

ANGELO STATE UNIVERSITY
College of Nursing and Allied Health
Physical Therapy Program

GUIDELINES FOR REFLECTIVE PRACTICE

During each full time experience, student physical therapists are expected to participate in one activity of reflection. They may choose either weekly journal entries **or** a reflective case study, but must do at least one of each activity over the course of the three (3) clinical education experiences. This activity is graded. Students must meet master (80%) to pass the activity. Journals should be submitted each week by e-mail or regular mail or FAX. The reflective case study is due on Friday of Week 7.

GUIDELINES FOR WEEKLY JOURNAL ENTRIES

1. Write at least two journal entries per week. Date each entry. You may write more if you wish.
2. Suggested areas for reflection:
 - A. Your role as a student physical therapist
 - B. Thoughts about a specific patient/client
 - C. Your needs now that you are in clinic (knowledge, skills, generic abilities)
 - D. Thoughts about the environment you are in (department, staff, health care)
3. Please maintain the confidentiality of your patient/clients in your entries.

GUIDELINES FOR REFLECTIVE CASE STUDY

1. Choose a patient/client that you have evaluated, that you have particular interest in, and that there is available information for your use.
2. Develop a case history based on the following outline:
 - A. History –
 - i. Social and medical history
 - ii. Current medical status
 - iii. Medications.
 - B. Physical Therapist Examination
 - i. Current objective findings including functional status and impairments
 - ii. A copy of your initial evaluation with all patient/client identifying information removed.
 - C. Physical Therapist Assessment and Goals
 - i. Problem list and assessment with prognosis and benefit statement
 - ii. Disability goals
 - iii. Long term functional goals
 - iv. Short term functional goals.
 - v. Impairment goals.
 - D. Physical Therapist Plan of Care
 - i. Coordination/Communication
 - ii. Patient Education
 - iii. Procedural interventions.
 - iv. The progressions you used.
 - E. Course of Physical Therapy for the Patient/Client
 - i. Your reassessment findings
 - ii. Discharge planning
 - iii. Any involvement of other health care practitioners.
 - F. Outcome –

- i. Indicate the clinical prognosis
 - ii. Functional outcome of this patient/client using standard outcome measuring tool.
- G. Reflection – reflect on this case and your involvement; then write about:
- i. Your application of technical skills
 - a. What areas did you do well?
 - b. What areas do you need to improve?
 - ii. Your knowledge base.
 - a. What background information and skills did you need to know to examine and evaluate this patient/client?
 - b. What skills did you need to implement a safe, effective, evidence-based treatment program for this patient?
 - iii. Reflect and write about your interpretation and reactions to this patient/client.
 - a. How do you feel about your diagnosis of the patient/client problem?
 - b. How do you feel about your ability to treat this patient?
 - iv. What were the challenges you faced with this patient/client?
 - v. Reflect and write about ‘what ought to have happened’ if there were unlimited time, money, motivation, etc.

If you have any questions about the expectations of this assignment, please discuss them with the ACCE.

Written case study must adhere to writing guidelines as defined in the Student Handbook.