

Mayo School of Health Sciences

Physical Therapy Internship

Jacksonville, Florida



Physical Therapy Internship

PROGRAM DESCRIPTION

Mayo School of Health Sciences offers a Physical Therapy Internship for those students enrolled in an accredited physical therapy program.

The supervised clinical internship opportunities are for physical therapist students. Internships are arranged by the academic coordinator of clinical education at your college or university, after you have completed the academic portion of your curriculum.

The MSHS Physical Therapy Internship thoroughly prepares individuals for practice in their affiliation area (e.g. acute care, neurologic rehabilitation, sports medicine, geriatrics, etc.).

ACCREDITATION

Mayo Foundation's Physical Therapy Program has been accredited since 1939. The Physical Therapy Program at Mayo Clinic in Jacksonville has been accredited since 1990. It is currently accredited by the Commission on Accreditation in Physical Therapy Education.

Mayo Foundation also is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools.

Higher Learning Commission

30 N. LaSalle Street, Suite 2400

Chicago, IL 60602-2504

(800) 621-7440

(312) 263-0456

Fax: (312) 263-7462

www.ncacihe.org

AFFILIATED INSTITUTION(S)

To participate in the Mayo School of Health Sciences' Physical Therapy Internship at Mayo Clinic in Jacksonville, you must be enrolled in a physical therapy program at one of the following affiliated academic institutions:

Emory University

Department of Rehabilitative Medicine

118-A Rehabilitation Center

Atlanta, GA 30322

(404) 712-5507

Fax: (404) 712-5895

E-mail: dstrass@emory.edu

University of St. Augustine

University of St. Augustine for Health Sciences
1 University Boulevard
St. Augustine, FL 32086
(800) 241-1027
E-mail: info@usa.edu

University of North Florida

College of Health, Building 39
4567 St. John's Bluff Road South
Jacksonville, FL 32224
(904) 620-2812 or (904) 620-2810
Fax: (904) 620-1030

Mayo School of Health Sciences

Siebens Medical Education Building 11
200 First Street SW
Rochester MN 55905
(507) 284-0200 or (800) 626-9041
Fax: (507) 284-0656
E-mail: mshsenrollment@mayo.edu

FACILITIES

Mayo Clinic in Jacksonville was established in 1986 as a comprehensive medical facility in the southeastern United States, where advanced programs in education and research support the highest-quality patient care.

Campus activity is centered around the interconnected Davis, Mayo and Cannaday buildings. The campus has modern education facilities, including classrooms, lecture halls, an extensive library and computer lab. The state-of-the-art Birdsall Medical Research Building allows researchers to investigate neurological diseases such as Alzheimer's and Parkinson's.

St. Luke's Hospital, located a few miles from the clinic, provides essential clinical care experiences for students and trainees. It is a modern 289-bed facility with operating rooms and transplant units, and advanced cardiac and neurosurgery facilities. The Griffin Cancer Research Building was completed in 2001 to support Mayo Clinic's many cancer studies. Plans also are under way to build a new Mayo Clinic hospital on the Jacksonville campus.

The Department of Physical Medicine & Rehabilitation offers comprehensive physical medicine and rehabilitation care for both inpatients and outpatients. At Mayo Clinic, physician evaluations, as well as physical and occupational therapy services, are available. Inpatient rehabilitation care is provided at St. Luke's Hospital, part of Mayo Clinic in Jacksonville.

Through training activities, specialized equipment, videos and other learning resources, you will learn to treat adult patients with medical diagnoses typically seen in the rehabilitative clinical setting, including stroke, spinal cord injury, traumatic brain injury, multiple sclerosis, cancer, cardiac conditions and neurological impairments.

HOURS

For the majority of the internship, your learning schedule will include eight-hour days, five days per week. While the regular workweek is usually 40 hours, additional projects, patient activities and homework may be assigned.

CLASS SIZE

Each year, Mayo School of Health Sciences admits up to 10 students in its Physical Therapy Internship Program at Mayo Clinic in Jacksonville. This ensures you will receive a comprehensive educational experience with close one-on-one instruction.

Curriculum

As a physical therapy intern, you will study and work on the Mayo Clinic campus in Jacksonville, Fla.

The internship provides high-quality didactic and clinical experiences needed to become a competent therapist or therapist assistant.

Internships vary in length depending on the academic program's requirements. Most are eight weeks, but vary between eight and 12 weeks, depending on the program level and requirements. Students may have the opportunity to complete a series of internships in various Mayo Clinic practice areas.

Mayo Clinic offers physical therapy internship experience in:

- Inpatient acute care
- Outpatient care
- Acute rehabilitation (emphasis on neurologically impaired patients)
- Inpatient orthopedics (joint replacements, laminectomies)
- Outpatient orthopedics
- Geriatric outpatient
- Organ transplants
- Cardiac ICU

You will gain experience in treating patients with special therapy needs, which may include:

- Back-related symptoms evaluation and treatment
- Musculoskeletal disorders, including shoulder and knee problems
- Neck pain evaluation and treatment
- Postmastectomy lymphedema management
- Rehabilitation of disabling neurologic conditions
- Rehabilitation of neuromuscular disorders
- Sports medicine and rehabilitation
- Stroke rehabilitation
- Vestibular rehabilitation

DIDACTIC

Over the course of the internship, you may participate in lectures, workshops, in-service training, case studies, field trips, Grand Rounds and informal discussions.

Grading or Evaluation

Mayo School of Health Sciences uses student evaluative tools that include:

- Written examination
- Demonstration of skills
- Self-assessment exercises
- Faculty reviews

Our system of evaluation provides students and faculty with a comprehensive look at individual performance. This allows faculty and administrative staff to direct students who are experiencing academic difficulty to the appropriate support resources, including tutoring programs and counseling opportunities.

CURRICULUM ENHANCEMENT

Mayo School of Health Sciences is committed to developing and maintaining the very best education programs. Changes may be made to the curriculum and other aspects of this program as necessary to assure the highest-quality training.

Faculty

TEACHING FACULTY

The Physical Therapy Internship Program draws faculty from Mayo Clinic's clinical, scientific and technical staffs. They are chosen for their commitment to teaching as well as clinical practice and/or research. Many have published and lectured extensively and are highly regarded in their field.

You will have access to these individuals throughout your training - with the opportunity to learn directly from some of today's best practitioners in physical therapy.

VISITING PROFESSORS/LECTURERS

A hallmark of higher education excellence is the breadth and depth of information and experience provided students by the faculty and visiting experts. Many prominent professors visit Mayo Clinic to lecture on their areas of medical and scientific expertise each year. As a student of Mayo School of Health Sciences, you are encouraged to attend all conferences, lectures and seminars prepared for students, residents, fellows and consulting staff.

Admissions

PREREQUISITES

To be eligible for admission to the Physical Therapy Internship Program, you must be currently enrolled in an accredited physical therapy education program.

Admission to the internship program is prearranged by the academic coordinator from your college or university.

There are two levels of practice in physical therapy: A physical therapist and a physical therapist assistant. To prepare for a career as a physical therapist, you must complete a professional education program accredited by the Commission on Accreditation of Physical Therapy Education (CAPTE). You may choose:

- A professional master's degree program
- A professional doctor of physical therapy degree program

To become a physical therapist assistant, you must complete a two-year associate degree educational program accredited by CAPTE.

All courses of study require a period of supervised clinical experience and successful completion of a national examination. Those who pass the test are awarded the title of physical therapist or physical therapist assistant.

Physical therapy programs are available in colleges, universities, medical schools and vocational, technical, or community colleges throughout the country. There are no on-the-job training programs. Because entrance requirements, prerequisites and program components differ from school to school, it is important to get specific information from those programs to which you are interested in applying.

To receive a current list of physical therapy education programs, you may contact the American Physical Therapy Association at (800) 999-APTA (2782).

POLICIES AND RESPONSIBILITIES

The following Mayo School of Health Sciences' policies affect applications and admissions to its programs:

English fluency

Fluency in written and spoken English is essential to succeed in the program and to ensure patient safety. If English is a second language, you must be able to demonstrate fluency. Satisfactory performance on the Test of English as a Foreign Language examination or the Michigan Test of English Language Proficiency must be documented as proof of fluency. Your test results must be less than two years old.

Immunization record

For the protection of patients, students and employees, and in compliance with state regulations, Mayo Clinic requires students to be properly immunized. You must show proof of the following immunizations before you begin a program at Mayo School of Health Sciences:

- Tuberculin test in the past six months
- Varicella, rubella and rubeola immunity
- Up-to-date diphtheria and tetanus shots
- Hepatitis B vaccination or signed declaration

Documentation of vaccinations must be provided to Mayo Employee Health Service prior to the start of class.

Health status

Prospective students will undergo a health review at Mayo Clinic and will have the opportunity to update or receive the required tests and immunizations cited above. More information about the review will be provided after you have been offered a program appointment.

Appointment to the program depends upon successful completion of the health review.

Medical insurance

Students must have medical insurance coverage during their program. Student medical insurance can be purchased through Mayo Clinic.

Evidence of medical coverage must be provided when your educational program begins.

Background check

Prospective students must pass a criminal background check and/or drug screening required by state laws, prior to enrollment to Mayo School of Health Sciences.

Student responsibilities

Mayo School of Health Sciences' students are expected to attend all scheduled classes, examinations and assigned clinical rotations unless absence is approved.

You must achieve a passing grade on the comprehensive examination, that you will take near the end of the second year of the program.

Students are required to exhibit professional and ethical conduct at all times.

Equal opportunity

Mayo School of Health Sciences upholds all federal and state laws that preclude discrimination on the basis of race, sex, age, religion, national origin, marital status, sexual orientation, disabilities or veteran's status.

TECHNICAL STANDARDS

Mayo School of Health Sciences accepts students who are highly qualified for its programs. To be considered for admittance you should exhibit strong qualifications for the health profession you wish to pursue. Applicants to programs must possess the following general qualities:

- Critical thinking skills
- Sound judgment
- Emotional stability and maturity
- Empathy for others
- Physical and mental stamina
- Ability to learn and function in a variety of settings

In addition to these responsibilities, as a physical therapist you will be required to:

- Work with arms above shoulders occasionally.
- Have adequate use of legs, arms, hands and fingers.
- Lift more than 50 pounds routinely.
- Push and pull, bend and stoop, and kneel or squat routinely.
- Stand 80 percent of the time.
- Work compassionately with patients.
- Assist patients on and off equipment from wheelchairs or carts.
- Effectively write and speak to patients and staff.
- Hear and see clearly.
- Work weekends and holidays.

Most full-time physical therapists work a 40-hour week, which may include some evenings and weekends. The job can be physically demanding because therapists often have to stoop, kneel, crouch, lift and stand for long periods. In addition, physical therapists move heavy equipment and lift patients or help them turn, stand or walk.

You must be able to perform the essential functions of the profession and meet the standards of the curriculum. Students seeking exceptions to these standards or reasonable accommodations should initiate their request with the program's director.

Application Process

POSITIONS

Mayo School of Health Sciences admits up to 10 students each year to the Physical Therapy Internship Program at Mayo Clinic in Jacksonville on a competitive basis.

Your application and all supporting documentation must be received at least 60 days prior to the start of the internship.

HOW TO APPLY

Step 1: Contact your school's Academic Clinical Education Coordinator (ACCE) or Director of Clinical Education (DCE) to arrange to participate in the MSHS Physical Therapy Internship Program.

Step 2: Complete the Mayo School of Health Sciences' online application form.

Once your participation is approved by both your Academic Clinical Education Coordinator and the MSHS Physical Therapy Internship Program Director, you will receive a packet of materials to be completed and returned to MSHS.

Tuition & Financial Aid

PROGRAM COSTS

You pay tuition to the college or university you are attending. Mayo School of Health Sciences charges no additional fees for the Physical Therapy Internship.

You are responsible for providing your living accommodations and transportation.

You may hold outside employment during the program, if it does not conflict with your program responsibilities.

FINANCIAL AID

For information about financial aid, please contact your school's student financial aid office. The Mayo Clinic College of Medicine Student Financial Aid Office can provide details about MSHS financial aid opportunities.

Physical Therapy Career Overview

FIELD DESCRIPTION

Physical therapists (PTs) work with patients who have impairments, limitations, disabilities or changes in physical function and health status resulting from injury, disease or other causes. Their role includes examination, evaluation, diagnosis, prognosis and interventions toward achieving the highest functional outcomes for each patient/client.

PTs provide services within a disablement model, which includes aspects of pathophysiology, impairment, functional limitation and disability. They provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities. They restore, maintain and promote overall health, wellness and fitness. Their patients include accident victims and individuals with disabling conditions such as low back pain, arthritis, heart disease, fractures, head injuries and cerebral palsy.

Therapists examine patients' medical histories, then test and measure their strength, range of motion, balance and coordination, posture, muscle performance, respiration and motor function. They also determine the ability of patients to become independent and reintegrate into the community or workplace after an injury or illness.

After examining patients, physical therapists develop treatment plans that describe the treatment strategy, its purpose and anticipated outcome. PT assistants, under the direction and supervision of a physical therapist, may be involved in implementing patient treatment plans. Physical therapist aides perform routine support tasks, as directed by the therapist.

Treatment often includes exercise for patients who have been immobilized and lack flexibility, strength or endurance. They encourage patients to use their muscles to further increase flexibility and range of motion before finally advancing to exercises improving strength, balance, coordination and endurance. Their goal is to improve how an individual functions at work and home.

Physical therapists also use electrical stimulation, hot packs or cold compresses and ultrasound to relieve pain and reduce swelling. They may use traction or deep-tissue massage to relieve pain. Therapists also teach patients to use assistive and adaptive devices such as crutches, prostheses and wheelchairs. They also may show patients exercises to do at home to expedite their recovery.

As treatment continues, physical therapists document progress, conduct periodic examinations, and modify treatments when necessary. Such documentation is used to track the patient's progress, and identify areas requiring more or less attention.

Physical therapists often consult and practice with a variety of other professionals, including physicians, dentists, nurses, educators, social workers, occupational therapists, speech-language pathologists and audiologists.

Some PTs treat all physical disabilities, others specialize in areas such as pediatrics, geriatrics, orthopedics, sports medicine, neurology and cardiopulmonary physical therapy.

CAREER OPPORTUNITIES

Employment of physical therapists is expected to grow faster than the average for all other occupations through 2010. The demand for physical therapists should continue to rise as a result of growth in the number of individuals with disabilities or limited function. The rapidly growing elderly population is particularly vulnerable to chronic and debilitating conditions that require therapeutic services. Also, the baby boom generation is entering the prime age for heart attacks and strokes, increasing the need for cardiac and physical rehabilitation.

Advances in medical technology that increase survival of newborns with birth defects, save more trauma victims, and permit treatment of additional disabling conditions will create greater demand for rehabilitative care. Widespread interest in health promotion also should increase demand for physical therapy services. A growing number of employers are using physical therapists to evaluate work sites, develop exercise programs, and teach safe work habits to employees in the hope of reducing injuries.

Physical therapists held about 132,000 jobs in 2000, with one-in-four working part-time. About two-thirds of physical therapists were employed in hospitals or private practice. Other jobs were in home health agencies, outpatient rehabilitation centers, offices and clinics of physicians and nursing homes. Self-employed physical therapists may provide services to individual patients or contract with hospitals, rehabilitation centers, nursing homes, home health agencies, adult day care programs and schools. They may establish a solo practice or join a consulting group. Physical therapists also teach in academic institutions and conduct research.

EARNING POTENTIAL

According to the American Physical Therapy Association 2003 Median Income of Physical Therapist Summary Report, median annual earnings of physical therapists were \$62,000 in 2003. Median earnings ranged from \$46,000 for physical therapists with 0-3 years of experience to \$72,000 for physical therapists with more than 15 years of experience.

PROFESSIONAL ORGANIZATION

Visit the following Web site to learn more about physical therapy:

- American Physical Therapy Association (www.apta.org)

Program Contacts

For an application form or more information about the Physical Therapy Internship Program in Jacksonville, please contact:

Kate Ray, Enrollment and Student Services Director

(507) 266-4077

(800) 626-9041

Fax: (507) 284-0656

E-mail: mshsenrollment@mayo.edu

Or

Karen Curtin, Physical Therapy Internship Program Director

(904) 953-7115

Fax: (904) 953-0276

E-mail: curtin.karen@mayo.edu

Mayo Clinic College of Medicine

Mayo School of Health Sciences

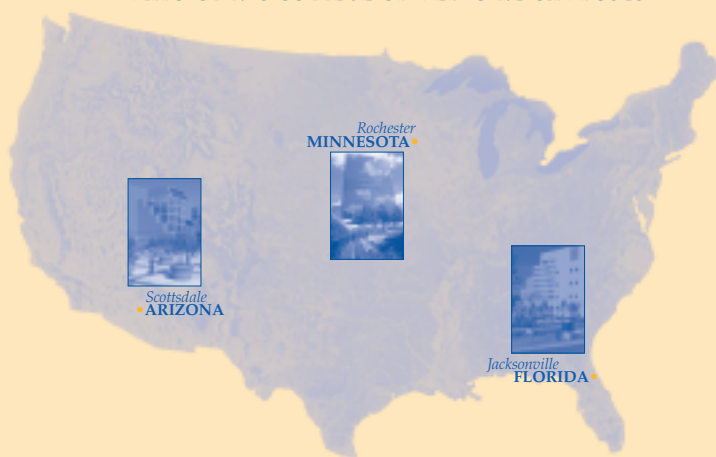
Siebens Medical Education Building 11

200 First Street SW

Rochester, MN 55905

You can also request more information on education programs offered by Mayo School of Health Sciences.

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College of Medicine

4500 San Pablo Road
Jacksonville, FL 32224

200 First Street SW
Rochester, MN 55905

13400 East Shea Boulevard
Scottsdale, AZ 85259

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