

**SSIG Meeting Agenda**  
**(November 13th, 2022 at 7:00pm)**  
**2022-2022 OPTA SSIG**

**Attendance:** Matt Tack, Nadia Hembree, Shelby Fulmer, Camryn Bellish, Regan Simon, Macy Debevec, Cara Berg-Carramusa, Evan Urrutia, Dillon Perry, Noah Monaghan, Adam Jarvis, Rachel Tauber, Jenna Swartzentruber, Mary Fitch, Victoria Harder, Gabrielle Suwarna, Rachel Ward, Bridget, Mackenzie Davis, Abby Evans, Matthew Bowser, Karin Goddard, Haley Ashton, Hannah Lajti, Olivia Walther, Tianna Koewler, Cierra Terrizzi, Dillon Perry, Emily Kahlig, Caroline Buchheit, Allyson Stibley, Jenna Schwartzentruber, Kyla Wagner, Heather Schmidt, Ari Farnsworth, Jade Larkins, Haleigh Rowe, Madi Meyers, Deepthi Reddy, Nicholas Eisch, Hannah Loewenstein

**PT Chair Report:**

Matt ([matthew.tack@rockets.utoledo.edu](mailto:matthew.tack@rockets.utoledo.edu))

Gabby ([gcwagner@student.ysu.edu](mailto:gcwagner@student.ysu.edu))

- Link to OPTA podcast:  
<https://open.spotify.com/show/6wRfhRW53YJttOVbB3WTUP?si=7zH3IP-KTz2bY2ue0XhPJQ&nd=1>
- YSU is hosting a Student & Clinician Research Symposium on Tuesday, Nov. 15 from 5:30 - 9:15 p.m.
  - Hope to see many local students and faculty there!
- Congratulations to fellow Ohio PT student Hannah Simon from Cleveland State University for winning a scholarship to CSM! Congrats to the winners from other states as well!

**Vice Chair Report:**

Jordan ([jordan.arrington@rockets.utoledo.edu](mailto:jordan.arrington@rockets.utoledo.edu))

- Attendance
  - <https://forms.gle/jznPoGWxeS9XDuXG9>

**Website Coordinators Report:**

Nadia ([paskernr@mail.uc.edu](mailto:paskernr@mail.uc.edu))

- PT in the News—Acute Stroke Management
- Weekly Poll: Favorite Fall Drink

**Activities Coordinator Report:**

Shelby ([shelby.fulmer@rockets.utoledo.edu](mailto:shelby.fulmer@rockets.utoledo.edu))

- Program of the Year Challenge
  - Thanks for registering if you already have!
    - University of Toledo, University of Dayton, The Ohio State University, University of Findlay, University of Cincinnati, Mount St. Joseph University, Youngstown State, Walsh University :)
  - It's not too late to sign up (receive 15 bonus points if you sign up prior to Dec. 10!)
    - We would love participation from PTA programs this year!
    - Number of people in program = # in ALL classes (1st, 2nd, 3rd)

- Event submission - submit your events to your school's POTY coordinator and they will submit it through the link posted on OPTA SSIG website

### Secretary Report:

Cam ([bellish.10@osu.edu](mailto:bellish.10@osu.edu))

- Fill out the attendance form!
- If you are graduating in December and want to be taken off of the SSIG email list, please email us!

### EP SIG Liaison Report:

Regan ([regan.simon@rockets.utoledo.edu](mailto:regan.simon@rockets.utoledo.edu))

Macy ([msdebevec@student.ysu.edu](mailto:msdebevec@student.ysu.edu))

- Next EPSIG meeting will be Monday, December 19th at 8:00pm
- Please reach out to either of us if you have any suggestions or things you would like to see from the EPSIG
- If you'd like more information about the EPSIG or would like to become a member you can visit their website or reach out to us!
  - <https://www.ohiopt.org/page/EarlyProfSIG>
- OPTA Elevate will be reopening around the new year so be on the lookout for more information!
  - Mentorship program that was piloted in 2022, reach out if you want more information

### Core Ambassador Report:

Evan ([eurrutia@student.ysu.edu](mailto:eurrutia@student.ysu.edu))

- Outstanding PT/PTA Student Awards due 12/01
  - Outstanding PT student receives \$1000 scholarship; PTA student receives \$500
- APTA Leadership Scholar Program due 11/15
  - [https://engage.apta.org/volunteerresources/volunteer-opportunity-details?VolunteerOpportunityKey=a2ed8117-b4e3-4619-950f-96a7f7c3f1d6&\\_ga=2.122045771.1360873032.166623158-1115945697.1661962278&\\_zs=7an6d1&\\_zl=62df8](https://engage.apta.org/volunteerresources/volunteer-opportunity-details?VolunteerOpportunityKey=a2ed8117-b4e3-4619-950f-96a7f7c3f1d6&_ga=2.122045771.1360873032.166623158-1115945697.1661962278&_zs=7an6d1&_zl=62df8)
- Student Board of Directors candidates voting until 11/30
  - [https://www.apta.org/apta-and-you/leadership-and-governance/student-leadership/student-assembly-board-of-directors/elections?utm\\_source=Informz&utm\\_medium=email&utm\\_campaign=2022-10-CAupdate&\\_zs=7an6d1&\\_zl=x1df8](https://www.apta.org/apta-and-you/leadership-and-governance/student-leadership/student-assembly-board-of-directors/elections?utm_source=Informz&utm_medium=email&utm_campaign=2022-10-CAupdate&_zs=7an6d1&_zl=x1df8)

### Advisor Report:

Cara ([cacarramusa@ysu.edu](mailto:cacarramusa@ysu.edu))

- On-going challenge to “bring a friend”... power in numbers! ;-)
- Register to be an “official” member of the OPTA SSIG (<https://www.ohiopt.org/page/SSIG>)

### Important Dates:

Next scheduled conference call – December 4th, 2022 7:00pm

### Residency Panel

- **Dr. Caroline Young** ([caroline.young@nationwidechildrens.org](mailto:caroline.young@nationwidechildrens.org))
  - Dr. Young graduated from the DPT program at Northwestern University and completed the Nationwide Children's Hospital Physical Therapy Residency in 2022
- **Dr. Nicholas Colby** ([nicholas.colby@osumc.edu](mailto:nicholas.colby@osumc.edu))
  - Dr. Colby graduated from OSU's DPT program in 2022 and is currently the Acute Care Physical Therapy Resident at The Ohio State University Wexner Medical Center
- **Dr. Kaitlyn Bigner** ([kaitlyn.bigner@cchmc.org](mailto:kaitlyn.bigner@cchmc.org), residency director: [sally.lecras@cchmc.org](mailto:sally.lecras@cchmc.org))

- Dr. Bigner graduated from UC's DPT program in 2022 and is currently the Pediatric Physical Therapy Resident at Cincinnati Children's Hospital
- **Dr. Crystal Gluch ([crystal.gluch@va.gov](mailto:crystal.gluch@va.gov))**
  - Dr. Gluch is a board certified Cardiovascular and Pulmonary Clinical Specialist and serves as a faculty member of the Veterans Affairs Cardiovascular and Pulmonary Physical Therapist Residency in Ann Arbor, MI. She completed the residency in 2019 Where she was awarded the Outstanding Physical Therapist Resident Award from the APTA
- Introductions and "Why residency?"
  - Dr. Young: I wanted to feel more confident in my skills, and be more exposed to pediatric practice in PT. I wanted the academic/didactic work as well, I love learning so that was a big part of it for me.
  - Dr. Colby: For the acute care setting, it's a little bit of a newer residency, but coming out of school I still felt like I had gaps in my knowledge concerning acute care and the ICU specifically. I felt like OSUs program specifically was well suited to fill in those gaps and bring me forward in my career.
  - Dr. Bigner: Although PT school was great, I didn't feel like I got a breadth of knowledge in pediatrics, so I wanted more knowledge there. I wanted to be the best at what I'm doing and get more experience before I'm completely on my own.
- What did you do to prepare yourself for residency and residency applications?
  - Dr. Young: I didn't do anything special, but it was in the back of my mind all through school. It was similar to preparing for a job, I tried to get a clinical in peds, I chose peds centered research, but other than that I didn't do anything out of the ordinary. I did go to several panels like this one to get more information.
  - Dr. Colby: Residency was always in the back of my mind, but in terms of preparing myself, I did a lot of self-reflection and asked myself if this was the right choice for me. I thought a lot about the pros and cons, and how residency would specifically push me and get me to where I wanted to go. When I was applying for residency I was very busy, so for the application specifically I just did the best that I could and showed them who I was.
  - Dr. Bigner: I always figured I wanted to do a residency throughout PT school. My experiences and my volunteer opportunities helped give me experience outside of school. I was persistent about getting a peds placement for clinicals, which I thought was very helpful. I didn't study or anything before residency, they teach you everything you need to know.
- What are some questions to ask potential residency programs, and how did you decide which residency program to attend?
  - Dr. Young: One of the biggest ones was the program layout/the daily coursework and clinical work. It's always good to know what the schedule will look like. Ask about what the didactic curriculum will look like. Ask for as many details as possible, including about research, teaching, and mentorship opportunities. Ask how much mentored time they offer, and what form this takes. I chose Nationwide specifically because I liked the vibe of everyone I spoke to. I liked the wide variety of specialties they offered, as well as the teaching and research opportunities.

- Dr. Colby: One of the most important questions for me was what the clinical schedule looks like. Ask about the mentorship opportunities, this was a big motivator for me, so I wanted to ask specifically what this would look like. I chose OSU because acute care residencies are a little newer, and there's only 11 in the US right now, and OSU is the only one in Ohio. I was familiar with the faculty through my DPT program and my last clinical, so I felt comfortable with the program and how it works.
- Dr. Bigner: Ask what are the specific research opportunities, I looked up the specific research that my mentors were doing so I could ask specifically about that in my interviews. I also asked about what mentorship looks like, how personal is it, how often is it. Ask what the training is like, as with any job. You are a licensed PT, so it's important to ask those sorts of questions too. Ask what a successful resident looks like in that program. You can also reach out to previous residents to ask about the workload and how difficult the program is. Also ask if residency pays for residency materials, specialty exams, or conference fees. I chose Cincinnati Children's because I have a lot of personal connections here, I worked there in a lab for a while, and I had a rotation here. I only applied to Cincinnati Children's, because I really liked their specialty clinics and be a bit more knowledgeable about these areas. I also wanted research opportunities, and they had a lot of this. The Be Well program and other community outreach programs were very attractive as well. They also gave me the opportunity to do "mini-clinicals" in a variety of settings which gave me a lot of exposure that I didn't otherwise get.
- Dr. Gluch: Ask about how the residency personalizes the residency to the student, people do residency for all different reasons and come in with all levels of knowledge, so how do they adapt to this. Ask about time off, ask about time commitment outside of residency schedule. I chose my residency because I wanted to be in a certain area. The most successful residents have a great support system, whether they are close by or not. I knew I wanted to be in Ann Arbor, so that was important for me. I took some time to work in between school and residency, so I wanted to make sure cardiopulm was right for me.
- Briefly describe the opportunities and curriculum of your program
  - Dr. Young: I also had a LEND program, I got to see a lot of specialty clinics. For part of the year, I did 3 days of outpatient, a half day in a specialty clinic, a day in a school setting, and one day in research. Every day was different, but the schedule was roughly the same, cycling in inpatient days, and teaching in the Summer. We had classes in the evenings for LEND also, which were long days. I found some holes for didactic material as well, and my research.
  - Dr. Colby: I have a lot of different rotations, but they're pretty short, the longest I spend is 6-8 weeks on one floor. I have a different mentor and patient population in every rotation. Something about this program that I like is the exposure to interdisciplinary communication. I also go to lecture periodically, and I shadow other medical professionals. I work with OT, speech, RT, I participate in rounds and talk to different doctors and fellows. I also have the opportunity to observe surgeries and find out how what happens in the OR translates to PT.
  - Dr. Bigner: We have a LEND program, and I'm the only PT in this setting, so I've learned a lot about other disciplines and the family experience. I've learned a lot about implementing family values. I also get to go to Washington DC next year to advocate,

which I never would've been able to do without residency. We have just about every clinic you can think of, and I'm still learning so much about the different specialty areas all the time. We have a clinic that works with infants with complex diagnoses, so I know more about where I'm referring my patients. I'm more aware of resources for families as well. I also get to go to pediatric consortium meetings with residents across the US, so I get to learn about different specialty diagnoses. The mentorship here is insane, I have mentorship whenever I want throughout the week. I can discuss all the patients on my caseload before I see them, so I feel very prepared. My mentors will come into sessions with me if I want to. I also get to teach at UC, so it's great to be able to give back to my DPT program.

- Dr. Gluch: Our residency is special because you get to see people across the continuum of care, which was a main reason I came to the VA. I love that ours focuses a lot on clinical care and one-on-one mentorship. You have two main mentors that know you and can individualize the experience to you. You also get to teach at DPT programs, present at conferences, and do research as well.
- How did you balance the workload of residency?
  - Dr. Young: It was a little bit harder because you have to learn so much while being a full-time clinician. You can't table things for later like in PT school. Setting boundaries was very important for me, protecting my weekends was important. I consider myself good with my time and I struggled a lot in residency. There's not a lot of due dates, so it's very self-paced, which was challenging.
  - Dr. Colby: It is time consuming, and it's a lot of work. It's a job with the mindset of speedrunning to becoming a clinical specialist. It requires a lot of dedication, but setting boundaries and separating work and personal life has been really helpful. I set aside time where I pursue outside interests and stay active, so I can maintain a work life balance.
  - Dr. Bigner: Residency is really hard, and I wasn't expecting this as much. I personally feel like it's more work than PT school. There are tons of learning opportunities, and every day is different, which is nice, but can be overwhelming. It's a lot of learning. The big thing for me is setting boundaries with my mentors. There aren't as many firm deadlines like PT school. Remember to use your voice and advocate for yourself when you need a little bit of grace. I also don't have a co-resident to lean on, unlike PT school. I also prioritize self-care every day, I protect my Saturdays. It's definitely difficult but definitely worth it.
  - Dr. Gluch: It's definitely worth it, the knowledge and experience you get, as well learning about yourself and learning not to be a perfectionist. I learned a lot about myself and how much grit I have. Keep in mind that your learning habits won't change just because you're in residency. It's a lot of self-organization and self-pacing.
- Is there anything you would've done differently, or that you wish your program did differently?
  - Dr. Young: A piece of advice I was given is to remember you're a resident, not just a staff PT, so remember to still prioritize those learning opportunities.
  - Dr. Colby: The program that I'm in is still very new, so something that I'm working on is providing feedback to my directors and mentors about how the program is working well and how it could improve, to improve the residency for future residents. You will get a lot of feedback, but don't forget to give the residency feedback as well.

- Dr. Bigner: I wish I knew more about how much work the residency was. The didactic work takes place outside of the schedule, which would've been helpful to know. It wouldn't have deterred me, but would've been helpful to know.
- Dr. Gluch: Remember that residency is not an extension of clinicals, remember to portray in your application that you have a solid background in whatever area you're applying for. You need to be ready for mentorship, not to have a CI. As a resident, you'll come out prepared to take your specialty, so I created a binder of clinical information and helpful reference materials to sort of keep track of everything that I was learning.

#### **Helpful resources from our panelists**

- Cardiopulm residency website: <https://www.va.gov/ann-arbor-health-care/work-with-us/internships-and-fellowships/cardiovascular-and-pulmonary-physical-therapy-residency/>
- Cincinnati Children's residency website: <https://www.cincinnatichildrens.org/education/clinical/specialty/sub-res/pt-peds>
- OSU Residency website: <https://hrs.osu.edu/academics/graduate-programs/clinical-doctorate-in-physical-therapy/residencies-and-fellowships>

Be on the lookout for updates through email and social media!

Instagram: @optastudents