

Cystic Fibrosis Physical Therapist Mentoring Program: Information Sheet

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.

I. 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.

The following is a detailed description about the Mentor (qualifications, role and expectations), the Apprentice (role and expectations), the Program Format, and the Program Administration.

II. CF Physical Therapist Mentor:

Qualifications

The CF physical therapist mentor should have at least 5 years of experience in the field of CF. Mentors should actively seek new information to stay current in the field of physical therapy and CF. The mentor must be willing to host an apprentice at their center and maintain contact for at least three months post visit.

Role

The CF physical therapist mentor will serve as a resource for therapists that are new to the CF population. The interactions will include a face to face meeting, site visit, phone and email contact.

Expectations

The CF physical therapist mentor will agree to:

- Participate in a one hour mentoring conference call at the beginning of program
- Review the CF 101 for Physical Therapists document on Port CF prior to interaction with the apprentice.
- Be available to her/his apprentice via phone and email for questions on an as needed basis during the time of the visit and for the 3 months following the visit
- Direct the apprentice to appropriate resources/individuals (CFF consensus documents, education materials, Listserv)
- Host the apprentice for a 1 to 2 day site visit to explain the basics of physical therapy care for CF
- Within two weeks post visit, complete post visit evaluation on Survey Monkey
- Assist the apprentice with travel plans including recommendations for local hotels
- Review appropriate material to help guide PTs new to CF care
- Share educational materials and other documents/templates with apprentice
- Review registry information (apprentice and mentor) for center specific outcomes. Based on apprentice's center's outcomes, assist apprentice in developing a measurable outcome to be done after completing the site visit
- Contact program facilitator with questions regarding the execution of the program
- A two year term with one apprentice per year (depending on schedule and availability)

III. CF Physical Therapist Apprentice:

Role

The CF physical therapist apprentice will be paired with a physical therapist mentor who will serve as a resource for information about physical therapy care for the CF population. The interactions will include a face to face meeting, site visit, phone and email contact. Apprentices should be dedicated to the field of physical therapy care and CF, and have the intention of continuing in the field of CF for at least 2 years after program completion.

Expectations

The CF physical therapist apprentice will agree to:

- Review CF 101 for the Physical Therapist information on Port CF
- Identify, with the mentor, 2-3 educational objectives for the program
- Develop measurable outcome(s) (with the assistance of the mentor and CF team) based on CF center registry information
- Ask appropriate questions and respect other commitments of the mentor
- Travel to the mentor's center for a 1 to 2 day visit to learn/observe the basics of respiratory care for CF
- Within two weeks post visit, complete post visit evaluation on Survey Monkey
- Submit expenses to CFF for reimbursement of covered expenses (see Site Visit Guidelines for more details)
- Contact program facilitator with questions regarding the execution of the program

IV. Program Format

The following information is a rough outline of how the program will be conducted. A program facilitator will be assigned to each matched mentor/apprentice pair to help with the program administration and to answer questions.

A. Initial interaction/Pre Site Visit

Prior to match the mentor will:

- Participate in mentor conference call
- Review CF 101 for the Physical Therapist information on Port CF

Mentor/apprentice match criteria:

- Patient population: pediatric, adult, both
- Type of experience needed: inpatient, outpatient, both
- Geographical location

Initial contact to include:

- Introduction with background information (center size, team members, patient population, how long PT has worked at center, other experience, philosophy of care, center Quality Initiative (QI) projects)
- Discuss apprentice educational objectives for the program (should identify 2-3)
- Discuss potential meeting dates - consider clinic days, inpatient rounds, chart or pre-clinic conference

Pre-visit planning

- Mentor and apprentice will notify respective CF team, as well as assigned program facilitator, of upcoming visit (approval from supervisor and/or CF Center Director)
- Both mentor and apprentice will review CF 101 for the Physical Therapist material, make notes of items to address in more depth
- Confirm apprentice's learning objectives
- Mentor will decide prior to the meeting which patients to see with apprentice (look at clinic schedule and/or inpatient census, obtain prior verbal consent from patient/family) and provide copies of written material (e.g. assessment templates or center specific educational material) that might be helpful for the apprentice to take back to her/his own CF Center

B. Site Visit (order will vary depending on CF center schedule)

Pre-visit Team meal (not mandatory, but encouraged; see Site Visit Guidelines for more details)

- Apprentice and mentor have dinner with mentor's CF team; this will give the apprentice an opportunity to meet the team and ask questions

Pre-clinical experience

- Review outpatient clinic and/or CF center inpatient process
- Review materials used for assessment and education
- Discuss appropriate in and/or outpatients (review clinical history, plans for topics to discuss during visit, etc)
- Attend multidisciplinary chart/clinic review or inpatient rounds, if applicable

Direct patient contact

- Mentor to introduce apprentice to patient and family
- Apprentice to take notes and write down questions to discuss later (i.e. not in the presence of the patient)

Post clinic experience/wrap-up

- Time for discussion and for apprentice to ask questions
- Review registry information; work on developing outcome measures
- Mentor to give final tips, information
- Multidisciplinary rounds, if applicable

C. Post Site Visit

- Both mentor and apprentice to complete site visit evaluations on Survey Monkey; Apprentice should send learning objectives and how they were achieved to program facilitator
- Apprentice to discuss and agree on outcome measure with CF team
- Apprentice to submit expenses to CFF for reimbursement of covered expenses (see Site Visit Guidelines for more details)
- Mentor to submit honorarium form to CFF after completion of site visit with apprentice
- Apprentice center director/program director and/or nurse coordinator(s) to complete post visit evaluation (approximately 3 to 6 months post visit)
- Maintain contact for at least three months post visit to discuss pertinent information
- Attend mentoring program meeting at upcoming NACFC

V. Program Administration

The CF physical therapist mentoring program will have one match period per year

1st month: Call for applications for mentors and apprentices via center directors' email and CF physical therapy, and LLC Listserv

2nd month: Matches arranged and program facilitator assigned to each matched pair

3rd-6th month: Apprentice visit takes place, evaluations completed

October/November: Mentor to attend mentoring meeting at NACFC (if attending the conference)