

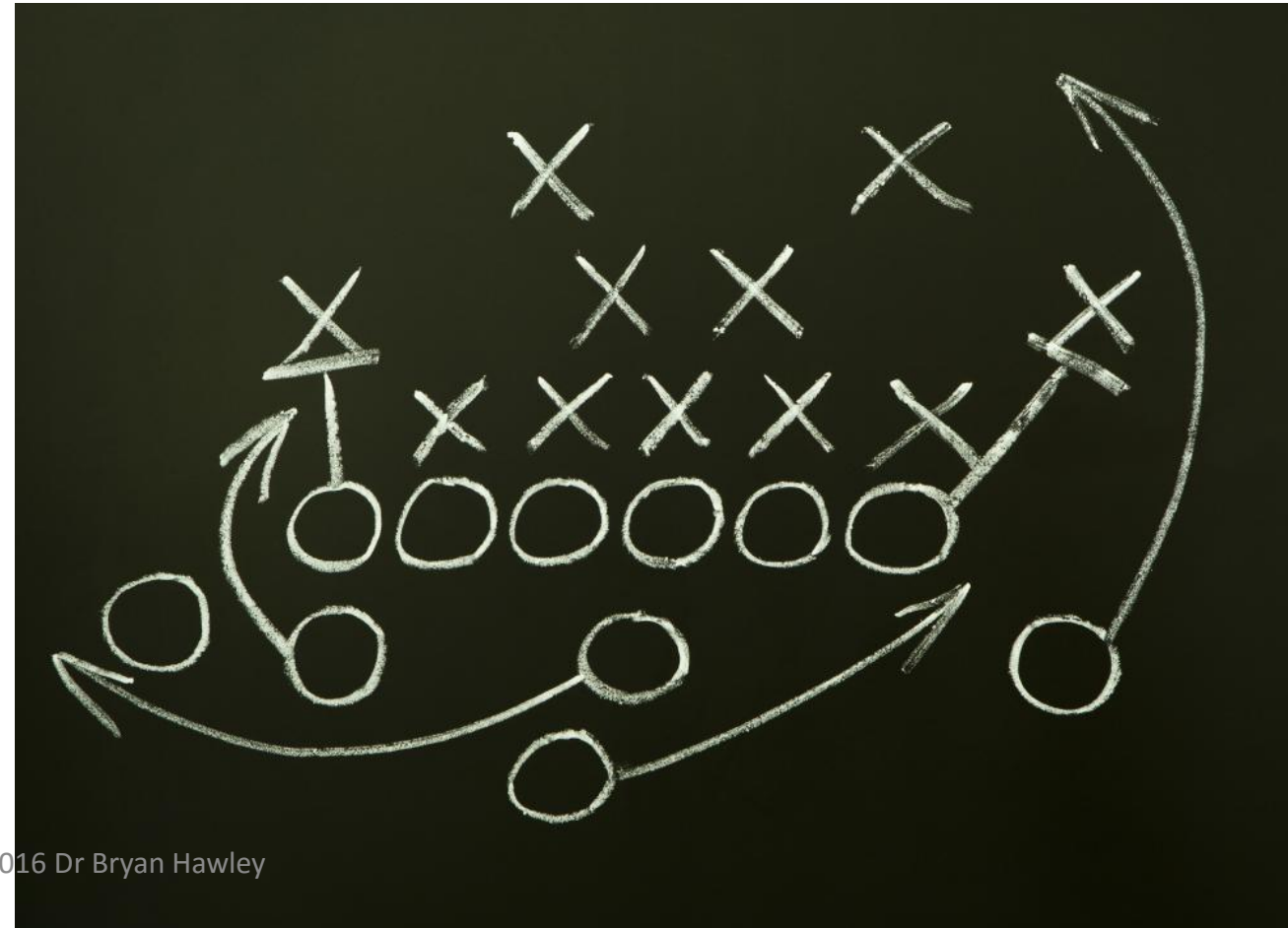


Mod1

Introduction for CAs, 1 EBP vs Wellness

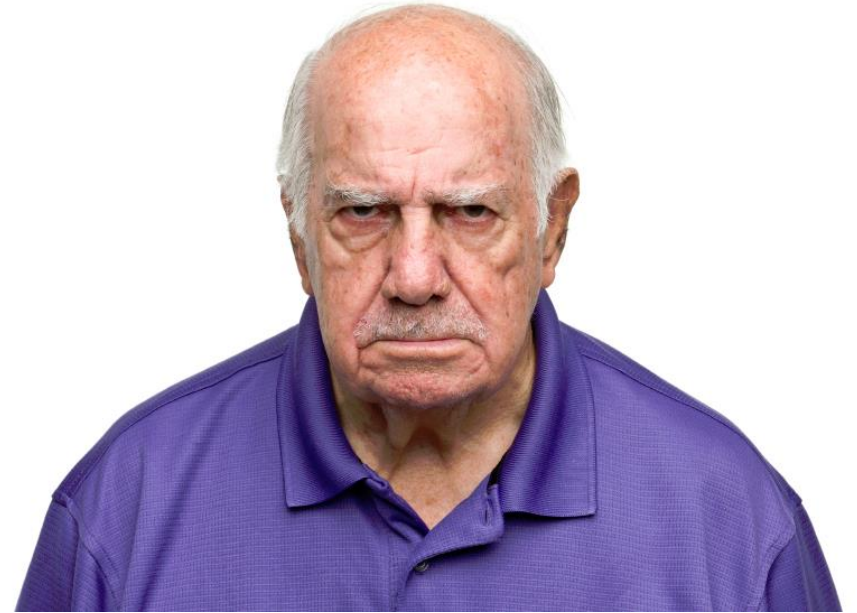
Role of the CA in the office

- Observe for more clinical signs of distress
- Help Doctor identify potential indications
- Comfort patient throughout the process
- Be aware of any and all symptom changes pts may have
- Maintain steady flow
- Protect Dr. and office
- Protect patient
- Answer phones
- Help Clean
- Distribute office supplies
- Perform clinical duties
- Attend shows and events
- Do marketing
- Front Desk help
- Wash Drs. car
- Do Drs. laundry



Our First Order of Business

The patients



Patient profiles

Patients will normally have a primary personality but it can change daily when in pain.

You will have to deal with many different personality issues

Learn the 4 basic patient profiles



Personalities!



4 basic personality types

Driver
Expressive
Analytical
Amiable



Driver (Decisive)

Goal oriented, has a plan and sets out to achieve it. Confident and handles stress well. Skips all the “fluff” just wants the bottom line. Workaholic, works independently.

FOR PATIENTS:

Give the four things every patient wants to know in order and quickly!

1. Can you help me
2. How long will this take
3. What's this going to cost me
4. Will it last

Expressive (Motivator)

Outgoing, enthusiastic, fast paced, optimistic. Builds rapport and relationships easily, usually a motivator in the group, trusting, loves praise.

FOR PATIENTS:

Focus that there is hope and you are excited for them. Tell them of all the things that they will be able to do after the treatment is finished.

Analytical (Thinker)

Detailed oriented, analytical and logical. Likes consistency and continuity. Loves the facts.

FOR PATIENTS:

Stress the statistical success, the research data, tell them where to search for information on you and the procedures on the web. Give them testimonials and references. Give them all the data but with stats to back it up.

Amiable (Supporter)

Very calm and consistent. Always on time. Works well with others and is a team player. Compassionate and well liked.

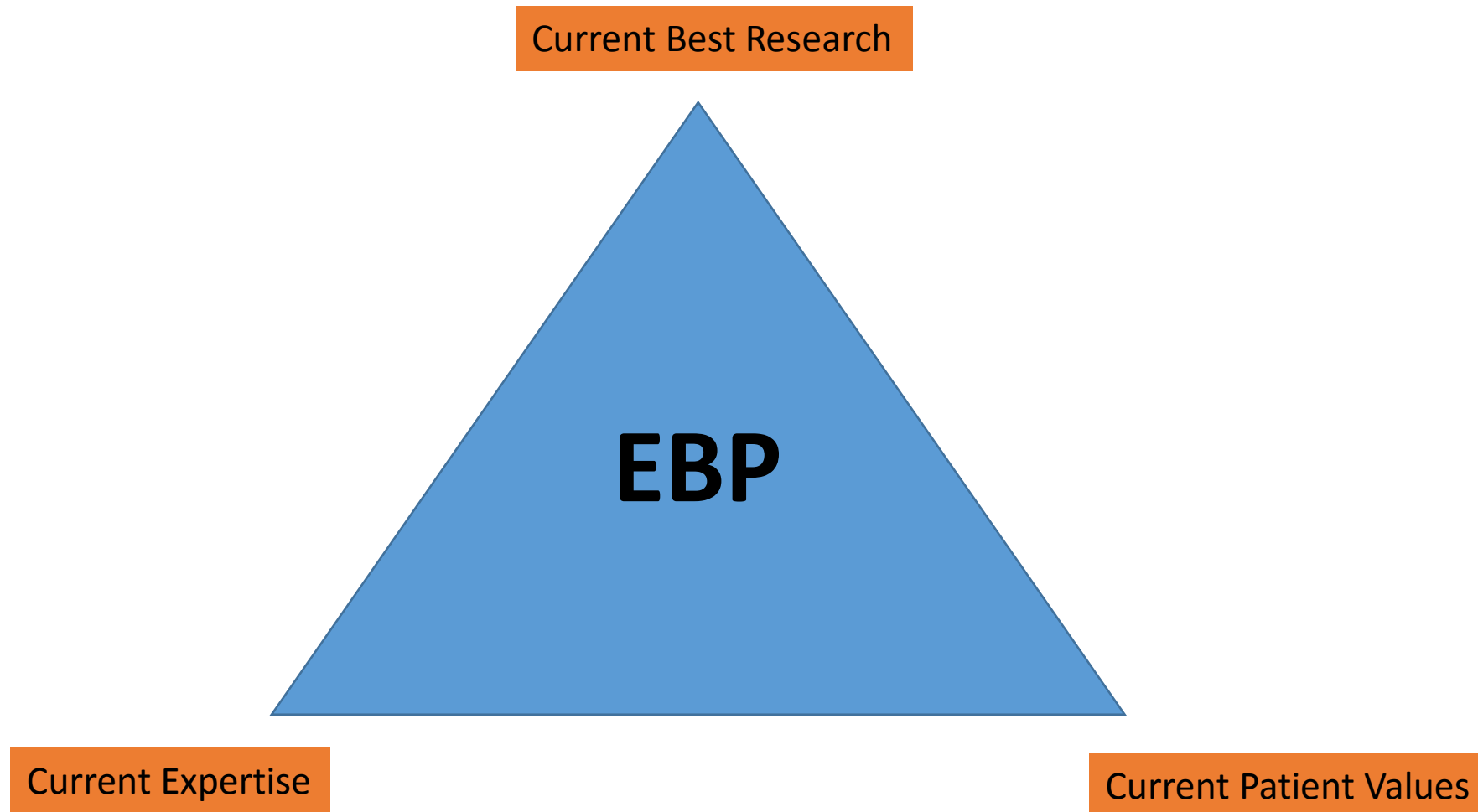
FOR PATIENTS:

Give office tour. Let them meet the “team” that will be treating them Let them know that you have a program that is structured and tailored for them.



Evidence-Based Practices

Transitioning into an EBT style practice along with Creating an Evidence Based Practice



Definitions of EBP

Sackett et al (1996) define EBP as 'the conscientious, explicit and judicious use of current best evidence in making clinical decisions about the care of individual patients'

Carnwell defines EBP as '[the] systematic search for, and appraisal of, best evidence in order to make clinical decisions that might require changes in current practice, while taking into account the individual needs of the patient.'

She adds:

'Best evidence might be defined as that which is valid and relevant to the patient.' (Carnwell, 2001)

Evidence-based Practice

Process by which clinical decisions are made using:

- Best available research evidence
- Clinical expertise
- Patient preference

Developing an Outcome-Based Practice

Outcome-Based Practice (OBP) is a systematic treatment approach in which clinicians and staff provide physical interventions with the goal of achieving specified **outcomes** that are tailored to address each client's unique needs, presenting issues and preferences

Uhhh ok so what does that mean?

Body Structures and Functions for EBP : Musculoskeletal, Neurological,

- **Neurological**
- Impaired sensation secondary to entrapment neuropathy or nerve root compression
- Pain
- **Musculoskeletal**
- Abnormal neuromuscular tone: Spasticity, rigidity, clonus
- **Systemic**
- Condition that effects the overall body system and not just a general region. ie Fibro

Treatment for Wellness Versus the Treatment of Impairments or pathologies

- **Wellness interventions:** not concerned with addressing the client's impairments. Clients usually don't present with direct impairments.
- **The treatment of impairments:** aim is to reduce the impairments associated with medical conditions and transition the client into a wellness protocol.



Goals for Impairments: Outcomes

- Which outcomes are relevant for the client's needs and what is the intent of the intervention?

- Short Term Structural goals
- Short Term Functional goals
- Short Term Emotional goals



Specific

- Geared for the condition we are treating
- Blend with the overall goals of the client and or care team working on client
- Must provide a clear path to get client back to where they were before condition presented
- Must be relevant to the client

Measureable

- **Objectively**
- Must be actually physically measurable.. Tape, posture, balance, timed events etc
- Goals and benchmarks... sleep, driving, sitting, walking
- VAS pain scales
- **Subjectively**.... How pt feels

Action oriented

- Provide physical evidence of improvement
- Goals must be stable, but plan must be changeable and dynamic
- Patient must be involved with Treatment

Realistic

- Patient must be able to achieve
- Have benchmarks and deadlines
- Must be applicable to patients condition and lifestyle
- Must be fitting with the pts condition (hip surgery)

Time Bound

- Must have a starting, and end time
- Must have re examinations
- Must have benchmarks
- Must show decrease in visit frequency along with progression
- Must include follow up with maintenance

Client Goals

Cover with Client prior to starting

If co treating must be in line with the other care team members

1. Sleep 6 hours
2. Stand for 15 min
3. Walk for 10 min
4. Drive for 30 min
5. Pick up grandkids
6. Walk around Walmart
7. Take dog for short walk
8. Sit and watch a TV program
9. Go to a movie

A. Short term goals are basically anything that the client is used to doing and did on a regular basis prior to injury.

B. Make sure that these goals are NOT subjective and can be monitored and calculated by you or the client.

C. THEN THEY MUST BE DOCUMENTED IN THE NOTES.

So now let's get ready to dive into some

Phys diagnosis

Vitals

Conditions

Pathologies

Anatomy

Treatments

Much more

Don't forget to wash the car still 😊