INTRODUCTION TO PHYSICAL THERAPIST ASSISTANT
SERVICE LEARNING PROJECT FALL 2____
Julie High
JHigh@stlcc.edu

NOTE : Service Learning component highlighted in red.

The PTA Service Learning Project takes place in PTA 100 which is the student’s first physical therapy course. I meet with the class and introduce the project emphasizing the importance of service to others. As healthcare providers they need to compassionately care for the physical needs of their patients and the first step in caring is listening. This project does not include the performance of any technical skills, it is about caring. Students are also required to journal their reflections on their strengths and weakness as a healthcare worker.

Through your service learning project you will...
1. practice active listening skills.
2. develop and practice professional verbal and nonverbal communication skills.
2. identify concerns of seniors who reside in a local independent living community.
3. write a mock SOAP progress note via an interview with your senior partner.
4. reflect upon your views/concerns/impressions of aging in our society through journaling.
5. reflect and share your opinion of barriers to optimal healthcare delivery for the elderly and suggest ways you as a citizen and future PTA can make a difference.

Schedule:
First Class: Introduce service project. Fill out college release form, service-learning registration form.

TBA Date for initial introduction to senior partner.

Sept. Oct. Nov. Dec. Establish a mutually agreed upon (you and your partner) schedule of visits. You must spend a minimum of 3 hours per month with your partner. It would be best to visit weekly however you must establish a convenient schedule for yourself and your partner. Determine the length of the visit ahead of time. “Would Thursday Sept. 16 from 2-3:30 be okay?” “I’ll meet you in the lobby.”

Dec. Evaluation of project and group discussion of highlights. SOAP note and journal due.
SERVICE LEARNING QUESTIONNAIRE MUST BE RETURNED ON DAY OF FINAL EXAM PRIOR TO RECEIVING EXAM.

WRITTEN ASSIGNMENTS
1. Mock SOAP note. Dec. 1/2 in class, you will be introduced to the documentation guidelines for physical therapy. Following this class you will interview your partner about a physical impairment and write a mock physical therapy SOAP note. This note will be due Dec.8/9.

2. JOURNALING. You will keep a journal of your visits which will include the following:
   - Date and time of visit (include length of visit) ie 9/18 2:00-3:30 p.m.
   - Questions asked and responses
   - Your thoughts regarding the visit and/or discussion

Your journal should reflect your honest thoughts. They will be collected and read only to determine the benefits/difficulties of service learning. They will NOT be graded. They will be returned next semester.

DIRECTIONS TO BETHESDA DILWORTH
Travel east on BIG BEND TO 9645 BIG BEND
BETHESDA IS ON THE LEFT ABOUT ½ MILE PAST SAPPERTON
FOLLOW THE DRIVEWAY TO THE RIGHT AND PARK IN THE PARKING LOT
THE ENTRANCE WITH THE OVERHANG IS THE MAIN ENTRANCE WITH A RECEPTIONIST
TRAVEL TIME=15 MINUTES

Service Learning information www.stlcc.edu/ServiceLearning

CONTACTS
Meramec: If you have any questions please feel free to contact Julie High @ 314/984-7385 or jhigh@stlcc.edu
Bethesda Dilworth: 314 968-5460

QUESTIONS:
The following are questions to use as a guide to developing a rapport with your partner. Feel free to include your own questions. Questions should be open
ended, and non-threatening. If your partner does not wish to answer a question that is their right. Remember you are a guest.

September...Getting to know you
- Tell me about your mom and dad...
- Tell me about your family growing up. When, where were you born? How many siblings?
- Tell me what school was like for you...
- What did you do in your 20's, 30's etc...
- Were you/are you married...
- Tell me about your children...
- Tell me about your career...
- Are there any pictures you would feel comfortable sharing...
- Tell me about your hobbies...
Some residents will share easily for 3 hours, others you may have to ask for every bit of information. Take your time, do not rush. You have to be comfortable with silence.

October...Physical History
- Tell me about any childhood illnesses you or your siblings had...
- Tell me about surgeries...broken bones...hospitalizations...chronic diseases...their treatments...rehabilitation...
- Do you have any pain? Tell me about your pain...
- Have you fallen in the past 6 months?...Tell me about your balance...
- What medications are you taking and what are they for...
- What are your top 3-5 health concerns...
- EDUCATE THEM ON THE PROFESSION OF PHYSICAL THERAPY
  www.apta.org is a great resource.

November...Here and now
- What are their activities...
- Tell me about your social activities...
- Tell me about your physical activities/exercise...
- What/where are the fun places you enjoy going in the community...
- Is there anyplace you would like to go but don't? Where/why...
- Is there anything you would like to do but don't? What/why...
- Do you need assistance for anything? Tell me about it...
- Do you assist others? Tell me about it...
- Have you seen your doctor in the past 6 months? If so has he talked to you about your diet/exercise...Tell me what he said...
- Do you know your blood pressure, cholesterol...
• If you do not know by now, ask about when they moved into their apartment and how they made the decision to move...
• If they discuss death/dying please listen.

December...Wisdom
• Words of advise from them to you. What do they wish to share about life, family, community, country, health, healthcare, aging, working with seniors...
• Can you help them with anything...
• Can you come back next semester during your test and measurement class and practice with them...