

NU-RIC NEUROLOGIC PHYSICAL THERAPY RESIDENCY

INFORMATION PACKET FOR 2017-2018 RESIDENCY

Residency Description

The Northwestern University & Rehabilitation Institute of Chicago (NU-RIC) Neurologic Physical Therapy Residency is a 13-month program designed for licensed physical therapists interested in neurologic specialization and training under the auspices of a nationally top-ranked rehabilitation hospital, academic medical center, and physical therapy school.

The residency is a partnership between the Department of Physical Therapy and Human Movement Sciences (PTHMS) of the Northwestern University Feinberg School of Medicine (FSM) and the Rehabilitation Institute of Chicago (RIC). Neurologic *clinical practice* and training takes place at RIC clinical sites. The residency *didactic* component is at NU-PTHMS and RIC.

Top-Ranked Institutions in a World Class City

The Medical Campus

Located in the heart of Chicago's famed Magnificent Mile district, just a short walk from Lake Michigan with its 27-mile-long lakefront bike paths and close-by beaches and harbors, the medical campus enjoys all the benefits of this vibrant global city and its myriad cultural, sporting and entertainment opportunities.

The medical campus includes several institutions collectively known as Northwestern Medicine, plus two independent specialty hospitals, RIC, and Lurie Children's Hospital (formerly Children's Memorial Hospital), both of which are linked to Northwestern Medicine with regards to medical faculty, medical residency training, and other collaborations.

Rehabilitation Institute of Chicago

Every year since 1991, U.S. News & World Report (USN&WR) has ranked RIC as the "#1 Rehabilitation Hospital in America" an unparalleled recognition of RIC's success in realizing its visionary commitment "to advance human ability". RIC aims to "serve as the world's leading scientific hospital for the innovation and application of new and more promising treatments that improve and eliminate the effects of injury, disease and debilitating health conditions." RIC has been designated an SCI Model Systems Center, has been awarded Magnet Recognition for nursing, and is a federally designated Rehabilitation and Research Training Center for stroke. RIC has 43 board certified neurologic clinical specialists throughout the system of care.

In pursuit of its vision, RIC is building a new research hospital (opening early 2017) a block away from its current facility, to triple its square footage and enable it to maintain its global leadership in cutting edge rehabilitation and science for decades to come. In

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that same spirit, RIC and NU-PTHMS are collaborating on multiple fronts: orthopaedic and neurologic residencies, PTHMS faculty practice privileges at RIC, an academic track including faculty appointments for select RIC physical therapists, research, and expanded training opportunities for PTHMS DPT students.

Department of Physical Therapy and Human Movement Sciences

Consistently ranked among the top 10 U.S. physical therapy schools by USN&WR, PTHMS is the oldest physical therapy school in the U.S. and has garnered a global reputation for:

- Excellence in training the next generation of leaders in physical therapy practice and research through professional and post-professional education programs.
- Training new researchers in the field of Movement and Rehabilitation Science (MRS).
- Development and implementation of technology-supported therapeutic interventions.
- Advances in rehabilitation science including the quantification of movement disorders and clinical outcomes.

Besides its renowned physical therapy school, PTHMS is increasingly recognized for its unique dual-degree DPT-PhD program in conjunction with NU's McCormick School of Engineering, and a PhD degree in Movement and Rehabilitation Science offered through the Northwestern University Interdepartmental Neuroscience PhD program (NUIN).

Northwestern Medicine

The institutions making up the Northwestern Medicine health system are the NU Feinberg School of Medicine, Northwestern Memorial Hospital (NMH), and Northwestern Medical Group (NMG). NMG is a multi-specialty practice of approximately 1000 physicians wholly owned by Northwestern Memorial Health Care, the holding company for NMH. NMH was recently recognized as the top hospital in Illinois and is ranked among the top 10 hospitals nationally by USN&WR with superior recognition in multiple medical specialties including orthopaedic surgery, neurology and neurological surgery.

Residency Accreditation Status

Physical therapy residencies and fellowships are accredited by the American Board of Physical Therapy Residency and Fellowship Education (ABPTRFE), an APTA affiliate. The NU-RIC Orthopaedic Residency was accredited in 2015. ABPTRFE recognized the NU-RIC Neurologic Physical Therapy Residency is currently recognized as a Candidate Program. Any resident successfully completing the residency during the accreditation year will be considered by ABPTRFE to be a graduate of an accredited residency even if graduation from the program occurs prior to the program receiving its accreditation. Given our stellar records and past accomplishments, both NU and RIC are confident in our ability to achieve residency accreditation in a timely manner, but the anticipated timetable and plan do not constitute a guarantee of accreditation.

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Residency Mission

The *NU-RIC Neurologic Physical Therapy Residency* will be a training ground and model for the specialized practice of neurologic physical therapy in the 21st century, to foster an ability-driven, outcomes-based professional culture committed to the integration of science-based clinical reasoning and clinical care, and to lifelong learning and research.

Goals

The NU-RIC Neurologic Physical Therapy Residency will train residents to achieve:

- Science-based clinical reasoning.
- Effective and efficient examination and evaluation.
- Development of cognitive, affective, psychosocial, and psychomotor skills in the area of neurologic physical therapy.
- Participation in research and data collection towards the advancement of the science and practice of neurologic physical therapy.
- Development of professional and leadership capabilities through the honing of skills involving communication and inter-professional interactions.

Residency Program and Content

- The typical week for a resident:

Residents will typically be scheduled for 32 clinical hours per week including the mandatory mentored hours and intermittent weekend hours. Other residency activities such as didactic sessions, special clinical observations and experiences, research, and study-time are in addition to scheduled clinical time. One day per week will typically be devoted to a combination of didactic pursuits, clinical observations, interacting with physicians and other healthcare professionals, and research. The other 4 to 4.5 days will be spent treating patients either independently or in conjunction with a mentor.

- Clinical practice:

Clinical practice will occur throughout the RIC system of care, including specialized inpatient floors serving patients with diagnoses of spinal cord injury, brain injury, stroke, medically complex conditions, and pediatric patients. Additional clinical practice will occur in both the pediatric and adult outpatient departments of the main hospital as well as at a Day Rehabilitation offsite location of which there are multiple in the Chicago-land area.

- Clinical mentoring:

The residency incorporates 150 to 200 hours of clinical mentoring (3 to 4 hours per week), the majority of which involves the mentor observing the resident, followed by case-discussion. Residency mentors are selected primarily from among RIC's 43 board-certified neurologic specialists (NCS), through a competitive process.

- Didactic content:

The NU-RIC Neurologic Physical Therapy Residency will cover all didactic content required by ABPTRFE, and will prepare residents for the ABPTS neurologic board-certification examination. Content will be presented through the lens of Northwestern's Motor Control Framework emphasizing

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movement analysis and unifying neuro-musculoskeletal principles based on the anatomy, physiology, and biomechanics of disease, tissue damage, and tissue repair.

Learning modules will include:

- Pediatric Gait Analysis: A Segmental Approach to Orthotic Management
- Vestibular Rehabilitation: Theory, Evidence, and Practical Application
- Current Evidenced-Based Concepts and Management of Individuals with Spinal Cord Injury
- Current Evidenced-Based Concepts and Management of Individuals with Stroke
- Application of Diagnostic Imaging in Physical Therapy Practice
- Discussion of Ethical Issues in Rehabilitation
- Clinical Reasoning and Decision Making in Rehabilitation
- Statistics Review, Assessment Tool Selection, and Application to Clinical Practice and Research
- Motor Control Factors Associated with Movement Problems
- Teaching and Learning in Physical Therapy Practice
- Neuroanatomy Review of Structure and Function
- Mentoring Course for Allied Health Professionals
- Didactic program:
 - Didactic time: 220 hours including time spent teaching in the DPT program
 - Periodic didactic sessions at PTHMS with one or more members of the PTHMS neurologic faculty team, including certified specialists in neurologic physical therapy.
 - Teaching will be a combination of lecture, on line modules, and discussions.
 - Weekend and/or evening seminars and workshops provided by RIC external academy or PTHMS.
 - Grand rounds opportunities in various related departments including: PTHMS, RIC, PM&R and others.
 - Specialty Lectures throughout the academic medical center.
 - Journal Club: Each resident will occasionally lead an RIC neurologic journal club.
- Research
 - Each resident will be responsible for completing a neurologic focused research project in conjunction with or under guidance of PTHMS faculty or researchers at RIC or PTHMS. Research mentors will be available early in the residency year to guide the resident in developing their project.
- Resident Teaching
 - The resident will participate in approximately 55 hours as lab assistant and small group discussion leaders in the DPT student program.
 - The opportunity to provide a neurologic lecture to DPT students may be offered to our most outstanding residents.
- Specialty experiences may include the following:

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- Observations of surgeries in-person or by video.
- Observation or participation in specialty clinics that may include, but are not limited to, seating and positioning clinic, tendon transfer clinic, Parkinson's clinic, SCI sexuality clinic, Technology Center, Vocational Rehabilitation, etc.
- Special events and volunteer opportunities
 - RIC adaptive sports program
 - Wheelchair division of Chicago Marathon

Residency logistics for RIC-employed residents

- Residents will be salaried employees of RIC.
- For further details, see the RIC job description for Neurologic Physical Therapy Resident.
- Hours: Schedule includes approximately 32 clinical hours per week plus 10 to 15 hours devoted to the didactic program, research, and observations. Schedules may fluctuate to maximize clinical, didactic, and experiential opportunities.
- Due to the intensive nature of this 13-month residency training, outside employment during the residency is strongly discouraged.
- Resident salary:
 - \$41,000 per year.
 - For currently employed RIC physical therapists: current salary minus \$20,000.
- PTO, Sick Days and benefits: As specified in the current RIC Employee Benefits Booklet, along with some additional residency-specific policies contained in the Resident's Manual.

Residency Completion

Upon completion of the 13-month residency, the resident's employment agreement with RIC automatically expires. If the resident-graduate seeks further employment at RIC, he or she should indicate this interest to RIC HR department prior to residency completion so that exploration of any open positions can begin, and an application submitted.

Residency logistics for off-campus residents

- The off-campus option for a physical therapist resident participating in the residency as an employee of an institution other than RIC is being considered for the future.

Eligibility and Requirements for Admission

- Every applicant must be licensed to practice physical therapy in Illinois or provide evidence that licensure will occur prior to starting the residency. No residency candidate will be permitted to start the residency without licensure in effect on the starting date.
- Every applicant must have completed at least 12 weeks of neurologic physical therapy practice (which may include time spent in student neurologic

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internships) at the time of application, or show evidence that such experience will have been completed prior to the first day of the residency.

- Admission to the residency requires successful completion of all the application procedures outlined below in the section “Residency Application Process”.
- Every resident participating in the on-campus residency must meet all requirements for employment by the Rehabilitation Institute of Chicago and be fully approved to start orientation as an RIC employee prior to the first day of residency.
- Note: Residency slots are limited. Therefore, admission to the residency is a competitive process. The Residency Admissions Committee is committed to admitting qualified candidates who are deemed best prepared to contribute to accomplishing the Residency’s mission and goals.

Residency Application Process

- Candidates must apply to the NU-RIC residency through the RF-PTCAS national common residency application system, online:
<http://www.abptrfe.org/RFPTCAS/ApplicantWebsite/>. Applicants must provide the following:
 - Current CV.
 - Letter of intent (750 words maximum) addressing the following:
 - A narrative summary of prior clinical and educational experience.
 - Personal goals and objectives for the neurologic residency.
 - A narrative self-assessment of neurologic clinical strengths and weaknesses.
 - Statement of resident’s short and long term goals for neurologic practice following successful completion of the residency
 - Three letters of recommendation, including **at least two of** the following:
 - Current or former physical therapist supervisor (or CI, if a recent graduate with less than 6 months experience).
 - Instructor or faculty member from a CAPTE-accredited physical therapy program, or a mentor from an accredited neurologic physical therapy residency.
 - A physician with whom the applicant has collaborated within the past year in clinical care or research.
- The PTHMS-RIC Residency Admissions Committee reviews applications and selects candidates to proceed to the interview phase.
 - Applicants who are selected for interview should be prepared for topics such as:
 - Why do you want to complete a neurologic residency?
 - Discussion related to any application documents.
 - Discussion of clinical practice, patient cases, and professional issues.
 - Discussion of physical therapy research.
 - Demonstration of patient interactions or treatment plans.
 - The Residency Admissions Committee is committed to admitting residents who, based on past educational, clinical, and personal achievements, demonstrate

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excellent prospects for successful completion of all residency requirements, professional leadership, and application of their time and talent to the residency mission and goals.

- Admission into the residency is subject to the sole discretion of the Residency Admissions Committee and Residency Director(s).
- If admitted to the residency, a candidate will receive a Letter of Acceptance into the Neurologic Residency from the Residency Director(s) and an offer letter from RIC Human Resources outlining the remaining RIC employee-onboarding requirements.
- An accepted candidate confirms intent to join the residency by taking the following actions:
 - Sends a \$200 non-refundable registration deposit to Residency Director.
 - Signs the NU-RIC Neurologic Physical Therapist Resident Agreement which describes obligations of both the Residency program and the Resident, and commits the resident to:
 - Start and complete the residency within in the allowed time frame.
 - Follow all residency policies, procedures, and rules.
 - Accept the residency financial agreement as to salary, benefits, tuition, and fees.
 - Make arrangements with RIC Human Resources to complete any remaining RIC employment requirements. If for any reason, at any time, the candidate is deemed by RIC to be ineligible for RIC employment, participation in the residency will be automatically denied or terminated.
 - Accept terms of RIC employment agreement.

Residency Calendar for 2016

- **Residency application submission deadline: February 13, 2017**
- **Candidate interviews: April 2017**
- **Residency Director notifies candidates accepted into the residency: May 2017**
- **Residency starting date: Anticipated August 2017**

For further information regarding the residency, contact the NU-RIC Residency

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