



The Development of a Fieldwork Educational Manual for an Outpatient Clinic

Corey Olinger¹, Robin Parish¹ and Parker Gregory²
University of Mississippi Medical Center¹ and Crossroads Rehabilitation Services Inc.²



OVERVIEW OF CAPSTONE SITE

- Crossroads Rehabilitation Services Inc.** is a professional organization that provides outpatient health care services to individuals in need of rehabilitation.
- Nine Locations:** Barnes Crossing, Ecru, Holly Springs, Midtown Pointe, New Albany, Pontotoc, Ripley, Southaven, Walnut
- Treatment Areas:** Orthopedics, Sports Injuries, Geriatrics, Industrial Injuries, Balance Issues, General Weakness, Neurological
- Staff consist of:** Occupational Therapist, Occupational Therapy Assistants, Physical Therapist, Physical Therapy Assistants, and Therapy Technicians
- Mission:** "To provide the most innovative and advanced physical and occupational therapy for each specific patient to allow them to return to the activities that they enjoy the most."
- Vision:** "The company seeks to create an environment emphasizing quality of patient care while promoting communication and cooperation among the individuals providing health care services."



LITERATURE SUMMARY

- Evidence-based practice is considered the gold-standard when deciding specific interventions for clients (Parish et al., 2019).
- Everything in the Fieldwork Educational Manual must be backed by evidence found in literature.
- Evidence-based literature regarding **Assessments, Modalities, Medical Conditions, Treatment Interventions** was summarized to ensure that each topic in the manual can be held at a high standard
- Results of a study in 2019 determined that distal radius fractures, osteoarthritis, and carpal tunnel syndrome are among some of the most frequent conditions seen in the field of hand therapy (Takata et al., 2019).
- Result of the systematic review stated that the most statistically significant outcomes when treating CTS resulted from splinting, manual therapy, deep pulsed ultrasound, and nerve gliding exercises (Muller et al., 2004).
- Results of randomized crossover trial completed in 2019 indicates that manual mobilization of joints, within the hand, produced significant improvements in patients with arthritis (Levitsky et al., 2019).
- Results from a 2004 study conducted by Muller et al. indicate that deep, pulsed ultrasound has been proven to decrease symptoms of pain, reduce sensory loss, and improve the conduction of peripheral nerve injuries
- Persons Environment Occupation (PEO) and the Rehabilitation model as guiding theories for the Educational Manual. This is due to the fact that, In an orthopedic setting, therapy practitioners use PEO as a means to modify aspects of therapy to enable their patients to adapt to their environment (Law et al., 1996).

NEEDS ASSESSMENT

- Phase I Needs Assessment took place over a Zoom call with Kevin Park and Parker Gregory. A semi-structured interview was guided by a set of predetermined questions. (Wednesday July 1st 2020)
- Key Take-A-ways from Phase I Needs Assessment:
 - Orthotic Compliance not a major concern**
 - OT's are need further continuing education of neurological treatment**
 - Desire for more referral sources**
 - Desire for a Fieldwork Education Manual**
- The Phase II Needs Assessment took place on two separate dates to determine specific subtopics
- Phase II Needs Assessment 1: Informal meeting between Kevin Park, Parker Gregory. We determined three of the four topics in the Educational Manual (February 16th 2021)
 - specific anatomical structures to be assessed**
 - common medical conditions**
 - treatment interventions**
- Phase II Needs Assessment 2: Meeting with COTA students at ICC to determine their comfort level with each modality using a survey I constructed (February 18th)
 - Ultrasound and E-Stim** were two modalities students required more knowledge on

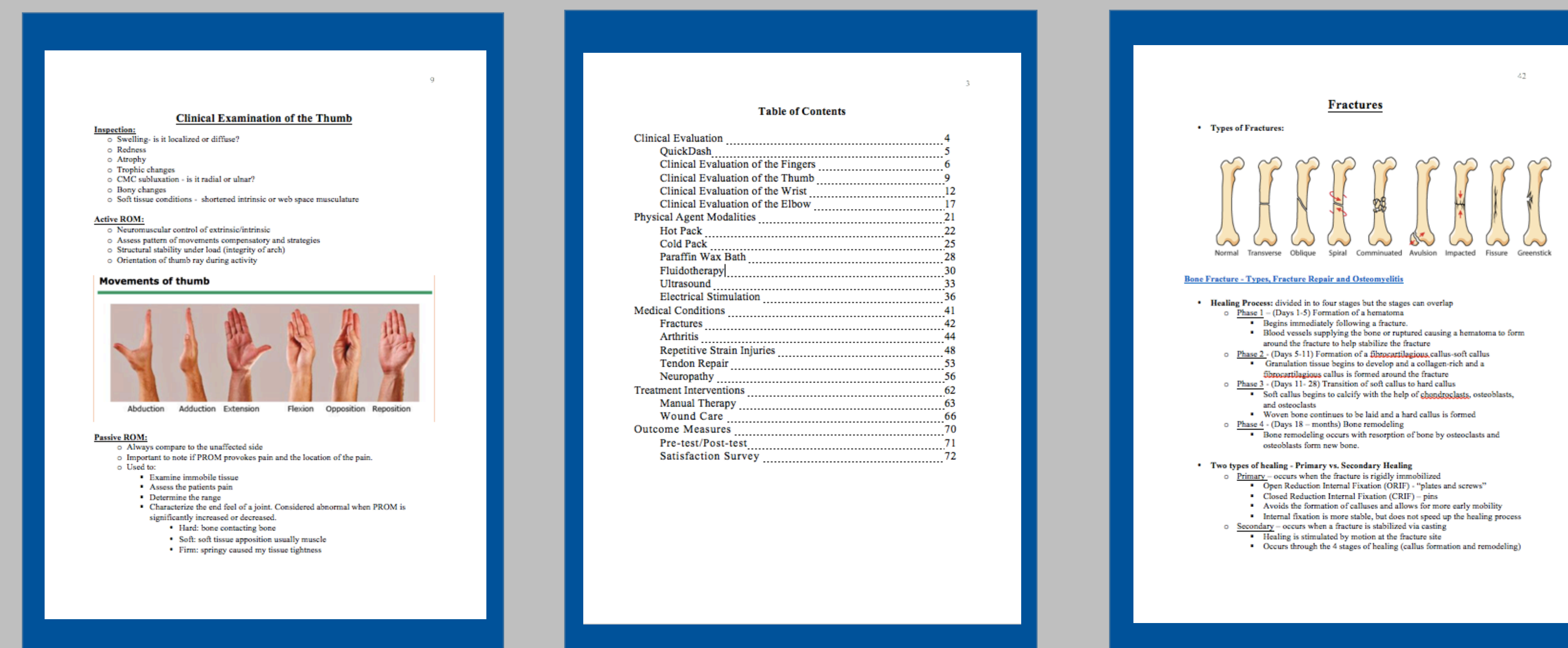
PROJECT SUMMARY AND FUTURE RECOMMENDATIONS

- The manual describes the basics of hand therapy, and is broken up into four major sections.
- The sections are: **Clinical Evaluation, Modalities, Common Medical Conditions, and Treatment Interventions**
- The manual is designed to be utilized in two ways: as reference to quickly find information, or as an 8-week educational plan

- Week 1** Hot Pack, Cold Pack, Fluidotherapy
- Week 2** Ultrasound, Paraffin Wax Bath, QuickDash
- Week 3** Clinical Evaluation of the Wrist & Fractures
- Week 4** Clinical Evaluation of the Fingers, Clinical Evaluation of the Thumb, Arthritis
- Week 5** Clinical Evaluation of the Elbow & Tendon Repair
- Week 6** Repetitive Strain Injuries & Manual Therapy
- Week 7** Electrical Stimulation & Neuropathy
- Week 8** Wound Care

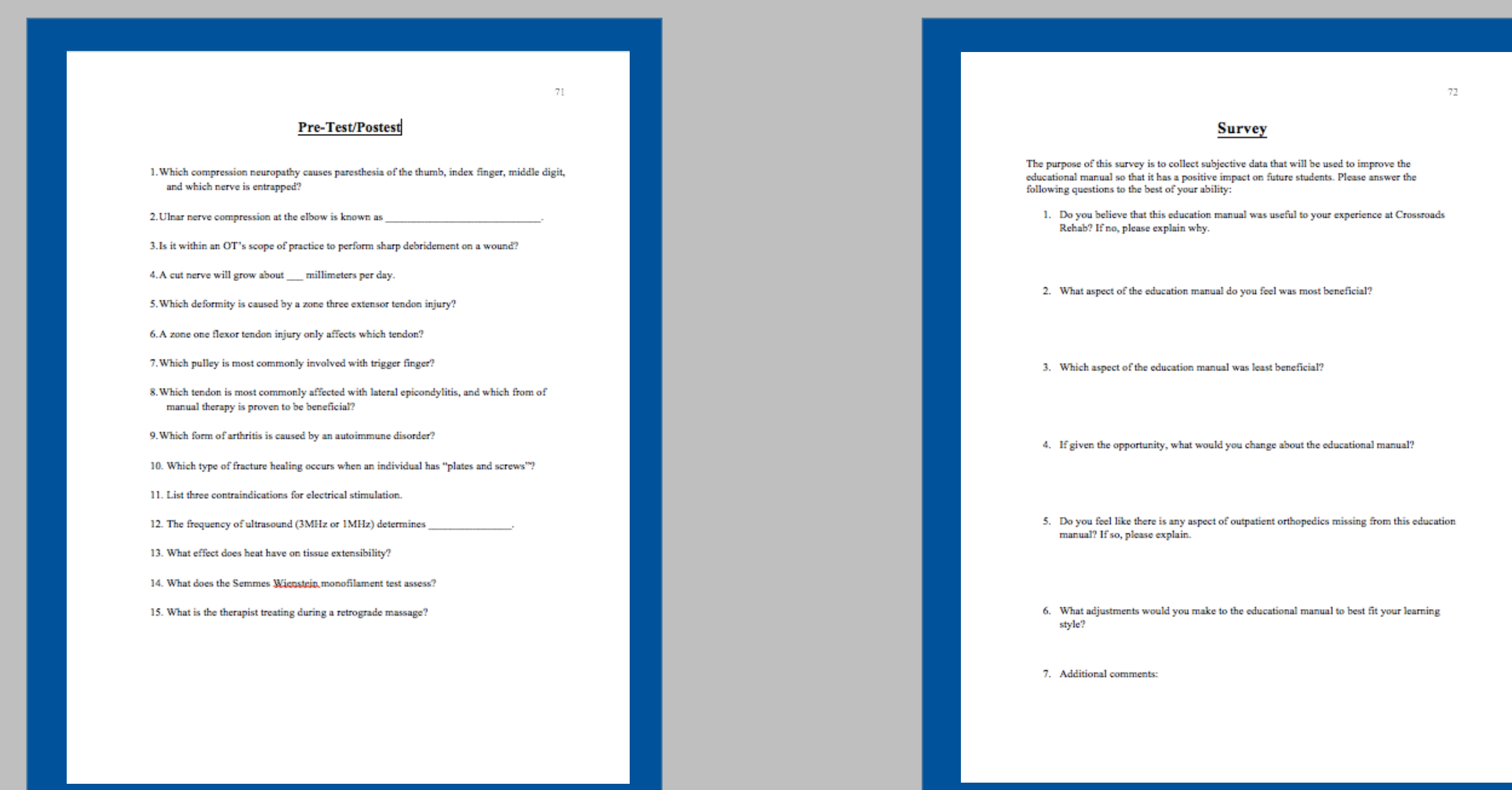
- The satisfaction survey should be used as a means to improve the project through feedback given by the students
- The educational manual constructed so that I may be edited by faculty or other OTD Capstone students, and should continue to develop and grow by through out the years to come

FIELDWORK EDUCATIONAL MANUAL EXAMPLES



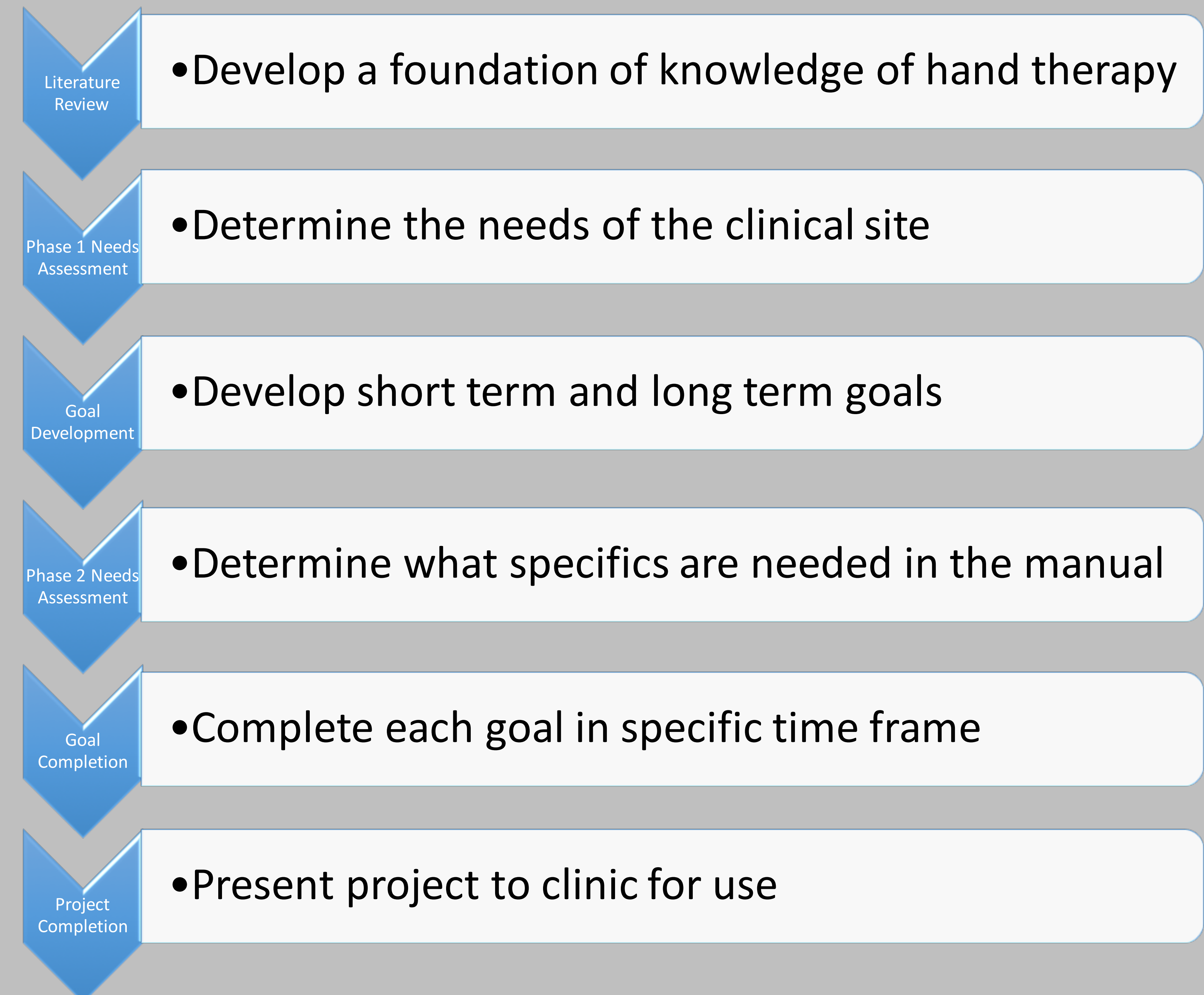
PLAN FOR PROJECT EVALUATION

- The manual will implemented in the future for incoming Fieldwork students Crossroads Rehabilitation Services.
- The manual will have means of outcome measures to determine its effectiveness and provide information for further evolution of the manual.
- A pre-test/post-test will evaluate the knowledge gained by the students.
- A survey was will determine the satisfaction of the education manual and collect qualitative data to evolve the manual



PROJECT DEVELOPMENT

The Literature Review and Phase I Needs Assessment began in the Spring of 2020. The Literature Review provided foundational information of Hand Therapy and the Capstone Site. From there, I was able to develop a Semi-structured interview for my Phase I Needs Assessment. Both the Literature Review and the Phase I Needs Assessment provided me with a starting point for the project. I continued to build on the knowledge and data to construct goals that would aid me in the development of my project. To complete my goals, my Phase II Needs Assessment provided me with specific topics that were imperative to include in the Fieldwork Educational Manual. Throughout out the Capstone Experience, I held small informal meetings with the owner of the clinic and my clinical instructor to present the progress of my project and allowed them to make critiques and suggestions. At the conclusion of week 11, I developed instruments for to evaluate the success of my project By week 12, I was able to finish the Educational manual in its entirety and disseminate it.



PROJECT GOALS / OBJECTIVES

- Long Term Goal** : By week 13, I will develop a clinical fieldwork manual for Level II Fieldwork OT and COTA students at Crossroads Rehabilitation Services Inc. to aid in their education of the basics of hand therapy.
- Short Term Goal 1A:**The OTD Capstone student will conduct a meeting to develop a vision for the clinical fieldwork manual by week 2.
- Short Term Goal 1B:** The OTD Capstone student will develop a clinical fieldwork manual outline by week 4.
- Short Term Goal 1C:** By week 9, I will locate the best practice guidelines for each diagnosis mentioned in the education program.
- Long Term Goal 2:** By week 13, I will develop a model of evaluation to measure the outcome of the education plan
- Short Term Goal 2A:** By week 11, I will develop a quiz to evaluate the students understanding of the basics of hand therapy covered in the education program.
- Short Term Goal 2B:** By week 12, I will construct a survey to evaluate the student's satisfaction of the education program.