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Name of all of the residency and fellowship programs you oversee: Kaiser Permanente Neurologic PT Residency

Community Service and Leadership

As a non-profit HMO, Kaiser Permanente has a long term mission, vision and strategic priority to provide community service to its local communities and nationally. Below is a description of the culminating community service project which is part of the Neurologic Physical Therapy Residency program. The project facilitates the engagement of the PT Residents in the local community and builds leadership skills through the process of designing and implementing the project with the assistance of faculty. Most important, the program fosters a 'culture' of service and leadership that goes beyond the residency program year.

Requirements and Expectations:

Total 48 hours (no reimbursement, i.e. all are volunteer hours)

Proposal – due by October 1st – your choice of 3 places/ways you want to volunteer and at least one goal for each. Submit via email to: Cheryl Pierson, Community Service Lead Faculty at cherbnb@gmail.com and Cheryl.d.pierson@kp.org

Optional Presentation: in-service format; about 30 minutes; power point, schedule in June/July (Decide if you want to do this by May, 2019 and work with Cheryl and Elaine to set this up)

Understanding why this is a requirement:

PT Neurologic Residency is a part of Kaiser Permanente's Community Benefits Program. There are four areas of focus that extend our social mission and maximize those benefits:

1. Vulnerable populations - address the financing and delivery problems of populations that are vulnerable because of socioeconomic status, illness, ethnicity, age, or other disabling factors.
2. Evidence-based Medicine - Develop and communicate the evidence basis for what form of medical care works, for which patients and populations, under what circumstances, at what cost and in which delivery settings.
3. Education - Evaluate and demonstrate educational models for the health professions in integrated care systems and for health care consumers in managing their own health and obtaining health care services.
4. Public Policy - Develop and disseminate public policy information that reflects the interests of the nation as a whole.

Below are four examples of community service projects and the reflection written by the resident

I. Female Resident 2015-16: volunteered with SonRise Equestrian Foundation “In the Saddle” program (located in Castro Valley, CA)

While in the Residency:

“Volunteering at SonRise as an assistant mentor for therapeutic riding reinforced for me how important it is for clinicians to step outside of their comfort zones and look into other community options to help those children, ages 6-18, with disabilities. I was challenged to stay present and ‘in the moment’ while the child developed a bond with the horse, whether the therapeutic task was to help a child brush the horse or to ride the horse. I was the facilitator, not the therapist.”

Since the Residency:

- Continued to volunteer at SonRise as an assistant mentor for 1 year after graduation
- In 2nd year after graduation, switched to volunteering at Xenophon **Therapeutic Riding Center in Orinda, CA** to learn more about PT and hippotherapy treatment sessions for children ranging from the ages of 2-11 years old with various neurologic disorders
- Currently volunteering Wed. afternoons 4-5 hours at Xenophon in addition to full time job at UCSF as a PT Neuro Clinical Specialist
- Has taken both the Level 1 and 2 Hippotherapy courses with the goal of taking the American Hippotherapy Certification Board (AHCBS) Hippotherapy Clinical Specialist exam by 2019
- Has also taken a business marketing class incorporating hippotherapy into physical therapy clinics
- After certification, plans to look into options for more clinics integrating hippotherapy in the Bay Area

“My foundation started at SonRise where I began to merge two of my passions - physical therapy and horses. Being immersed in both adaptive riding and hippotherapy has taught me the importance of how to “think outside the clinic” for our patients and to find ways to be more involved with the community in unconventional ways. These experiences have bolstered my critical thinking skills and creativity both when in the traditional setting or at the stables. By pursuing these opportunities, I continue to be motivated to learn new things and to be comfortable with the unfamiliar or unexpected, both as an individual and as a medical professional. I am fulfilled to witness and be a part of the unique human-equine bond that is healing and empowering for patients. I want to seek out even further opportunities to utilize equine movement in my PT practice.”

II. Male & Female Residents 2012-13: volunteered at Hong Fook Community-Based Adult Services Center (located in Oakland, CA)

While in the Residency:

Collaboratively: They 1) worked with a translator to give presentations to aides and caregivers (body mechanics/personal safety, gait/guarding/transfers, fall prevention), 2) tested clients pre- and post-educational offerings, 3) provided 1:1 consultations to help aides apply techniques with challenging clients that were learned from the presentations, and 4) provided a CEU course for DayBreak (of which Hong Fook is a component) PT & OT staff.

From our Male Resident “I expanded my understanding of not just neurological rehab but of PT in general. Volunteering at Hong Fook exposed me to experiences in our profession that I normally wouldn't have done or tried on my own. My experiences at Hong Fook helped validate my practice and improved my confidence in both expressing myself and in putting value in my opinions. It allowed me to seriously reflect on my practice and find clarity in brevity. This volunteer experience opened up new avenues of networking opportunities, honed my clinical skills and put me in the proper mindset to tackle higher levels of educational & professional pursuits.”

From our Female Resident “I gained confidence and learned to give presentations like they were second nature – quite a challenge for me. I learned about designing programs and presentations for multiple learner viewpoints, a skill I continue to use in my profession. I learned patience and skills necessary for presenting with an interpreter which really came in handy when I joined Americare Neurosurgery International (*AMCANI*) on a medical mission to Vietnam and had to prepare lectures and labs that would be challenging (not overwhelming) and well-paced while being translated. Despite language barriers, I really discovered how learning can flourish from the principles we shared. Personally I felt more fulfilled as a resident and clinician doing community projects, especially as we saw evidence of the trickle down learning effect on the Hong Fook clients (realized as we prepared our findings for our poster).

Since the Residency:

Collaboratively: We wrote up, applied and were accepted to present our Poster at CPTA and CSM.

From our Male Resident: “My colleague and I developed a balance and falls prevention class for the EIM (Evidence in Motion) curriculum. We got paid for it and we were featured as adjunct faculty in their program! I believe finishing the residency gave me the necessary confidence to launch a successful transition from a staff position to a managerial position within Kaiser Permanente.”

From our Female Resident: “As a specialized PT treating in a private health care system, I think it's important to balance one's time with volunteering in community organizations in order to see what needs are outside the realm of insurance demands. Professionally, I continue with community service on a regular teaching basis. I give support group presentations and have delved more into teaching PT students, PT residents and my peers. I don't think I would have known how to organize lectures, how to network, how to present myself or how to work collaboratively as well without the residency experience. The other 2 residents I went through the year with continue to meet on a regular basis to support, motivate and challenge each other professionally to try new things.”

III. Female Resident 2012-13: community service focus was to prepare an on-line course for PTs

While in the Residency:

“I learned to focus on the whole person and not just the chief complaint. I began to think about how to get the person into healthy exercise/mobility activities for continued wellbeing and improved mobility while 'improving **participation**' of the patient with family, work and community activities. I gained valuable insights into the true service intent of my professional field. I was connecting better with patients, having good follow-up and getting good results with my interventions. I learned to 'go with the flow' and that learning is a lifelong pursuit.

Since the Residency:

“My experience during the residency with the '**participation**' box of the ICF model has changed the focus of my career path with regards to 1) my research path (developing, studying and improving **participation**), 2) my clinical interventions (increased emphasis on **participation**), and 3) teaching my entry level DPT students (integrating a greater emphasis on **participation**). I am finding more and more opportunities for community service to improve the '**participation**' of individuals with neurological dysfunction, such as:

- Developed a year-long study on 'Therapeutic Volunteering' for Stroke survivors and individuals with acquired brain injury in collaboration with Sacramento Public Library. I presented the results of this study in a podium presentation at CSM 2018 in the Brain Injury Research Podium of the Academy of Neurologic Physical Therapy.
- Developed a probono Fall Prevention and Balance Exercise Class for community of Stockton
- Developed and organized Parkinson's Wellness Day for last 5 years in UoP, for individuals with Parkinson's disease to come together for exercise and movement assessments by DPT students
- Developed and organized Balance Clinic for balance assessments and fall prevention education for members of OLLI (Osher Lifelong Learning Institute) in Stockton for the last 5 years
- Developed and gave presentation for OLLI members of 'Exercise for Brain and Body fitness' for last 4 years
- Developed, offered and did research study to assess the effects of group exercises based on PWR principles for individuals with Parkinson's disease in Stockton. This group's exercise class for individuals with PD was offered for a year with regular pre, during and post assessments of balance and gait.
- Coordinated free balance assessments along with DPT students at Senior Smiles and Wellness event in San Francisco for 2 years
- Participated in 'Women with Parkinson's disease Forum' organized by Parkinson's Foundation, where my role was to provide a Physical Therapist's perspective about mobility issues. I emphasized the participation issues faced by Women with PD.
- Gave presentations and exercise demonstrations along with a music therapist and dance therapist at Pleasanton PD support group
- Gave presentation and exercise demonstrations at Stockton, Lodi and Hayward PD support groups.

I feel an increased sense of personal and professional satisfaction. It feels like I have found my life's purpose when I am engaged in all of the community service work.”