



Improving Clinical Practice Skills Through Physical Agent Modalities at High Five Hand Therapy

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HIGH FIVE HAND THERAPY & REHABILITATION

Outpatient hand therapy clinic located in Los Angeles, CA, specializes in treating upper extremity (UE) injuries. Their services encompass a range of treatments such as splinting, physical agent modalities, therapeutic exercise, instrument-assisted soft tissue mobilization, manual therapy, and promoting occupational engagement, providing comprehensive care to patients with UE injuries to promote recovery and improve functional outcomes.

NEEDS ASSESSMENT

A needs assessment was conducted through observation during fieldwork IIB, a semi-structured interview with the site mentor, and a Google Forms survey distributed to therapists and students which revealed areas of improvement including:

- Creation of a PAMs course for fieldwork students and therapists
- Addition of modalities
 - TENS
 - US

PROJECT DESCRIPTION

The project revolves around the development of a PAMs course. This course is designed to assess the effectiveness of teaching methods through pre and post-test surveys, with the goal of enhancing the knowledge and skills of both occupational therapy students during fieldwork rotations and practicing occupational therapists looking to improve their clinical skills. The overarching theme of the project is to elevate clinical practice skills for the capstone student, thus benefiting the broader occupational therapy community by fostering continuous learning and skill enhancement.

LEARNING OBJECTIVES

Learning Objective 1

Develop and implement PAMs course

- Create a literature-based matrix regarding PAMs protocols
- Create an outline of the course
- Complete Course

Learning Objective 2

Improve clinical practice skills

- Demonstrate understanding of all modalities (application, safety, precautions, contraindications)
- Apply knowledge with caseload

Learning Objective 3

Course evaluation through pre-post-test surveys

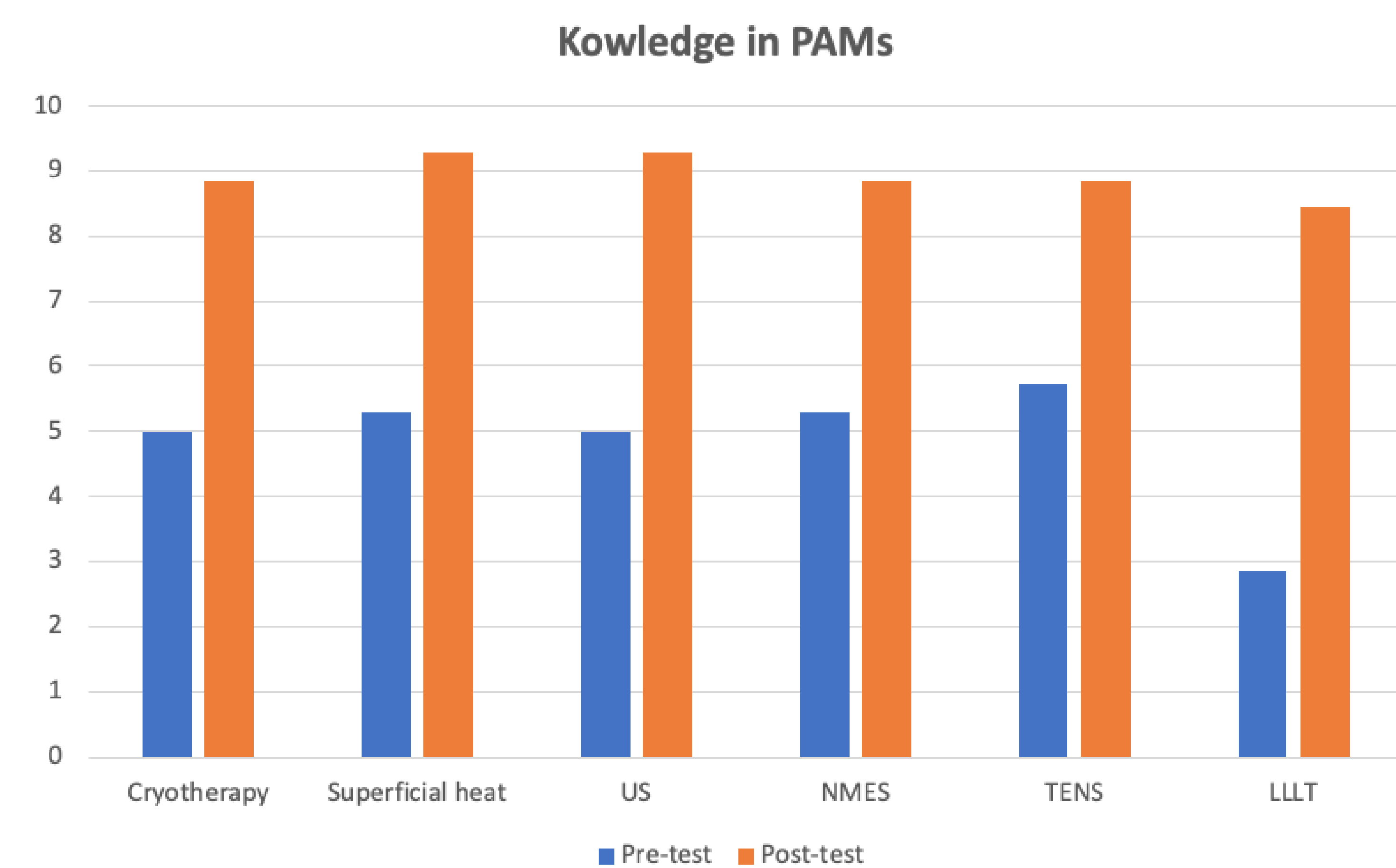
- Design survey via Google Forms
- Administer to participants
- Analyze results

EVALUATION & OUTCOMES

Pre-post-test survey via Google Forms

8 participants

- 7 OTS
- 1 OTR/L



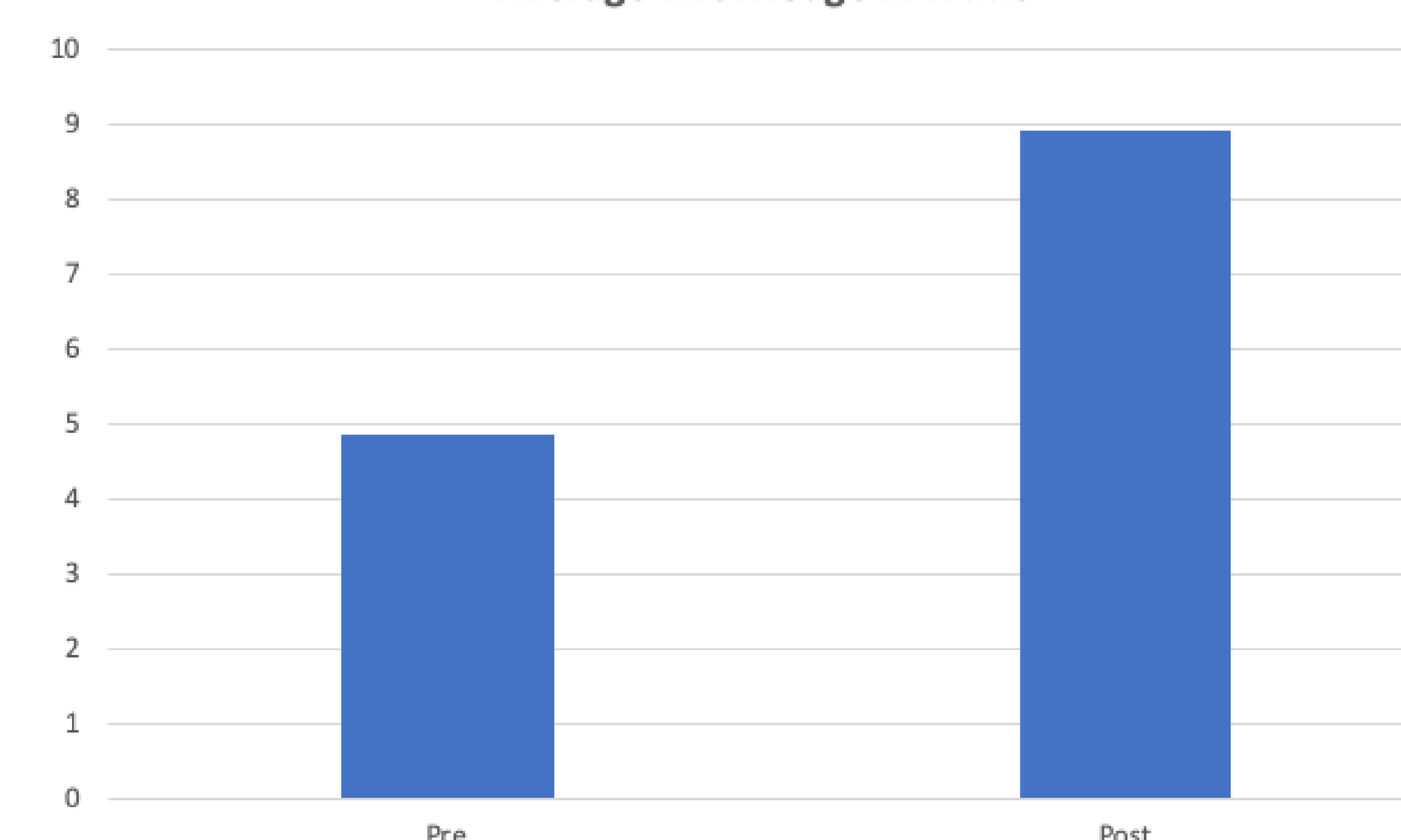
P-value = 0.00007119

Results of the paired-t test indicated that there is a significant large difference between Before (M = 4.9 ,SD = 1) and After (M = 8.9 ,SD = 0.3), t(5) = 12, p < .001.

Received Formal Training in PAMs



Average Knowledge in PAMs



81.6% increase post-test

LITERATURE REVIEW

Key themes identified in the literature:

- Adult learning theory (Mukhalalati and Taylor, 2019; Sogunro, 2014).
- Impacts of the recent shift to online learning (Kara et al., 2019; Becker et al. 2022).
- Barriers clinical instructors face at hand therapy clinics when accepting students for fieldwork rotations (Valdes & Castelli, 2023; Short et al., 2017).

SCHOLARLY DELIVERABLES

- Information flyer
- PAMs course
- Course quiz - 100 questions cover didactic portion
- Video demonstration of safe application
- Lab schedule and lab notes



DISCUSSION & CONCLUSION

- Research results show promising findings, indicating a potential positive impact of the intervention.
- The study's small sample size limits the generalizability and statistical power of the findings.
- Further research with a larger and more diverse sample size is needed for more definitive conclusions on the intervention's effectiveness.

REFERENCES

