my future job search."

– Becca

RehabCare and KHRS Receives Excellence Award

The St. Louis Community College Physical Therapist Assistant Program presented its 2015 Excellence Award to RehabCare and KHRS for Outstanding Commitment to Students and Clinical Education. Accepting the award on behalf of RehabCare and KHRS was Lauren Brody-Terrill, Student Programs Manager; Tim Makowski, Area Director of Operations; and Lisa Meyer, Division Vice President, shown above pictured with Julie High, SLCC PTA Program Director.

Mark Your Calendars for These National Observances:

November

- American Diabetes Month
- Lung Cancer Awareness Month

December

- Dec. 1: World AIDS Day
- Dec. 7-13: National Influenza Vaccination Week

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RehabCare and Kindred Hospital Rehab Services

CELEBRATE NATIONAL Physical Therapy MONTH

Every October, National Physical Therapy Month (NPTM) is hosted by the American Physical Therapy Association (APTA) to raise awareness and recognize how physical therapists and physical therapist assistants help transform society by restoring and optimizing people's movement.

Did you know the original celebration started in June of 1981 as National Physical Therapy Week? In 1992, the week was moved to October to avoid conflict with the APTA National Conference, becoming a month-long celebration. Each year, the APTA chooses a theme to coincide with its strategic goals.

This October, the APTA's focus is on informing consumers that they can receive an evaluation directly from a physical therapist. Physical therapy has come a long way since its inception in 1921. Did you know that the initial foundation was called the American Women's Physical Therapeutic Association? It had about 274 initial chartered members. Now, the APTA has grown to represent more than 90,000 professionals! More importantly, physical therapy has grown to be recognized as a highly regarded profession and necessary in the continuum of care for patients.

RehabCare and KHRS is a leading and premier provider of physical therapy, along with occupational and speech-language rehabilitation services. Throughout the month of October, we'll be celebrating National Physical Therapy Month in various ways!

Keep yourself updated by following us at facebook.com/RehabCareStudents or twitter.com/RHBstudents.

"PT month is a great opportunity to celebrate our profession and the amazing things that we can accomplish with our patients. It's so rewarding to send a patient home from rehab, functioning at their true best ability – especially the ones that came to us very sick and debilitated."

Erin Wuerz, PT, Program Director at Bethesda Dilworth – St. Louis, MO

What does PT month mean to you?

Meet some of the RehabCare and KHRS PTs/PTAs and see what National Physical Therapy Month means to them!



"PT Month is the recognition and celebration of passionate PTs and PTAs who are dedicated to improving the quality of life for each of their patients."

Sheena Sager, PTA, Kindred Rehab Hospital – Clear Lake, TX



"PT month is a time to bring awareness of how physical therapy can make an impact on the function and quality of life of our patients."

Ann Charness, PT, Kindred Rehab Hospital – Clear Lake, TX



"PT Month recognizes the hard work and dedication of the profession."

Dana Watson, PT, Kindred Rehab Hospital – Clear Lake, TX



"PT Month is a reminder that we must all continue to be a leader in our healthcare system, and that together we can transform society by optimizing movement, recognizing the importance of wellness, and providing a higher quality of life."

Piotr Gorecki, SPT, St. Louis University



"It is important to show how necessary the role of a physical therapist is in patient therapy when recovering from an injury, disease, or an accident. Physical therapy can decrease patient pain, increase mobility, and promote a healthy lifestyle, which leads to improved quality of life for our patients."

Janie Irvin, SPT, Louisiana State University



"PT Month is the recognition of the hard work given by therapists to increase their patients' quality of life."

Tammy Bemko, PTA, Kindred Rehab Hospital – Clear Lake, TX

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CULTIVATING THE LIFELONG LEARNER



The best way to get over a fear of taking on a student is to take one on!

"RehabCare is committed to the education and development of future health care professionals. We demonstrate that commitment by enhancing the education of students in the classroom and pairing them with our therapists for fieldwork and clinical education. If you build it, they will come."

Mary VanDeKamp, Senior Vice President – Quality Integrated Services

Supervising a student can be both a rewarding and challenging experience. RehabCare and KHRS has always fostered an environment of learning in its facilities through the Student Programs Department. The success we've made would not have been achieved without the clinicians who – day in and day out – are willing to supervise students and share their expertise with them.

Recently in the Kansas City area, Misty Coleman, SLP, Julie Thornton, OTD, and Kristal Spurlock, PTA, hosted a Journal Club for other area RehabCare therapists called "Maximizing the Therapy Student Experience by Cultivating the Lifelong Learner." They had a great turnout, proving that our therapists are committed to providing an amazing clinical education experience. During the training, Misty, Julie and Kristal shared their expertise and best practices when supervising students.

A major focus of the discussion was easing therapist hesitations regarding taking on a student. Some of the concerns clinicians frequently have range from not being a great supervisor to not having the clinical expertise in educating a student. The important thing to realize is that being a clinical instructor often involves experimenting

to develop skills and techniques for you, just as the student is developing skills and techniques for themselves.

Every student is different – however, there are common qualities and expectations that both the supervisor and student should have:

- An organized, structured program with clear-cut objectives
- Ability to adapt the program structure to meet the student's needs
- Ongoing, constructive feedback
- Open communication of development of skills
- Supervisor availability
- A thorough orientation
- Modeling of communication techniques to patients
- Observation of how the therapist adjusts his/her approach to different patients
- Sharing personal experience about professional obstacles and how they were handled

What are some qualities of a good supervisor?

- Differentiating responsibilities and allowing the student to be an active participant in the learning process
- Recognizing students as individual learners and modifying the program
- Adapting the supervisory approach based on the learning needs of the student
- Setting clear goals
- Staying organized and thorough

As a supervisor, you'll take a journey with the student as you develop the right technique for education and supervision. This will allow you to cultivate yourself and become a lifelong learner – and every student will help you to grow as a clinician. To find more information on Student Supervision and Clinical Education, visit:

Knect > Rehab Division > Student Programs
www.apta.org
www.aota.org

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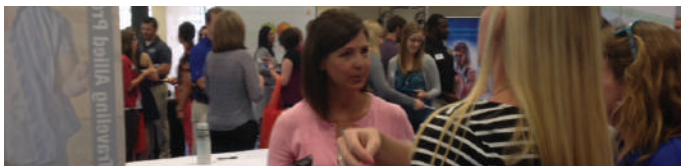
CATCH US ON THE ROAD



RehabCare and KHRS Visits Bellarmine University

RehabCare and KHRS was excited to be a part of the Kentucky Physical Therapy Association's Student Conclave, shown above. As Gold Sponsors, we were able to support the All-Academic Team for the KPTA by providing scholarships. These exceptional, up-and-coming physical therapists were selected by the KPTA from schools across the state, and we wish them the best of luck. We're so grateful to have sponsored this incredible event.

Midwest Student Conclave



Esther Elfrink, Area Director of Operations, conversing with attendees

The Midwest Student Conclave was hosted again this year by the Kansas Physical Therapy Association Student Special Interest Group on the University of Kansas Medical Center campus. Hundreds of PT and PTA students from Kansas, Missouri, Iowa and Nebraska schools attended. We were delighted to meet upcoming new graduates during the job fair portion, and students were impressed at all the resources available at RehabCare and KHRS. We hope to see you next year!

SLU OT Class of 2016 Learns Medicare Billing and ICD-10



RehabCare and the Student Programs Department recently visited the Saint Louis University campus to guest lecture the occupational therapy class of 2016. Staci Freudiger, Clinical Performance Specialist, presented on "All Things Medicare – Rehabilitation Services in a Skilled Nursing

Setting," which focused on Medicare documentation, billing and the ICD-10. We would like to thank Staci for hosting a great presentation – these students are now ready for their upcoming clinical placements!

RehabCare and its Student Programs Department are always on the road. Follow us to catch us at an event near you!

- 11.10** Pacific University – Portland, Oregon – PT and OT Job Fair
- 11.12** ASHA Conference – Denver, Colorado – Annual Conference
- 11.13** AOTA Student Conclave – King of Prussia, Pennsylvania – National Student Conference
- 11.17** Texas Woman's University – Dallas, Texas – PT and OT Job Fair

If you have any questions, please email us at scheduleyourclinical@rehabcare.com. We hope to see you there!

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