

ANGELO STATE UNIVERSITY
College of Health and Human Services
Doctor of Physical Therapy Program

STUDENT SELF-ASSESSMENT OF COMPETENCY

NAME _____

DATE _____

(print)

Instructions: Indicate for each item listed below if you have received instruction about the item during classroom, lab or clinical situations using the following scale:

4 = clinical, classroom and lab

3 = clinical only

2 = classroom and lab

1 = no exposure

Add a (+) or a minus (-) to indicate much or little exposure.

Competency means to perform the activity accurately, appropriately, skillfully and consistently. Under the competency column indicate how competent you feel in each area listed using the following scale:

5 = competent with minimal supervision

4 = competent with occasional supervision

3 = competent with supervision

2 = require suggestions and guidance to perform competently

1 = require assistance to be competent

Comment in the space provided as needed.

EXAMINATION SKILLS	EXPOSURE	COMPETENCE
Aerobic capacity and endurance		
Anthropometric characteristics		
Arousal, attention, and cognition		
Assistive and adaptive devices		
Community and work (job/school/play) barriers		
Ergonomics and body mechanics		
Gait, locomotion and balance		
Integumentary integrity		
Joint integrity and mobility		
Motor function (motor control and motor learning)		
Muscle performance (strength, power, endurance)		
Neuromotor development and sensory integration		
Orthotic, protective and supportive devices		
Pain		
Posture		
Prosthetic requirements		
Range of Motion (including muscle length)		
Self-care and home management (ADL and IADL)		
Sensory integrity (including proprioception and kinesthesia)		
Ventilation, respiration (gas exchange) and circulation		

Student comments:

ACCE comments:

DIRECT INTERVENTIONS: EXPOSURE COMPETENCE

Physical Agents and Mechanical Modalities:

Paraffin		
Hot Packs		
Cryotherapy techniques		
Short-wave Diathermy		
Whirlpool/Hubbard Tank/Therapeutic Pool		
Ultrasound		
Mechanical Traction (cervical/pelvic)		
Phonophoresis		
Tilt Table		
Intermittent Compression Pump		

Student Comments:

ACCE Comment:

DIRECT INTERVENTIONS: EXPOSURE COMPETENCE

Electrotherapeutic Modalities:

Biofeedback		
Electrical Stimulation for Pain Control		
Electrical Stimulation for Edema Reduction		
Electrical Stimulation for Muscle Pathology/Dysfunction		
Electrical Stimulation for Wound Healing		
Iontophoresis		

DIRECT INTERVENTIONS: EXPOSURE COMPETENCE

Therapeutic Exercise:

Range of Motion		
Active Exercise		
Progressive Resistive Exercise		
Closed Chain Exercise		
Coordination and Balance		
Posture Awareness		
Endurance/Aerobic		
Isokinetic		
Conditioning/Flexibility		

EXPOSURE

COMPETENCE

Cardiac/Pulmonary Exercise		
Cardiac/Pulmonary Rehab		
Relaxation Exercise		
Pre & Post Partum		
PNF Techniques		
Vascular Exercise (venous/arterial/lymphatic)		
Vascular Rehab		
Aquatics		

DIRECT INTERVENTIONS:

EXPOSURE

COMPETENCE

Other:

Manual Therapy Techniques		
a. Peripheral Joint Mobilization		
b. Spinal Mobilization		
c. Soft Tissue Mobilization		
d. Muscle Energy Techniques		
e. Massage		
Taping and Wrapping		
Wound Management		
a. Debridement (wound/thermal injury)		
Sharp		
Mechanical		
Chemical		
Autolytic		
b. Wound Dressings		
c. Sterile Technique/Standard Precautions		
Airway Clearance Techniques		
a. Effective cough		
b. Bronchial hygiene		
c. Suctioning		

Student Comments:

ACCE Comments:

DIRECT INTERVENTIONS:

EXPOSURE

COMPETENCE

Functional Training Activities:

Gait Training (including Fall and Recovery)		
a. Crutches		
b. Canes		
c. Walkers		
d. Prosthetic		
e. Orthotic		
Wheelchair Use		

EXPOSURE

COMPETENCE

a. Management		
b. Mobility		

GENERIC ABILITIES ASSESSMENT:

Generic Ability	Level (Beginning, Developing, Entry Level)
1. Commitment to Learning	
2. Interpersonal Skills	
3. Communication Skills	
4. Effective Use of Time and Resources	
5. Use of Constructive Feedback	
6. Problem Solving	
7. Professionalism	
8. Responsibility	
9. Critical Thinking	
10. Stress Management	

DIAGNOSTIC CATEGORIES:

Provide a narrative below of the types of patient/clients that you have been exposed to in a clinical environment. In the narrative include information on acute or chronic dysfunction, typical age of patient/clients, inpatient or outpatient experiences, length of time involved in the setting, etc. Indicate your level of competence with the patient/client populations.

Student Comments:

ACCE Comments:

Student Signature

Date

ACCE Signature

Date