POST-PROFESSIONAL EDUCATION: RESIDENCY & FELLOWSHIP

Formal Ongoing Education for Physical Therapists

Presentation Objectives
- Describe the structure and requirements of residency education in physical therapy.
- Describe the structure and requirements of fellowship education.
- Describe the rationale and benefits to completing residency/fellowship education.
- Describe how residency/fellowship education fits in the physical therapist’s career plan.

What is your Post-professional Development Plan?
- Clinical Experience – the foundation
- Continuing education – the building blocks, nuggets of knowledge, adding to your skill set
- Advanced degree – expanding knowledge, public recognition of achievement, opening doors beyond the clinic
- Residency/Fellowship – mentoring, putting it all together, specialist certification

Clinical Residency
- Planned program
  - Clinical, didactic
- Defined area of clinical practice
  - e.g. peds, ortho, neuro, sports
- Mentoring
  - 1 on 1 patient care
  - Experts/Specialists
- Entry Level \( \rightarrow \) Specialty Practice

Clinical Fellowship
- Planned program
  - Clinical, didactic
- Advanced clinical practice
- Mentoring
  - Experts/Specialists/sub-specialist
- Specialty Practice \( \rightarrow \) Sub-Specialty

What is a clinical internship?
How is it different from a residency or fellowship program?
- Clinical internship:
  - clinical education experience part of the requirement for graduation from a PT professional education program (Degree could be awarded before, during, or after the internship).
- Residency & fellowships:
  - post-professional programs.
What's the difference?

Clinical Residency
- Accelerates PT's expertise of the Patient Management Model in a recognized specialty area
- All aspects of a Description of Specialty Practice (DSP) are covered within the residency
- Prepares PT for specialist certification exam

Clinical Fellowship:
- Focused curriculum with advanced clinical/didactic instruction that is intensive
- Subspecialty preparation with a sufficient/appropriate patient population for advanced clinical skill building
- Beyond DSP at a clinical specialist level

What's the same?
- Both emphasize and promote evidence-based practice
- Both include training in the scientific principles underlying practice applications
- Both include didactic and mentored clinical experiences

Residency vs. Fellowship: Admission Requirement
Residency
- Licensed PT (in the state of clinical practice)
- Demonstrates base level of competency and safety that is at entry-level but below level of certified specialist

Fellowship
- Licensed PT (in the state of clinical practice)
- Often Board certified, post-residency, or with demonstrated clinical expertise
- Demonstrates base level of competency and safety at least at the level of a certified specialist

Residency vs. Fellowship: Curriculum
Residency
- 1500 hours
- 9-36 months
- Curriculum is based on Description of Specialty Practice (DSP)

Fellowship
- 1000 hours
- 6-36 months
- Curriculum is based on a DSP/DASP, part of a DSP, or a validated practice analysis

Residency vs. Fellowship: Outcomes
Residency
- Broad based
- Prepares resident to take specialist certification exam

Fellowship
- Sub-specialty focus
- Advanced, specialized practice
Why a Residency?
- Mentoring experiences vs. trial and error
- Planned curriculum
- Resources
- Oversight of competency
  - Practice under “watchful eye”
  - Testing

Why a Credentialed Program?
- Ensured
  - Quality
  - Consistency
  - Mentored experience with specialists
  - Resources to facilitate education
- Qualification for ABPTS examination

Residency vs. Fellowship: Benefits to Profession
- Recognized in the medical model
- Mentored growth vs. trial and error
- Defines practice area
- Research contributing to evidence-based practice

Residency & Fellowship: Benefits to Facility
- Recruitment
- Retention
- High clinical practice standards
- Best practice collaboration
- Culture of mentoring

Residency vs. Fellowship: Benefits to Consumers
- Confidence in receiving quality care
- Improved access to specialized care
- Increased availability of experts
Residency:
Currently Credentialed
- Cardiovascular & Pulmonary (2)
- Clinical Electrophysiology (1)
- Geriatrics (9)
- Neurology (17)
- Orthopedics (51)
- Pediatrics (9)
- Sports (24)
- Women’s Health (5)
- Wound Care Management (1)

Fellowships:
Currently Credentialed
- Division 1 Athletics (1)
- Hand Therapy (2)
- Manual Therapy (21)
- Movement Science (2)
- Neonatology (0)
- Spine (0)
- ICU (0)
- UE Sports (0)
- Professional Baseball (0)
- Education Leadership (1) – non-clinical program

APTA Residency and Fellowship Program Credentialing
1999 to Present

Continued Growth?
- APTA Staff is currently aware of more than 100 programs in development and pursuing credentialing.
- Many more waiting in the wings!

Program Models
- Academic Model
  - University/College with its own in-house PT clinic
- Clinical Model
  - Hospital or Clinic Practice
- University-based
- Collaborative Model
  - Hospital-Clinic
  - Clinic-Clinic
  - University-Hospital
  - Residencies without Walls
Choices, Choices

- Program Models
- Financial considerations
  - Deferred loans while in residency
    - See Residency/Fellowship Webpage
  - Post-professional student membership
  - Location/Relocation
  - Salary and Benefit package or Costs
- Outcomes
  - Specialist Certification Exam
  - Advanced degree
  - Employment
  - Additional opportunities (research, faculty, etc)

Residency & Fellowship: Choosing the Right Fit

- Matches candidate's long term interests.
- Mission, Goals, & Objectives should meet needs/desires
- Policies & procedures meet the needs of candidate.
- Faculty & mentors match candidate's expectations for educational & mentoring experiences.
- Curriculum provides a learning style that will augment candidate's clinical advancement.

Residency vs. Fellowship: Conclusion

- "FAST TRACK" to clinical specialization and sub-specialization.
- Mentoring with clinical experts in physical therapy.
- Benefit the patient/client, PT, and profession.

Resources

- Webpage: (http://www.apta.org/ResidencyFellowship)
  - List of Credentialed and developing Programs
  - FAQ's re: post-professional education
  - Much, MUCH more
  - Link to Store
    - Descriptions of Specialty Practice documents
- Section Websites
- Individual Program Websites
  - Mission, Goals, Objectives
  - Policies and Procedures
  - Admission requirements
  - Financial information

QUESTIONS!

Matt.Briggs@osumc.edu