

Redefine.

Health Education

Foundations for the Primary Care Therapist: A Hands-On Workshop Course Syllabus

- I. **Primary Instructor(s):** Dr. Katie O'Bright, PT, DPT
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Bio: Dr. Katie O'Bright is a physical therapist and educator who has spent the majority of her career in multidisciplinary primary care settings. She started her career as an active duty Army PT where she worked in a Solider Centered Medical Home, co-located with primary care physicians, psychologists and other valued support staff. Since then, she has worked in multidisciplinary care settings in academic health systems and private practices. Dr. O'Bright founded Redefine Health Education with the mission of getting more physical therapists into team-based care settings, starting with primary care. She currently serves as the Education Chair to the APTA Federal's Primary Care Special Interest Group. She lives in Chicago with her husband and two sons, enjoys being outdoors and Buffalo Bills football.

Link to CV:

<https://drive.google.com/file/d/12wl9Mv6LwJ-Aw8JLrBvxuogwsPL3gHOv/view?usp=sharing>

- II. **Disclosures:** A variety of clinical tools & products are mentioned in this course. RHE holds no vested interest in any products or resources mentioned in this presentation – mentioning such tools is exclusively for the purpose of informing participants the types of tools that may be utilized. No specific product or tool is promoted over another product or tool. RHE has an illustration license with KenHub, which has provided some of the anatomical images you will see in this presentation.
- III. **Post Professional Learning Level:** Beginner/Basic
- IV. **Statement of Non-Discrimination:** This course is made available to all physical therapist and physical therapist assistant licensees on a non-discriminatory basis.

- V. Verification of Attendance:** Participants register online at www.redefinehealthed.com. They are required to login to the online pre-course using a unique email/password. They mark “complete” when the online modules are completed. When they arrive to the first day of the in-person portion, they sign in using [this sign-in sheet](#). Records of the sign-in sheets are maintained for 6 years.
- VI. Statement of Relevance to PT Practice:** Medical screening and systems review are essential components of the PT evaluation. This course provides PTs with a clinical decision making framework to simplify the process of identifying and directing referrals for patients with red flag and/or pathologies outside the scope of PT practice.
- VII. Differential Diagnosis content:** This course contains 16 hours of differential diagnosis content.
- VIII. Mode of Instruction**

MODE	Definition
Hybrid	Mixed synchronous and asynchronous instruction. Participants are asked to independently complete a 2-hr online self-study pre-course, 15-hr in-person course, and a 1-hr post-course consisting of an exam and evaluation.

IX. Course Description:

This 18-hour course provides outpatient and home health rehab professionals an opportunity to *revitalize* their initial evaluation & management skill set with a unique primary care perspective. This course takes a deep dive into the essentials of **complete** patient care - going beyond isolated pain complaints by considering population health and risk factors, and intervening with a holistic, multi-systems approach.

Pre-Course (2 contact hr)

Prior to the course, participants will be asked to complete an independent 2-hr pre-course consisting of online self-study modules and a brief video introduction & discussion on Flipgrid. In the pre-course, participants will learn a unique way to perform initial intake, review lab values, and be introduced to a novel clinical decision-making framework which will lay the foundation for optimal medical screening, referral, and long term patient management.

Day 1 (7.5 contact hr)

On day 1 of the live course, an overview of red flag conditions for each body region will be provided. Participants will then be challenged to determine the most appropriate pathways for various case presentations, including imaging/lab considerations, consequence of delay, and most appropriate setting/professionals to refer to. They will also be provided with a

framework for interdisciplinary communication, and be given the opportunity to practice their communication skills.

Day 1 Hands-On Components:

- Heart & lung auscultation
- Abdominal examination
- Neurologic Examination
- Red flag screening special tests

Day 2 (7.5 contact hr)

On day 2 of the live course, we begin with an overview of visceral pathophysiology and immunology which lays the groundwork to discuss the therapist's role in the co-management of non-communicable diseases (NCDs), including heart disease, hypertension, COPD, cancer, and others. Participants will have a clear understanding of how PT interventions, including exercise and lifestyle education, alongside other medical management, can assist the patient in managing or even reversing various NCDs. We will also cover the art of communication and collaboration with other healthcare professionals and patients. The course concludes with guided case reviews completed in small-groups.

Day 2 Hands-On Components:

- Vitals Assessment, Orthostatic Hypotension Screening
- Ankle Brachial Index/Doppler US venous patency
- Lymph node palpation
- Lung Spirometry Basics
- Otoscope Use
- Vestibular Screening
- Oral Cancer Screening

Post-Course (1-hr)

After the course, participants will independently provide feedback on the course and complete a 30-question quiz to receive credit.

X. Course Outline

Pre-Course (2 contact hr)

Module #	Module Title	Video Run Time
1	Primary Care Therapy Defined	21:19
2	Primary Care Models	14:12
3	Intake - Social and Lifestyle Factors	21:20

4	Intake - Medical History, Systems Review & Current Problem	19:08	
5	Clinical Decision Making Framework	23:01	
	Flipgrid Introduction & responses – In the online flipgrid platform, participants are asked to introduce themselves and share an interesting case or why they are interested in taking the course. They are asked to comment on other participants responses to stimulate discussion. Based on participant poll, the takes an average of 15 min in the pre-course	15 min	
TOTAL		2.3 hours	2.25 contact hours

Live Course Schedule: Provided at link below:

<https://docs.google.com/document/d/1v1TURUt2KzKmS7EP33CwauYhA3fkWYfPNKf15Ct1t2c/edit?usp=sharing>

Post course: evaluation and 40-question quiz (1.5 min/question) = 1 hour

XI. TOTAL Course Contact Hours Requested: 18 contact hours

Pre-course: 2.25-hr

Live course: 15-hr

Post-course: 1-hr

Total: 18 contact hours

XII. Required Materials/Resources:

Participants are asked to bring the following items to the live course:

- BP cuff
- Stethoscope
- Reflex hammer
- Sensory tools (dull/sharp)

Participants are encouraged, but not required to bring the following items:

- Incentive spirometer
- Respiratory Muscle Trainer
- Peak flow meter

XIII. **Course Objectives:**

Complete course objectives can be found at the following link:

https://docs.google.com/document/d/1Be0izOzfYJWUf1ACvsl-yvgO_FIGSuq0gPu7-9qvDDw/edit?usp=sharing

- XIV. **Competency Demonstration:** At the conclusion of the course, students must demonstrate a minimum of 70% proficiency in the following course assessments to achieve a passing grade. The assessments will demonstrate that the student has met the objectives listed in Section IX:

Assessment	Description	Points
Final Exam	Online 40-question quiz	100
Possible Points	-----	100

Quiz questions/answers are not released to students. Approval authorities can inquire for a copy by emailing a request to info@redefinehealthed.com

XV. **Course Evaluation:**

<https://forms.gle/gd42xY6XZNyVBc5M6>

XVI. **Complete Reference List:**

Day 1:

https://docs.google.com/document/d/1PRMTR2GJJr8ZORBq8700lLwmrdzKdANB_woXUTdcDuc/edit?usp=sharing

Day 2:

https://docs.google.com/document/d/1R95cyaqNv6GCPk6MqBu_RxuDfLQHTNKDr2cEb29_3G0/edit?usp=sharing