



## **Cystic Fibrosis Physical Therapist Mentoring Program: Mentor**

### **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 Mentor**

A CF Physical Therapist Mentoring Program has been developed to provide resources and information for physical therapists who are new to CF and/or the physical therapist's position. The role and expectations of the CF Physical Therapist mentor are detailed below.

### **Role:**

The CF Physical Therapist mentor will serve as a resource and advisor for physical therapists who are new to CF care and/or the position. The interactions may 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 to apply the knowledge gained within the apprentice's center.

### **Expectations:**

The CF Physical Therapist mentor will agree to:

- Make contact with the apprentice to discuss goals and desired outcomes to be achieved, review current roles and project involvement at each site, and best days for site visits based on interests
- Review appropriate material to help guide the new physical therapist (101 documents, role description)
- Have regular contact with the apprentice to discuss learning objectives at face-to-face meeting, brainstorm ideas and set time for site visit, review ongoing work to achieve established goals
- Host the apprentice for a 1 to 2 day site visit to explain the basics of CF care and the physical therapist's responsibilities
- Direct the apprentice to appropriate resources/individuals (e.g., CFF consensus documents, education materials, list serv)
- Share educational materials and other documents/templates with apprentice
- Be available to the apprentice via phone and email regularly (at least monthly) for questions and to facilitate achieving established goals
- Be available for a meeting during the North American Cystic Fibrosis Conference (if attending NACFC meeting)
- Provide feedback regarding mentoring experience to help develop the mentoring program