



Location: Gainesville FL Date: June 2, 2014
City State

Organization: UF Health Shands Rehab Hospital

*Contact Person(s): Jennifer Amsinger, PT, DPT, CCCE
**Must have at least a Bachelor's degree in a related field and a minimum of 2 years' experience within the discipline.*

Address: 4101 NW 89th Blvd Gainesville FL
Street/PO Box City State/Zip

Phone: 352-265-5491 x70146 Fax: 352-265-5432

Email: amsinj@shands.ufl.edu Website: https://ufhealth.org/shands-rehab-hospital

What semesters is your organization available to accept interns?
☒ Fall (August-December) ☒ Spring (January-April) ☒ Summer (May-August)

Please check the specializations that best pertain to the internship experience offered:

☒ Exercise Physiology ☒ Fitness/Wellness

How many interns do you typically accept per semester? 2

Interns must complete a minimum of 35-40 hours per week (520 hours total). List the normal working hours for your organization. Please indicate any evening or weekend time commitments:

Monday-Friday 8:30-5:00

Is office space available to interns? ☒ Yes ☐ No shared office space
Comments

Is a computer/scanner available to interns? ☒ Yes ☐ No shared desktop computers
Comments

Does your organization offer paid or non-paid internships? ☒ Non-paid ☐ Paid (amount) _____

List other benefits your organization offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

Opportunities for participation in staff inservices, opportunities to participate

List required purchases for interning with your site (e.g. parking pass, uniform, back-ground check, etc.):

None



List required skills or previous experience necessary for interning with your organization:

Recommend previous volunteer or work experience in therapy setting. However, no previous experience necessary.

Special Requirements (i.e. special application, proof of health insurance, immunizations, etc.)

Please note: All interns are required to purchase professional liability insurance coverage for \$1,000,000

Copy of medical insurance card, Copy of CPR certification, Proof of immunizations to include: chicken pox titer test or immunization, measles immunization if born after 1957, rubella titer test or immunization if born 1950 or later, Hepatitis B immunization (recommended but not required), TB skin test during the year of your internship.

Completion of the above as well as any additional requirements listed on Exhibit A (attached).

Provide a bulleted list of duties/responsibilities your organization expects to be fulfilled by interns:

- * Assist therapy staff with patient care and related activities, following training and competency testing
- * Administer therapeutic exercises and therapeutic modalities following programs established by therapy
- * Instruct, motivate and assist patients as they participate in functional activities and therapeutic interventions
- * Communicate with patients and caregivers on therapeutic activities as an extension of the licensed therapist
- * Assess patient vital signs as directed to determine the patient's response to treatment
- * Using the established protocol, communicate results of session and information on patient response to the supervising therapist.
- * Discuss patient response and progress with therapy staff to evaluate treatment interventions in order to plan, modify and progress the patient's plan of care.
- * Assist therapy staff with data input and support documentation of therapeutic interventions, providing results to the therapist through written or verbal communication.

Please describe a typical day for the intern:

The primary role of our interns are to assist with providing additional therapeutic interventions for our patients by instructing patients in programs established by the patient's primary therapist. The goals of these programs are to promote increased strength, cardiovascular endurance, functional mobility and ROM for our patients and supplement their standard 3 hours of therapy daily.

Our APK interns begin their day at 8:30 am. At this time, the interns check in with supervising therapists in order to ensure that the patients they will be seeing that day are appropriate for participation in the established programs. In addition, the intern will be responsible for scheduling these daily programs and gathering necessary paperwork for the day.

Beginning at 9:00, our interns are scheduled to see patients for 30-minute sessions to assist these patients in participation in a variety of therapeutic interventions. Our interns typically see 5-10 patients each day. During downtime, interns are provided with opportunities to observe and assist with patient therapy sessions and observe patient education classes. In addition, interns are provided opportunities to participate in educational inservices provided at the facility.

Furthermore, interns are provided an additional 60 minutes of documentation time (30 minutes at lunch and 30 minutes at the end of the day) in order to document the patient's progress in established programs and communicate this to the therapists. Interns are encouraged to assist the therapists in modifying established programs using the knowledge gained during their academic coursework and facility training. Interns are also provided opportunities for data entry and data analysis for patients in this program as part research on patient outcomes.

Interns must be evaluated on at least 6 of the following Student Learning Outcomes (SLO's). Please check each SLO that applies to the duties/responsibilities provided to interns at your organization.

APK Student Learning Outcomes (SLOs)	Applied Examples <i>(These examples used to describe each SLO are not exclusive; they are simply intended to provide clarity to the individual SLOs)</i>
<input checked="" type="checkbox"/> Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments.	<ul style="list-style-type: none"> • Intern can perform body composition calculations. • Intern can identify socioeconomic impacts on health and fitness behaviors. • Intern can calculate target and max heart rates in order to prescribe aerobic exercise.
<input checked="" type="checkbox"/> Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	<ul style="list-style-type: none"> • Intern can identify muscles used in specific exercises and name other exercises that use those muscles. • Intern can name specific structures damaged by pathologies like diabetes.
<input checked="" type="checkbox"/> Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	<ul style="list-style-type: none"> • Intern can explain the baroreflex. • Intern can explain why skeletal muscle cells atrophy when immobilized. • Intern can describe the impact of respiration on blood pH.
<input type="checkbox"/> Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	<ul style="list-style-type: none"> • Intern can explain how exercise helps depression. • Intern knows where to locate information related to psychological health impacts of various activities. • Intern can identify and properly refer individuals with eating disorders.
<input checked="" type="checkbox"/> Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	<ul style="list-style-type: none"> • Intern can explain why resting HR and BP are reduced following endurance training. • Intern can identify immediate and long-term benefits of resistance training.
<input checked="" type="checkbox"/> Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	<ul style="list-style-type: none"> • Intern can select a safe fitness test for a cardiac patient. • Intern can perform skinfold testing and use that data to prescribe appropriate amounts of exercise.
<input checked="" type="checkbox"/> Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.	<ul style="list-style-type: none"> • Intern can describe which populations might be prone to ankle sprains. • Intern can identify medications which might lead to an impaired ability to perform aerobic exercise. • Intern can prescribe exercise to suit the goals of clients based on fitness assessments.
<input checked="" type="checkbox"/> Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	<ul style="list-style-type: none"> • Intern can perform a submaximal VO₂ test and use the collected data to classify the subject's level of fitness. • Intern can perform a laboratory experiment and compare their results to other similar studies.
<input checked="" type="checkbox"/> Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects.	<ul style="list-style-type: none"> • Intern can explain to a patient the importance of hydration during exercise. • Intern can generate professional emails to ask scientific or medical questions. • Intern can generate an abstract to present research at a scientific or medical conference.

Would you like to be added to the Department's list of approved sites for future interns? ☒ Yes ☐ No

Name of student requesting completion of the site approval form (if applicable): _____

I have reviewed the APK Undergraduate Internship Policies and Procedures Manual: 06/13/14

Site Signature: Jennifer Amsinger Digitally signed by Jennifer Amsinger
DN: cn=Jennifer Amsinger, o=UF Health Shands Rehab Hospital, ou, email=amsinj@shands.ufl.edu, c=US
Date: 2014.06.13 21:27:17 -04'00' Date: 06/13/14
 Department Approval: dlrhodes@ufl.edu Digitally signed by dlrhodes@ufl.edu
DN: cn=dlrhodes@ufl.edu
Date: 2014.06.17 10:50:56 -04'00' Date: 06/17/14

EXHIBIT A

REQUIREMENTS FOR STUDENTS AND/OR FACULTY PARTICIPATING IN CLINICAL EXPERIENCE AT SHANDS

Students and faculty with on-site supervision responsibilities must provide proof that they meet the following requirements when they come to Shands to begin their clinical experience:

1. General Health Screening and/or physical examination.
2. Proof of two MMR vaccines, administered 4 weeks apart, OR
Laboratory (serological) proof of immunity to measles and rubella
3. Documentation of immunity to Chickenpox (varicella) by one of the following:
 - Documentation of two varicella vaccinations, administered 8 weeks apart, OR
 - Laboratory (serological) proof of immunity, OR
 - Documentation of a history of varicella disease or herpes zoster (“shingles”) by a licensed healthcare provider.
4. Tuberculosis screening: Negative Tuberculin skin test less than three months old OR (1) documentation of a previous positive tuberculin skin test and a chest x-ray showing no active tuberculosis disease, and/or (2) proof of completion of preventative therapy or treatment for active tuberculosis disease.
5. Hepatitis B vaccine:
Documentation of completion of hepatitis B vaccine series.
Documentation of Hepatitis B surface antibody serology (optional, but **recommended**).
Declination of Hepatitis B vaccination completed.
6. Tetanus / Diphtheria / Pertussis: Documentation of one dose of tetanus/diphtheria/pertussis (Tdap) vaccination.
7. Vaccination with the current season’s quadrivalent formulation of the flu vaccine.
8. Completed training course on HIV and AIDS, as required by Florida Law. For students enrolled in the Athletic Training Program, a course for Bloodborne Pathogens may be substituted.
9. Evidence of health insurance. (May be waived for students demonstrating hardship).
10. Completed Shands’ HIPAA training and orientation.
11. State of Florida Criminal background check.