THE PHYSICAL THERAPY INTERNSHIP TRAINING PROGRAM

I. Course Outline

It is the fifth level in accomplishing a degree of Bachelor of Science in Physical Therapy. It consists of 10 full months of rotating clinical internship in various physical therapy departments of hospitals/rehabilitation centers within cities and provinces of Luzon. The monthly training is facilitated and provided by the clinical supervisor of the hospital or rehabilitation center. Supplementary lectures and examinations are administered in the school through the internship coordinators.

II. General Objective

Provide maximum opportunity for students/interns to gain clinical experience and patient hands-on training utilizing all available materials and equipment of the hospital/center without sacrificing quality of patient care.

Specific Objectives: At the end of the training the interns would be able to:

1. Apply the acquired knowledge and skills on basic medical and surgical sciences, and in physical therapy assessment and procedures.

2. Practice appropriate therapeutic exercises and effective operation of physical therapy modalities on patients assigned to their responsibility.

3. Exhibit skills in patient assessment, formulation of therapeutic programs and actual management on various rehabilitation cases.

4. Display professional etiquette, and communication skills to colleagues, superiors, patients, and others.

5. Participate in the promotion and education of rehabilitation health in coordination with other members of the rehabilitation team.

III. Components:

1. Pre internship training program and examination

2. Ten-months affiliation to ten different hospitals, rehabilitation institutions.

3. Monthly Internship Examination

4. Academic Rotation. It is a lecture/seminar which is held every first and second Saturdays of the month. The internship coordinator gives inputs or lectures on the
waterloo or conceptual difficulties encountered during clinical duty of the interns. The
interns who are required to attend the class are those assigned in Baguio City, La Union
and Pangasinan areas.

5. Written Revalidation Examination
6. Oral/Practical Revalidation Examination

IV. Requirements:
A. Before Internship
1. Complete all the subjects in the first four years of the curriculum
2. Attend the clinical pre-internship training program
3. Pass the pre-internship written examination
4. Medical diagnostic clearance for internship which is strictly taken confidentially by the
   internship coordinators.

I- Complete Physical Examination: urinalysis & fecalysis, pregnancy test, Complete
   Blood Count, Chest X- ray, Hepatitis profile.

II- Psychological Examination c/o guidance counselor * optional

III- Immunization * optional

5. Paid fifty percent of the semestral tuition fee on the enrollment.

B. Graduation
1. Complete clinical grades in all the centers where the student has been affiliated
2. Complete affiliation clearance
3. Passed the revalidation examination both written and oral/practical parts.
4. Submitted monthly treatment record, daily time record per center and other records
   related to internship

V. Assignment of Affiliation Centers
1. The Clinical Internship Coordinator of the Physical Therapy department plans the students’ rotation assignments.

2. The Dean of the Physical Therapy Department checks, and approves the rotation assignments.

3. No student is allowed to change or exchange rotation assignments without the knowledge of the Clinical Internship Coordinator and approval of the Dean.

VI. Students conduct & Discipline

1. All rules & regulation of the school on conduct and discipline should hold through the course of internship

2. All rules and regulation of the hospital or rehabilitation center in which the intern is assigned should hold through for the whole month as endorsed in the letter.

VII. Clinical Rules and Regulation

A. Grooming. Professional appearance through cleanliness and neatness should be practiced at all times

1. Each intern is required to wear the complete uniform of the College of Physical Therapy, LORMA Colleges whenever on clinical duty. The complete uniform is as follows:

   a. white official uniform of College of Physical Therapy, LORMA Colleges
   - for the ladies hemline of skirt is at the level of tibial tuberosity,
   b. black leather closed shoes
   - the heel bone and toes should be enclosed
   - for the ladies heels should not be higher than 1 1/2 inch
   - for the males black socks, and no rubber shoes
   c. Nameplate to be worn on the upper left breast pocket.

2. An intern should have appropriate and neat hairstyle

   a. Females must keep hair away from the face. Simple hair Accessories are allowed.
b. Males must be trimmed at least 2 inches above the neck line of the uniform. Hair must show the face and pinna of the ear.

3. Jewelry only allowed are wedding rings, watches, and button-shaped earrings.

4. Finger nails must be short, clean and without nail polish.

B. Attendance:

1. The intern must report to the affiliation center according to the dates specified in the endorsement letter. An intern is required to complete 40 hours per week.

2. Absences:
   a. Death of an immediate family, and illness are the reasons considered for an excused absence. Medical or death Certificates must be submitted to the internship coordinator. A letter of absence noted by the internship coordinator must be submitted to the clinical supervisor of the current affiliation center.
   b. Absence due to official school activities is done through the pull-out letter delivered to the clinical supervisor of the current absence.
   c. Absences incurred other than the reasons mentioned above are considered unexcused

C. Leave of absence:

1. A petition of leave of absence should be requested to the dean. The reason and the period of leave, and the date of return should be stated. The leave should not exceed one year. The student must resume and complete the internship within the academic year.

2. A semestral leave of absence must be filed and approved before the start of a semester, the student may be given a maximum period of one year only.

3. Failure to comply with the date of return and the maximum period of leave allowed the student must re-enroll.

VIII. STUDENT EVALUATION

1. The Chief Physical Therapist of the affiliation center evaluates student's clinical performance.
2. The clinical internship coordinator evaluates student's performance in
   a. Monthly examination
   b. Written & practical/oral Revalidation Examination

IX. REVALIDATION Examination

1. Written
   a. A two-day, sit-down written examination (WR1) comprising of KAP, MS, PT
      Application will be given at the fifth month of internship. Students who passed proceed
      to oral revalidation (OR).
   b. The students who failed should take the second written examination
      (WR2) two weeks after the release of WR1 results.
   c. Students who passed the second written Examination automatically take the oral
      examination. However failure in WR2 has a consequence of one month extension. After
      rendering the extension duty, the student is scheduled for the third written examination
      (WR3).
   d. Students who passed the WR3 automatically qualify her/him to take oral examination
      (OR1). However failure in this means another one-month extension. After the extension
      she/he will take the fourth written examination (WR4).
   e. Students who passed the WR4 automatically qualify her/him to take the OR1. Failed
      students should render a one-month extension then takes the fifth written revalidation.
   f. The procedures goes on until the student passes the written examination

2. Oral
   a. Oral/Practical examination (OR) is composed of topics from KAP, MS, and PT
      application. The first day is KAP, MS and PT application orals while the second day is a
      practical demonstration on PT applications. It is a time-move system of practical
      examination. This is administered on the 8th month of clinical internship.
   b. Students who passed the first OR have partially completed the graduation
      requirements. Failed students will take a one-month extension. And then second OR
      (OR2) follows.
   c. Students who passed the OR2 have partially completed the graduation requirements.
      Third OR would be administered to those who failed.
d. Students who passed the OR3 have partially completed the graduation requirements. On the other hand, the students who failed will be given a fourth OR. The OR is administered by a panel of oral examiners headed by a psychiatrist. The case is drawn an hour before the time of oral case presentation/discussion.

e. Students who failed the fourth OR should have a one-month extension. OR 5 follows. The succeeding oral examination would be a case discussion. Failure on this examination corresponds to a one-month extension until he/she passes.

3. Revalidation fees are collected for every examination and one-month extension which are dependent on the number of students, administrative cost, and proctors/examiners.

**X . GRADING SYSTEM**

1. Percentage Breakdown:

   Clinical Performance  60 %
   Monthly Examination   20 %
   Written REVALIDA    10 %
   Oral REVALIDA        10 %

   100 %

   *Revalidation examination both written & practical is a pre-requisite to graduation.

   *Percentage breakdown of revalidation examination

   KAP                    30%
   MS part:               25%
   PT application: 45%

   100%

   *A passing remark is 60% on each part of the examination.

2. Grades from the affiliation centers should be submitted to the internship coordinators two weeks after the semester granting that the student has no liability to the center.
3. Students who have a total of more than 30 days of make up duties in the internship period should not be allowed to take the Revalidation examination and attend the graduation ceremony. 4. Awards would be given if no one qualifies in the criteria for the selection of academic honors such as summa cum laude, magna cum laude, and cum laude.

a. Most Outstanding Graduate:
* 50 %- GWA from 1st to 4th year
*20 %- Monthly Examination
*10 %- Written Revalidation

**Examination**
*10 %- Oral Revalidation Examination
*10 %- Extracurricular Involvement

b. Best in Clinical Practice
*30 %- Overall Internship Grade
*30 %-Monthly Internship Examination
*10 %-Written Revalidation

**Examination**
*10 %-Oral Revalidation Examination
*10 %-Peer Evaluation
*10 %- Clinical Coordinators' Evaluation

**XI. EXTENSION PROGRAM**

1. The grade in this program would be included in the monthly examination: The breakdown is as follows:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>KAP</td>
<td>=30%</td>
</tr>
<tr>
<td>MS</td>
<td>=30%</td>
</tr>
<tr>
<td>PT app</td>
<td>=30%</td>
</tr>
<tr>
<td>Attendance</td>
<td>=10%</td>
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</tbody>
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2. Extension Program

Description:

The program is a refresher class for interns who failed in the revalidation examination. Basic concepts, and principles in the rehabilitation science are reviewed.

Objectives:

At the end of 20 meetings the extendees should be able to

1. Discuss the basic concepts in Anatomy 1 & 2, Kinesiology, Physiology 1 & 2
2. Relate the important principles in treating and managing cases considering the medical and surgical conditions of the patient.
3. Demonstrate physical therapy skills, exercises, and maneuvers
4. Apply a comprehensive evaluation and management of common rehabilitation cases

Requirement:

1. Complete attendance
2. Weekly report paper
3. Practicum
4. Weekly written examination

Methodology:

1. Oral Reporting
2. Demonstration
3. Facilitation

<table>
<thead>
<tr>
<th>Day</th>
<th>Topic</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Orientation</td>
<td>Student Handbook/ Department Policies on Internship</td>
</tr>
<tr>
<td>2</td>
<td>Anatomy of the extremities</td>
<td>Clinical Anatomy by Snell</td>
</tr>
<tr>
<td>3</td>
<td>Anatomy of the head and trunk</td>
<td>Anatomy by Hollenshed</td>
</tr>
<tr>
<td>4</td>
<td>Neuroanatomy</td>
<td>Neuroanatomy by Snell</td>
</tr>
</tbody>
</table>
5 Practicum

6 General Physiology  Human physiology by Guyton

7 Kinesiology part 1  1. Brunnstroms Clinical Kinesiology by Lehmkul
               2. Kinesiology by Reyes

8 Kinesiology part 2

9 Prosthetics/orthotics  New York Series of orthotics by post graduate

10 Practicum

11 General Medical Conditions  1. Handbook of Orthopedic Surgery by Brashear
                          2. Rehabilitation Medicine by Delisa
                          3. Neurological Rehabilitation by Umphred
                          Pediatric Rehabilitation by Molnar

12 Neurology/Pediatric Rehabilitation

13 General Surgical Conditions

14 Practicum

15 General Therapeutic Exercises  1. Therapeutic Exercise: Foundations & Techniques by Kisner
                                  2. Proprioceptive Neuromuscular Facilitation by Kabat
                                  3. Occupational Therapy by Pedretti
                                  4. RX Supplement by Santos

16 Specific Therapeutic Exercises

17 Advanced Therapeutic Exercises

18 Principles of Evaluation, Special Tests  1. Orthopedic Assessment by Magee
                                          2. Rx Supplement by Santos

19 ROM, MMT  1. Manual Muscle Testing by Hislop and
Montgomery

2. Goiniotmetry by Norkin

20 Practicum

Fee: Extension fees are collected dependent on the number of students, administrative cost and the facilitators and proctors.

XII. Monthly Seminar

1. All interns must attend the seminar held every third Saturday of the month. Activities include lecture, discussion of questionnaires, written examination, students' meeting.

2. Students who incurred excused absence (death of immediate family & hospitalization is equivalent to a one-day make-up, while an unexcused absence is equivalent to 3 days make-up duty at LORMA Medical Center.

3. An academic rotation shall be attended by interns whose affiliation centers are located in Baguio City & La Union.