

WHAT'S THE DEAL WITH PHYSICAL THERAPIST RESIDENCY PROGRAMS? CURRENT RESIDENTS' PERSPECTIVES — PART 2

We are back with Part 2 of our series highlighting Evidence In Motion (EIM) residency students. Matt Anderson is 6 months into the EIM program, received his DPT from Elon University, and has been practicing for 10 months in a privative practice managing orthopaedic, sports, and postoperative patients.

What is the most valuable skill you have gained through the residency program?

Matt: I have really enjoyed learning the current best evidence and I like the challenging atmosphere. We constantly get asked why we think a certain test or intervention should be used, and this becomes a pattern that carries over into the clinic. I now constantly find myself asking, "Is there evidence for what I am doing right now?" I also have really enjoyed the weekend intensive sessions where we learn about and practice many different techniques from experts in our field.

The most challenging?

Matt: Reading and critically analyzing all the required literature, while carrying a full caseload of patients. This aspect gets better as you progress and figure out the schedule. Close behind that is the actual application of all the material learned. This is difficult for me because I am a new graduate and still feel inexperienced sometimes.

Are you happy you decided to participate in the EIM residency program?

Matt: I am very happy that I decided to pursue residency training. I felt like I was a good generalist when I graduated from school, but that in the area I was interested in, orthopedics, I had much more to learn. My goal is to be the best possible physical therapist I can be. This program not only helps clinicians obtain the current best evidence, but also gives them the tools they need to effectively search this material after the residency ends.

Would you recommend this program to other PTs?

Matt: I would definitely recommend this program to other PTs. I think the online format allows much more flexibility for residents. This also allows the application of what the resident learns on a full case load of patients. As a PT just getting started with my career, it is nice to have feedback from veteran PTs. I have also been able to communicate with some of the giants in our field, which has been amazing and very inspiring.

All in all, these firsthand accounts of EIM's residency program show that postgraduate education takes a large commitment and a lot of effort. On the other hand, the investment appears to yield increased confidence in treatment approaches, a supportive environment for development of advanced physical therapy skills, and a network of colleagues that can facilitate further growth and development in specialist practice.

Check out www.evidenceinmotion.com for more information on residencies or visit www.apta.org/rfprograms.



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