Options for Professional Development

PhD, tDPT, Specialist Certification, Clinical Residency

MN APTA Spring Conference
April 21, 2012
A Panel of Specialists

4 Career Paths Explored
1. Transitional Doctor of Physical Therapy Degree (tDPT)
2. PhD
3. Clinical Specialist Certification
4. Clinical Residency

Course Objectives
• Describe the basic components / aspects of a tDPT, PhD, Specialist Certification & Clinical Residency.
• Determine which of these professional development opportunities matches her/his personal & professional goals.
• Identify some Minnesota options for each of these professional development options.

Professional Development

Doctor of Physical Therapy (DPT) Degree
Transitional Programs (tDPT)
Denise Wise, PhD, PT, Chair, tDPT Program Director
Transitional DPT programs

- What is a transitional DPT program? (Markers of quality)
  - Degree parity with today’s entry-level doctor of physical therapy programs
  - Competencies gained with a DPT degree via transitional programs
    - http://www.apta.org/PostprofessionalDegree/GraduateCompetencies/
  - Matching professional expectations with your goals
    - http://www.apta.org/uploadedFiles/PreferredCurricularModelforthe tDPTProgramandLearner.pdf

- Choosing the right tDPT program
  - Accreditation
  - Format
  - Credits
  - Tuition
  - Prerequisites

- Who is it for?
  - Licensed PTs whose entry-level degree was a bachelor’s or master’s degree

- Why should I pursue it?
  - Clinical instructor
  - Teaching
  - Development

- Options for a tDPT degree in Minnesota
- How can I find out more about tDPT programs?
  - http://www.apta.org/PostprofessionalDegree/TransitionDPTPrograms/
  - http://www.apta.org/PostprofessionalDegree/TransitionDPTFAQs/
Why I did it

Selection process
• Why chose CSS tDPT program over others available

Professional Development
Student/Graduate Perspective
tDPT program
Annita Winkels, PT, DPT, MA
My experience
• How long it took to complete the program
• How I benefitted from it

Contact information

Was it worth it?
• Plans for my future

PhD Degree
Paula Ludewig, PhD, PT
Associate Professor
Director of Graduate Studies – Rehabilitation Science Program
University of Minnesota, Program in Physical Therapy
PhD Education

- Academic doctorate – not a DPT or tDPT, not an advanced practice degree
  - Primarily a research degree
  - Research training and internship experience
  - Includes a dissertation
- EdD
  - Doctorate in higher education
  - Training in teaching methods or administration
- DSc
  - Some similar to PhD, some initiated out of continuing education/advanced clinical practice linked in series

Why a PhD?

- Academic Faculty
  - Primary traditional degree expected of academic faculty
  - Other avenues exist to academic faculty positions
- Research
  - Academic or clinical environment
- Building the foundation of your academic career

Deciding on the Right Match

- Advisor/advisee match is critical
- Full time versus part time
- Quality markers
  - Track record of advisor (publications, grant writing, reputation, history of past mentees)
  - Track record of institution, established program
  - Size and scope of the program (are there other students to learn from as well as faculty)
  - Ideal match may not be in your geographic location

Cost

- Variable
- As an example, for U of MN, full time graduate tuition $7000 per semester x 6-8 semesters
  - Typically 2 years coursework, 2 years mentored research
- May be funded by stipend or stipend and tuition benefit as TA or RA
- Fellowship is different from an RA/TA
- Other scholarships exist
Finding a PhD Program/Mentor

- Publication record
- APTA Directory
  - [http://www.apta.org/PostprofessionalDegree/PhDScDPrograms/](http://www.apta.org/PostprofessionalDegree/PhDScDPrograms/)
- Visit
- enquire with other students

PhD Opportunities in Minnesota

- Program in Rehabilitation Science
- Kinesiology
- Higher Education Administration
- Neuroscience
- Biomedical Engineering

Rehabilitation Science Faculty

- Jim Carey – neuroplasticity, stroke rehabilitation, fMRI, rTMS
- Bernadette Gillick - neuroplasticity, pediatrics fMRI, rTMS, constraint induced therapy
- Teresa Kimberley – neuroplasticity, dystonia, stroke, fMRI, rTMS
- Dawn Lowe (exercise physiologist) – muscle physiology, Muscular dystrophy; estrogen, exercise and whole body vibration effects on muscle/bone
- Paula Ludewig – shoulder biomechanics and rehabilitation
- David Nuckley (BME) – spine biomechanics, rehabilitation engineering
- LeAnn Snow (Physiatrist) – muscle physiology and aging/stroke
- LaDora Thompson – muscle physiology and aging/inactivity

University of Minnesota PhD in Rehabilitation Science – [www.med.umn.edu/rehabsci/](http://www.med.umn.edu/rehabsci/)
- Rich Adamczak, DGS Assistant
  - 612-625-3966
  - adamc002@umn.edu
- Paula Ludewig, Director of Graduate Studies (DGS)
  - 612-626-0420
  - ludew001@umn.edu
PhD EDUCATION: A FORMER STUDENT’S PERSPECTIVE
Cort J. Cieminski, PT, PhD, ATR
Associate Professor & Anatomy Lab Director
DPT Program
St. Catherine University

Why did I choose this option over others?

• PhD vs. DSc degree
  – I wanted more of a research focus, thus PhD program
  – DSc: more of a clinical focus
    • May be more flexible for students who are working FT or PT
  – Terminal degree for academia at various institutions:

Why did I do it?

• Lifelong Learning
  – Previous Master’s degree, Athletic Training certification
  – Sports Medicine vs. Rehab Sci (Biomechanics) PhD

• Expectation of DPT faculty at St. Catherine University
  – Started looking 2 years before enrolling in PhD program
  – Some tuition assistance
  – Time away to complete coursework (Sabbatical leave)

What programs did I pursue?

• Sports Medicine: Univ. of Virginia, Oregon St., Univ of Tennessee
• Rehab Science (Biomechanics): Univ. of Minnesota

• Suggestions:
  – Do your homework:
    • What is the research focus of potential advisor?
    • Go visit programs
    • Talk to current PhD students
    • FT vs PT options, process for research advisor assignment
    • Know their benefit package (potential for RA or TA position, stipend, health insurance)
How long did the PhD program take?

- 5+ years (fall 2001- Dec 2006)
- Combined PT and FT (sabbatical leave x 1yr.)
- FT: 3-4+ years (best way to do it if you can!)
  - Fully immersed, better connection with your advisor, TA or RA position more feasible
- PT: 6+ years
  - Know in advance if this if feasible with your advisor and your program

How did it benefit me after the fact?

- Short-term: Promotion at St. Catherine University
- Long-term:
  - Connection with advisor, Dr. Ludewig
  - Contacts in the shoulder biomechanics world
  - Critical thinking skills

Was it worth it?

- Absolutely, yes!
- Not for the feint of heart, however:
  - Time demands
  - Stressful
  - Financial concerns
  - Potential conflict in student-advisor relationship
- The “P” in PhD stands for PERSEVERANCE!

What did I do with the PhD?

- Still with DPT Program at St. Catherine University
- Did increase my marketability as an academic
Nuggets of wisdom

• Know what you want

• Know what various schools have to offer & compare

• Timing: UVA example

Contact information

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  Associate Professor & Human Anatomy Lab Director
  Doctor of Physical Therapy Program
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What is Clinical Specialty Certification?

– Established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills in a special area of practice

– Professional education and development

– Responds to a specific area of patient need

– Assist consumers and the health care community in identifying physical therapists who are specialists in a unique area of practice

Clinical Specialties: The Path to Clinical Excellence

Michelle Peterson, PT, DPT, NCS
Michelle.Peterson@va.gov

Disclosure: Presentation is a condensed version of the ABPTS ppt.
Total Numbers of Certified Specialists by Year

Total 2010: 10,348 individuals

Top Motivations to Pursue ABPTS Certification

• Proof of expertise in specialty area
• Personal challenge or achievement
• Professional career goal
• Earn a credential that reflects advanced practice to patients, physicians, & payers

Source: Survey of certified specialists (2007)

Areas of Specialty Practice Recognized through Board Certification

• Cardiovascular & Pulmonary (CCS)
• Electrophysiologic (ECS)
• Geriatric (GCS)
• Neurologic (NCS)
• Orthopaedic (OCS)
• Pediatric (PCS)
• Sports (SCS)
• Women’s Health (WCS)
Total Numbers of Certified Specialists by Area

- 59% - 10%
- 8% - 1.5%
- 11% - 1.5%
- Wsiatry 82 - Electro 146
- Cardio 148 - Nemo 841
- Sports 854 - Peds 1011
- Geri 1009 - Ortho 6157

Specialty Certification Fees

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Certification is valid for ten years with no maintenance fees

Recertification is an option

Specialist Certification Process

- **Application Deadline:**
  - July of the preceding year
- Each application undergoes a review to evaluate eligibility of the applicant to sit for board examination
- **Testing window**
  - 2012 exam = February 25 - March 10, 2012
  - 2013 exam = March 2 - March 16, 2013

Literature about Specialization

Literature about Specialization


Smith LC. The decision to specialize. 2001;9(6):52-59


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The OCS Certification

Professional growth
Self Assessment and Review

Where do I go in at this point in my life and career?

Lynn Richards, PT, OCS
Lynn.Richards@va.gov

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For more information contact

**APTA**
Residency/Fellowship & Specialist Certification Department
1111 North Fairfax Street
Alexandria, VA 22314
800/999-2782, ext 8520
http://www.apta.org/specialist_certification

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The OCS Certification

• What do I really know?
• What’s changed?
• What do I need to know?
• What do other clinicians and physicians assume that I know?
Why the Orthopedic Clinical Specialty?
- Reasonable time commitment
- Directly relevant to my current practice
- The credentialing offers a clear indicator to the physician that the PT has both the knowledge base and the experience to effectively help their patient.

What did I get from it?
- Confidence! I stopped worrying that I was “an old therapist” and that I didn’t have my DPT!
- Review of new research enriched my clinical decision making skills
- My salary went up!
- Lifelong learning is fun – especially if you do it with a friend

How long did it take?
The entire process was less than a year, including:
- Reviewing the requirements to ensure I met baseline requirements.
- Gathering the appropriate documentation.
- Self assessment of my current skill set.
- Deciding what materials I wanted to use to review
- Planning how I was going to study
- Following the Plan!

Was it Worth It?
- Yes!
- Was it Easy?
  - No. There is a time commitment
- Would I do it over?
  - Absolutely!
- Is my work better because of it?
  - Yes
What next? What’s different?

• A new career path!
• The OCS certification brings more credibility to my current project: integrating mind/body medicine with a risk stratified low back program.

What is a Clinical Residency?

Planned program of postprofessional clinical and didactic education, designed to significantly advance the resident’s preparation as a provider of patient care services in a defined area of clinical practice. Combines opportunity for ongoing supervision and mentoring with a theoretical basis of advanced practice and scientific inquiry.

Disclosure: Presentation includes information from APTA Residency/Fellowship PPT

Clinical Residency

Becky Olson-Kellogg, PT, DPT, GCS
Associate Director & Assistant Professor
Geriatric Clinical Residency Director
University of Minnesota, Program in Physical Therapy

What is the Difference Between a Residency & a Fellowship?

• Residency
  – More broad based
  – Prepares resident to take specialist certification exam

• Fellowship
  – Sub-specialty focus
  – Advanced, specialized practice
Current Credentialed Residencies

- Residency Specialties
  - Geriatrics
  - Neurology
  - Orthopedics
  - Pediatrics
  - Sports
  - Women’s Health
  - Cardiovascular & Pulmonary
  - Clinical Electrophysiology
  - Woundcare

Why Pursue a Residency?

- Personal objective → improve clinical skills, increase knowledge base, & participate in research
- Desire to pursue specialist exam
- Mentored experiences vs. trial and error
- Planned curriculum
- Sufficient resources
  - Evidence-based practice
  - Patient load to maximize competency
- Oversight of competency
  - Practice under “watchful eye”
  - Testing

Hallmarks of a Clinical Residency

- 1500 total hours required (9-36 months)
- Didactic Curriculum (75 hours required)
  - Covers all aspects of the Description of Specialty Practice in that specialty area
  - Evidence-based practice
  - Provided by clinical experts in field
- Mentored Clinical Practice (150 hours required)
  - Provided by clinical experts in field
- Prepares PT for specialist certification exam

Choosing the Right Fit

- Residency Models
  - Clinic Based
  - University Based
  - Collaboration between the 2
- Type of program matches candidate’s long term interests
- Mission, Goals, and Objectives should meet the needs and desires of the candidate
Choosing the Right Fit
• Policies and procedures meet the needs of the candidate
• Faculty and mentors match candidate’s expectations for educational and mentoring experiences
• Curriculum provides a learning style that will augment candidate’s clinical advancement
• Ask to speak with past residents
• Markers of Quality

Cost of a Clinical Residency
• Cost variable
  – No standard requirement by APTA
• Salary
  – Also variable
  – Reduced to accommodate for time out of clinic & mentoring time
• Benefits
• Specific benefits/perks per individual residencies
• Check with each individual residency
• Student rate APTA dues during residency

Clinical Residency Options in Minnesota
• Credentialed Programs
  – University of MN Geriatric Clinical Residency
    • Director: Becky Olson-Kellogg
      olso0184@umn.edu
  – Fairview Sports Medicine Clinical Residency
    • Director: Peter Ames
      pames1@fairview.org
• Developing Program
  – Fairview Orthopedic Clinical Residency
    • Director: Paul Breyen
      pbreyen1@fairview.org

Resources
www.apta.org
  – Link to Education then Clinical Residency/Fellowship
  • List of Credentialed Programs
  • List of Developing Programs
  • FAQ’s re: post-professional education
  – Link to Store
  • Description of Specialty Practice documents

Individual Program Websites
  – Mission, Goals, Objectives
  – Policies and Procedures
  • Admission requirements & application materials
Fairview Sports PT Residency
Lindsey J Halcrow, PT, DPT, SCS, ATC

Why a sports residency?
• Strong interest in sports medicine
• Background both in HS and college directed further study
• Desire to specialize with this population
• Need to enhance new graduate education
• Desire to keep undergraduate education “fresh”

Residency vs ???
• Ability to take time “during work” to study and develop skills
• Direct mentorship/help always available
  – Experts in their field
  – Known locally for their expertise
• Research oriented
  – Self-directed research
  – Emphasis on “knowing current literature”

Residency Specifications
• Typically 1 year
  – Fairview Sports: August through July
• Approximately 25 hours in clinic; 15 spent elsewhere
  – ATR’s
  – Shadowing MD’s, PT’s, ATC’s
  – Research
  – Projects/Presentations
Typical Week

• Monday: Full clinic day with 2-3 hours of specific mentorship time
• Tues: ½ clinic day, ½ ATR day
  – Potential HS or collegiate sports event
• Wed: sports medicine grand rounds, basic science lecture, shadow/research day
• Thurs: Full clinic day
• Fri: research, presentation writing, journal reading, shadowing day
  – Potential HS or collegiate sports event

Benefits

• Able to sit for SCS exam after completion
• Known throughout community as sports medicine trained/expert
• Developed relationships with experts in the field
  – Develop my own expertise
• Clinical confidence
  – 5 years of clinical reasoning squeezed into 1 year

Future plans

• Continue speaking on behalf of the residency program and as an SCS
• Continue sports medicine coverage on athletic events
• Develop more research related to specific interest areas
• Mentor future residents/DPT students/ATC students
• Develop “portfolio” for continued certification after ~10 years

Thank You!

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Q & A Time with Audience & Panel Members