

Designing and Implementing an Orthopedic Residency Program with a 4-month Inpatient Rotation: Benefits and Challenges

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ABSTRACT

ABPTRFE accreditation standards for orthopedic physical therapy residencies and the current *ABPTRFE Description of Residency Practice for Orthopaedics* [Jun 2017] are written with an exclusive focus on the outpatient setting.

Physical therapists in the outpatient setting often care for postsurgical patients who have recently spent time in the inpatient setting. Significant exposure to the inpatient setting may be useful to support outpatient physical therapist practice.

There are few orthopedic PT residency programs that include a full-time inpatient rotation, but none contains an inpatient rotation of this length. The University of Maryland is a graduate healthcare university that offers the possibility of many partnerships.

BACKGROUND & PURPOSE

Program mission: To advance the education of physical therapists to develop leaders in orthopedic clinical practice, research, and service through a collaborative partnership between our rehabilitation network and our DPT educational program to optimize advanced orthopedic physical therapy services for the citizens of Maryland.

Purpose: To design and develop an orthopedic PT residency with an inpatient rotation to better support the foundation for the outpatient-focused core curriculum.

Discussion of the benefits and challenges of developing innovative physical therapy post-professional clinical training programs may provide ideas, inspiration, and insights to others wishing to develop other such programs in facilities with similar resources.

METHODS

Created across University of Maryland institutions:

- 2009 Initial discussion
- 2015 Formal discussions began
- 2017 Dr. Bob Rowe visited to present “*The Value of Developing PT Residencies and Fellowship Programs*”
Formal planning began
- 2018 Interviewed university-based residency directors
- 2021 Accreditation granted by ABPTRFE

BENEFITS

Curriculum

- Created in-house
- Tailored to patient needs
- Synchronized with clinical experiences

Experiences

- Outpatient orthopedics
- Acute ortho/trauma/ED
- Sports medicine PT
- DPT teaching
- Orthopedic surgery
 - Surgical observation
 - Grand rounds
- Dental residency
- Imaging training with radiologists

CHALLENGES

Cultivating support

- Leadership
- Staff
- Faculty
- Logistical challenges**
- Meeting scheduling
- Digital file management
- Curriculum delivery across locations**
- Synchronous didactic education
- In-person lab content
- Asynchronous online modules

RESULTS

Graduation rate: 100% (4/4)

OCS pass rate: 100% (2/2)

Fellowship enrollment : 50% (2/4)

CURRICULAR HOURS

Patient care	1,812
Curriculum	
Didactic	300
Lab	168
Research	56
Other	84
Curriculum subtotal	608
TOTAL	2,420

National presentations

- 2 residents presented an APTA CSM case report poster
- 2 residents presented an AAOMPT case report poster

Community service with the US Bone & Joint Initiative
Graduate survey results:

- Acute care experience prepared them with a deeper understanding of outpatient physical therapy care
- One graduate continues to do inpatient per diem work

CONCLUSION

Despite the challenges of creating this residency, our partnerships afforded our program significant flexibility and strength. This was evident during the initial phases of the pandemic when the residency could easily adapt to challenges and continued without delay. The acute care, emergency department, and outpatient components have all helped to prepare residents to be confident with medical complexity.

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