



Weekly Goals for PT and OT Students

1. This is meant as a tentative guideline given an 8-week affiliation – can be modified for 12-, 16-, or 20- week affiliations
2. If a student in-service is held within MedStar Health for their discipline, it is expected that the student will attend the in-service
3. Schedule
 - a. Week One
 - i. Introduction to clinical instruction, clinic manager, office assistants
 - ii. Introduction to therapists/support staff
 - iii. Tour of clinic – discussion of available observations opportunities including surgery, special treatments, inpatient rehabilitation, etc.
 - iv. Begin orientation to PT/OT/SLP billing and documentation with clinical instructor/clinic manager
 - v. Meet with clinic instructor to review:
 1. Strengths and weaknesses from past affiliations
 2. Learning style preferences
 3. Student needs and goals
 4. Supervisor needs and expectations
 - vi. Meet with clinical instructor to plan for number and frequency of supervision sessions, preferred style of feedback and scheduled evaluations. Establish long and short – term goals for the affiliation, and share expectations and responsibilities for the first week
 1. Begin observation/co-treatment with clinical instructor; meet patients, evaluate skills, share therapy interventions/handling techniques, read medical records, etc.
 2. Assign at least two patients (either two established patients or one established patient and one new evaluation) towards the end of the first week.
 3. Establish short term goals for week 2
 - b. Week Two
 - i. Observe/participate in ongoing evaluation and treatment of patients as competent
 - ii. If appropriate, begin learning about the role of the other members of the team (PT, OT, SLP) by observing/assisting
 - iii. Continue working with clinical instructor specifically to:
 1. Fine tune student's evaluation skills



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2. Work on preparing evaluation assessments, setting therapy goals, and designing individualized treatment plans and home programs for patients
 3. Facilitate student's analysis of the relationship between the patient's problems and work on prioritizing patient problems
 4. Work on progress note/documentation
 5. Facilitate problem solving and the rationale for treatment
 6. Facilitate student's analysis of patient's response to treatment and the need to modify treatment based on patient status
 7. Facilitate student in planning treatment progressions
 8. Introduce student to supply/equipment available and procedure for ordering equipment if applicable
- iv. Review weekly goals with clinical instructor and establish new goals if appropriate
- c. Week Three
- i. Ongoing evaluation and treatment of patients
 - ii. Continue working with clinical instructor specifically to:
 1. Improve the efficiency and effectiveness of evaluations (student should be planning and implementing the evaluation with consultation from the clinical instructor as needed)
 2. Set short term goals for patients independently, and use clinical instructor to validate long term goals/patient outcomes/projected length of treatment
 3. Review treatment plans, home programs, and progressions for all patients
 4. Review and critique student's rough drafts of progress notes/evaluation summaries prepared independently (if appropriate)
 5. Facilitate student's analysis of the advantages and disadvantages of various treatment interventions
 6. Facilitate student's evaluation of treatment effectiveness, and discuss treatment alternatives and modifications
 7. Role play prior to student calling physician, case managers, or other staff
 - iii. Brainstorm with clinical instructor on topic for student in-service/case study
 - iv. Review weekly goals and revise as needed
- d. Week Four (Mid-affiliation)
- i. Ongoing evaluation and treatment of patients



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- ii. Assume full responsibility for patients including patient evaluation, treatment and progression, documentation, equipment/supply ordering, patient/family training, discharge planning, scheduling, etc.
 - iii. Continue working with clinical instructor specifically to:
 - 1. Complete and document an evaluation independently with need for minimal corrections
 - 2. Design comprehensive treatment plans and home program for all patients independently
 - 3. Evaluate the effectiveness of therapy and modify treatment as needed
 - 4. Manage scheduling with guidance
 - 5. Utilize clinic assistants and volunteers with guidance
 - 6. Carry out patient/family training independently following role playing with the clinical instructor as needed
 - 7. Prepare discharge summary with guidance from the CI as needed
 - 8. Set personal weekly goals with guidance
 - iv. Discuss progress on in-service/case presentation with clinical instructor, and establish timeline
 - v. Complete midterm evaluation process specifically:
 - 1. Self-evaluations using the school's student performance tool
 - 2. Evaluation by clinical instructor using school's student performance tool
 - 3. Completion of goals and an action plan for the second half of the affiliation
- e. Week Five
- i. Ongoing evaluation and treatment of patients
 - ii. Continue working with clinical instructor specifically to:
 - 1. Broaden the student's variety of treatment strategies/techniques, and determine the advantages and disadvantages of one treatment over another
 - 2. Identify criteria to determine a patient's readiness for progression of therapy and alternative strategies to implement this progression
 - 3. Schedule patients independently with goal of seeing patients per clinic guidelines, i.e. two patients per hours, one hours evaluations, etc.
 - 4. Utilize support personnel providing appropriate instructions prior to delegating tasks, and soliciting appropriate information on the outcome of the delegated portion of therapy with guidance from clinical instructor
 - 5. Carry out patient/family training with minimal guidance



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6. Prepare patient education materials and home programs independently
 - iii. Evaluate progress on action plan established at mid term and validate self-evaluation with that of clinical instructor
 - iv. Establish personal weekly goals for week six independently
 - v. Review progress on in-service/case presentation
- f. Week Six
 - i. Ongoing evaluation and treatment of patients
 - ii. Continue working with clinical instructor specifically to:
 1. Predict length of stay required to achieve established therapeutic goals
 2. Optimize time management strategies so student meets productivity standards and completes documentation in a timely manner
 3. Evaluate treatment effectiveness and efficiency as well as patient outcome
 4. Diversify student's repertoire of treatment strategies
 5. Determine when patient's needs cannot be met by physical therapy intervention and communicate with referring physician
 6. Determine when patient has reached maximal benefit of therapy and is appropriate for discharge
 7. Critically read professional literature and analyze treatment concepts and approaches
 8. Develop patient education materials and home programs independently
 - iii. Present in-service/case report and discuss feedback with clinical instructor
 - iv. Evaluate progress on action plan established at midterm as well as progress on weekly goals and set goals for week seven
 - v. Along with clinical instructor, identify patient care skills that still need to be exposed or improved, and try to meet these needs through having the student evaluate and treat a patient of another staff member. If this is the final affiliation, competency levels have to be at entry level. If not at entry level, develop plan and goals for student to achieve entry level in skills, assessment, and other critical competency/red flag information.
- g. Week Seven
 - i. Ongoing evaluation and treatment of patients and a group as appropriate
 - ii. Continue working with clinical instructor as in week six
 - iii. Begin to plan for the transfer of student's patients at the end of the affiliation



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- iv. Continue participating in learning experiences designed to fill gaps in the student's clinical care skills

h. Week Eight

- i. Ongoing evaluation and treatment of patients
- ii. Continue working with the clinical instructor as in week seven
- iii. Continue working on learning activities to fill in gaps in clinical skills
- iv. Complete the evaluation process:
 - 1. Self-evaluation using school's student performance tool
 - 2. Evaluation by clinical instructor using the school's student performance tool
 - 3. Evaluation of MedStar Health using the school's evaluation of facility/evaluation of learning experience form
 - 4. Evaluation of clinical instructor using MedStar Health form
 - 5. Identify areas for future growth on future affiliation or on the first job
- v. Transfer patients to therapist who will continue their care following the completion of the affiliation:
 - 1. Make sure that all documentation is up to date
 - 2. Make sure that you have communicated to the next therapist the status of treatment, home, programs, estimated length of therapy, and expected discharge
 - 3. Inform patients of upcoming transfer to another therapist and introduce new therapist if possible
 - 4. Inform PT staff members of your upcoming departure and transfer of patients
- vi. Return of all equipment, library books, parking card, supplies, locks, student manuals, ID badges, etc.