

## Cystic Fibrosis Physical Therapist Mentoring Program: Apprentice

### **Purpose**

The purpose of the CF Physical Therapist Mentoring program is to provide resources and information for physical therapists that are new to CF with the desired goal of improving the quality of care delivered.

### **Background**

For 50 years, the Cystic Fibrosis Foundation (CFF) has worked to ensure that people with CF and their families benefit from the best possible clinical care, in addition to scientific and clinical research. Physical therapy care for the cystic fibrosis population is a very dynamic field. A need has been identified by the CFF for additional resources for physical therapists at CF Centers. Many CF centers are finding needs to involve physical therapists in their care teams and many physical therapists are not aware of the extensive network of available pulmonary resources.

There are wonderful opportunities for learning at the annual North American Cystic Fibrosis Conference. However not all physical therapists (PTs) are able to attend every year (or at all). The NACFC provides a wealth of information, but does not allow for hands-on experience working with patients with CF and their families. PTs new to CF care may not be aware of the many resources specific to CF including consensus statements, information contained within PortCF, educational materials, and the Listserv for physical therapists who work with patients with CF.

### **CF Physical Therapist Apprentice**

A CF physical therapist apprentice program has been developed to provide resources and information for physical therapists (and physical therapist assistants) that are new to CF and/or the physical therapist position. The role and expectations of the CF physical therapist apprentice are detailed below.

### **Role:**

The CF physical therapist apprentice will be paired with a mentor who will serve as a resource for information about his/her role as physical therapist of a CF Center. The interactions will include phone and email contact and a visit by the apprentice to the mentor's site to learn the variations for role implementation and ideas on applying knowledge gained within the apprentice's center.

### **Expectations:**

The CF Physical Therapist apprentice will agree to:

- Review CF 101 for the Physical Therapist information on Port CF
- Develop learning objectives with measurable outcomes with assistance of mentor
- Travel to the mentor's center for a 1 to 2 day visit to learn/observe the basics of CF physical therapist roles and responsibilities
- Within one week post visit, prepare a short report detailing important topics/issues covered during the site visit
- Submit expenses to CFF for reimbursement of covered expenses (see Site Visit Guidelines for more details)
- Be available for a meeting during the North American Cystic Fibrosis Conference (if attending NACFC meeting)
- Maintain contact via phone and/or email with mentor regularly (at least monthly ) for advice, support, and any additional information that may be helpful in developing role
- Provide feedback regarding apprentice experience to help develop the mentoring/apprentice program