#### Surviving & Thriving in Clinical Rotations

Cynthia Booth Lord, MHS, PA-C
Associate Professor & PA Program Director
Case Western Reserve University School of Medicine



#### Conflict of Interest Disclosure

• Cynthia Booth Lord, MHS, PA-C has no conflicts of interest to disclose.

### Description

• Lifelong learning is the ongoing, voluntary, and self-motivated pursuit of knowledge. It not only enhances personal development but also employability. Clinical rotations have a significant impact on a student's lifelong learning process so it is important to thrive, not just survive. Get an overview of helpful tips and pearls of wisdom for student entering the clinical phase of their education. Learn how to study during clinicals, how to elicit and act on feedback, and ultimately maximize the clinical experience.

### **Objectives**

- •Define student and preceptor expectations during clinical training
- •Discuss the impact of clinical rotations on the student's learning process and life
- •Provide a framework on how to prepare for clinicals
- •Describe ways to maximize the clinical experience
- •Outline a strategy for getting feedback on clinicals
- •Outline strategies for studying during clinical rotations
- •Review resources for clinicals

## Student & Preceptor Expectations

- •See lots of patients
- •Do lots of procedures
- •Be autonomous and independent
- •Get lots of feedback
- •One-on-one time
- •Get a good grade
- •Get a job offer

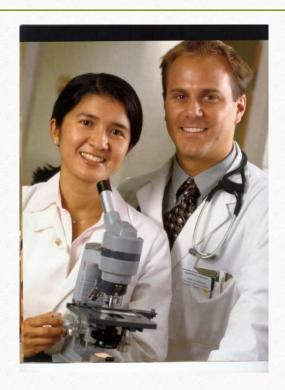
- •Be prepared
- Read reference materials and current literature
- •Think on your feet
- •Be enthusiastic/inquisitive
- Hardworking
- •Be flexible
- •Be patient
- •You will not see every patient the preceptor sees
- •Learning is a progression
- •Respect your place in the HC system and in patient care

# First Impressions





# Make Lasting Impressions

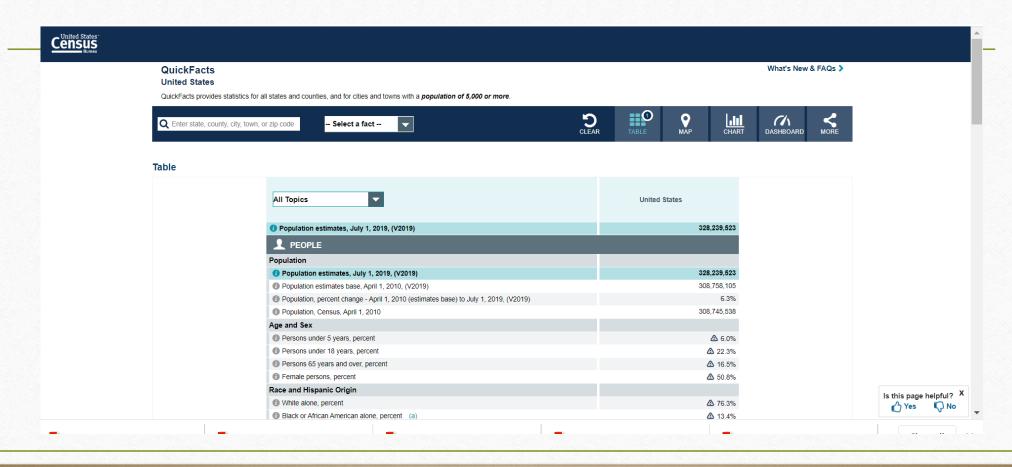




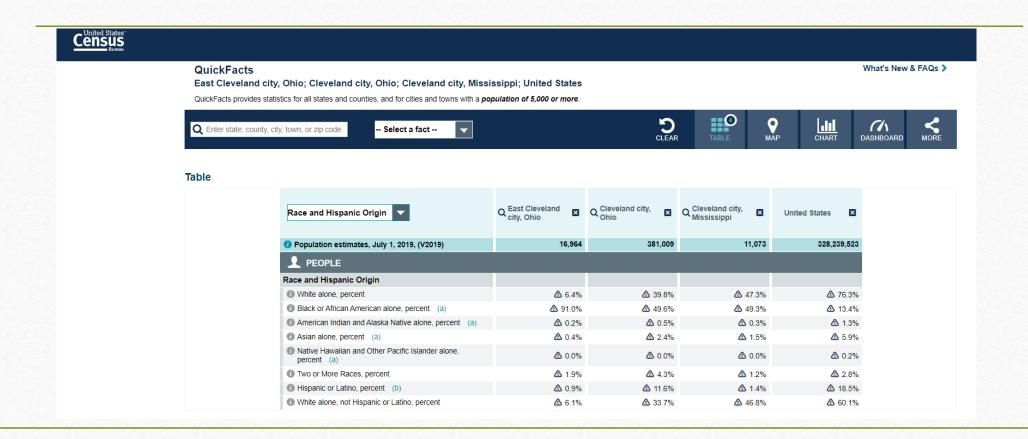
#### Preparing for Clinical Rotations

- Familiarize yourself with the community
  - Community characteristics
  - U.S. Census Bureau State and County Quick Facts at:
  - https://www.census.gov/quickfacts/fact/table/US/PST045219
  - What are the major public health issues impacting the community?
  - Community resources

## US Census Quick Facts



### US Census Quick Facts



### Preparing for Clinical Rotations

- Familiarize yourself with Office/Institutional protocol
  - Student work space, reference materials
  - Dress code
  - Hours of operation
- Familiarize yourself with Office/Hospital Policies
  - Directions for medical documentation, e-Rxs, making referrals
  - How patients are selected for student to see
  - Length of time to spend with each patient
  - Absentee policy-how to reach preceptor, how to notify office

# Maximizing the Clinical Experience

- Clarify preceptor expectations up front
  - Daily routine
    - Work hours
      - How does this differ from arrival time?
    - Student level of responsibility and autonomy in providing patient care
    - Rounds and night and weekend call
    - Amount of reading expected
    - Ask about preceptor preferred text(s) and/or articles

- Clarify Preceptor/Student Interaction
  - Format of case presentations
  - Time and process for feedback
  - Student self-evaluation before discussing preceptor evaluation

## Maximizing the Clinical Experience

- Try to work with your preceptor to develop 4-6 achievable rotation objectives
  - Specific knowledge, skills, and attitudes to develop
  - Focus on those objectives for the rotation
  - Familiarize yourself with criteria included in your clinical evaluation form
  - Use a checklist to remember key points
- Seek meaningful feedback from preceptor
- Have a formal <u>mid-term evaluation</u> with review of rotation criteria

#### Use Your Skills and Tools

- Motivational interviewing
  - Readiness Ruler
  - OARS-Open questions, affirmation, reflective listening, and summary reflections
- Health Literacy
  - REALM-R
  - REALM-SF
  - SAHL-E
  - One-Question
- Medication coaching
  - Beers Guide

- Depression screening
  - PHQ-9
  - Geriatric depression scale
- Mental Status Assessment
  - Mini-Cog, MoCA, MMSE
- Screening for falls
  - Timed Up and Go (TUGS)
- Oral screening and fluoride varnish
- ADLs/IADLs
- Patient Safety

#### Quick Tip-Preceptor Feedback - The Four T's

#### •Time

- Ask for feedback in a timely manner
- Define time needed for feedback
- Avoid "can we talk about how I am doing?"

#### Topic

- Be specific with your ask
- 1 to 3 areas to review in 5 to 15 minutes

#### Thoughtfulness

- Avoid "how am I doing"
- Conduct a self-assessment prior
- Open to all feedback

#### Take Action

Take action with the feedback you receive

## Getting Preceptor Feedback - The 4 T's

- •Be honest and **thoughtful** before you ask;
- •Define the <u>time</u> and the <u>topic</u> with your ask and,
- Take action on the feedback you receive from your ask.

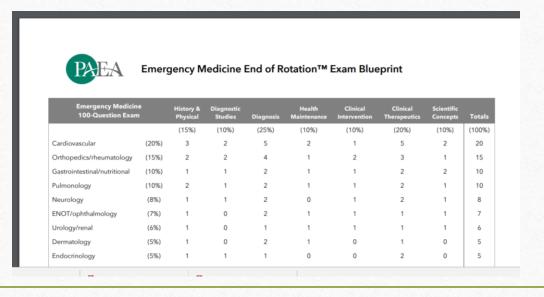
# Strategies for Studying in Clinicals

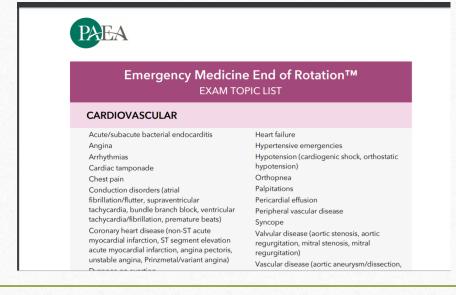
- •Be wise and study efficiently!
- \*Utilize PA program clinical goals & objectives as your guide!
  - •Use the definition of the **Medical Knowledge** competency
- \*Utilize the NEW NCCPA "Blueprint" to guide your studying
- •NCCPA → Become Certified → PANCE Registration → PANCE Content Blueprint
  - •Medical Content Categories
  - Task Categories

https://www.nccpa.net/pance-content-blueprint

# Strategies for Studying in Clinicals

- Utilize the PAEA EOR "Blueprint" and "Topic lists"
  - <a href="https://paeaonline.org/assessment/end-of-rotation/content/">https://paeaonline.org/assessment/end-of-rotation/content/</a>





## Integrate Studying into Clinicals-Daily

- Laboratory Values
  - •CBC, Lytes, Lipids, INR, Renal fxn, BS, HbA<sub>1</sub>C
- •X-ray/Diagnostic Studies
- •Immunization Schedules
  - •Adult & Pediatric
- Pediatric Developmental Milestones

- Unique Learning Opportunities
  - Grand Rounds
  - •AM conference
  - •Morning Report
  - Noon Conference
  - Community activities
- •Preceptor evaluation/review

## Top Ten List

#### Primary Care/FP

- Everything!
- Preventive medicine
- Health Counseling
- Acute respiratory infection
- Chronic abdominal pain
- Hypertension
- Hyperlipidemia
- Diabetes
- Thyroid disease
- Degenerative joint disease
- Oral Health

#### **Internal Medicine**

- Coronary artery disease
- Congestive heart failure
- Asthma
- COPD
- Diabetes
- Pneumonia
- Stroke/CVD
- Renal insufficiency
- Dementia
- Diverticular disease
- Gall bladder disease
- Cancer; Oral Health

## Top Ten List

#### Pediatrics

- Newborn exam
- Well child exam
- Developmental milestones
- Fever
- Asthma
- Otitis media
- Pharyngitis; URI
- Viral gastroenteritis
- Rashes
- Oral Health

#### Obstetrics/Gynecology

- Stages of labor
- Pelvic exam
- Cervical cytology/Pap exam
- Vaginitis
- Abdominal pain
- DUB
- Amenorrhea
- Chronic pelvic pain
- Oral health

# Top Ten List-Emergency Medicine

- •Acute upper respiratory infections/pharyngitis
- •Asthma
- Fever
- •The acute abdomen
- Abdominal pain
- •Headache
- •Acute chest pain/MI
- •Mouth Pain/Oral Health

- Congestive heart failure
- GI bleed
  - Upper & Lower
- UTI
- Syncope

#### Top Ten List-Behavioral/Mental Health

- •Mini mental or MoCA
- •Mini mental
- •Mini mental!!!
- Depression
- Bipolar disorder
- Anxiety
- •Schizophrenia

- •Dementia/Delirium
- Personality disorders
- Eating disorders
- Substance Abuse
- Oral Health-"Meth Mouth"
  - Dry mouth from psych meds → dry mouth

# Top Ten List-Surgery

- Anatomy
- •Acute abdomen
- •Fluid & Electrolytes
  - •Acid-Base disturbances
- •Shock
- •Wound healing

- Knot tying
- Post-op care
  - •Post-op fever-5 W's
- •Read
  - The Acute Abdomen-Cope

#### Checklist of Common Diseases

- •Top 15 causes of death in the U.S. NVSR (cdc.gov)
- Coronary Artery Disease
- •Hypertension
- •Stroke
- •Valvular Heart Disease
- •COPD
- Asthma
- •Renal Failure
- Acid-Base Disorders
- •Influenza & Pneumonia

- Diabetes Mellitus
- •Thyroid Disease
- Osteoarthritis
- •GERD
- •Ulcer
- •Cancer
- •Headache
- Back pain
- •Alzheimer's disease

#### Procedural Skills Checklist

- •Oral exam & fluoride varnish
- •Skin lesion excision
- Toenail Excision
- •I & D of abscess
- Thorocentesis
- Paracentesis
- •ABG
- Intubation
- •Central Line Placement
- •Chest tube insertion

- •IV catheterization
- •GU catheterization
- •NG Tube Insertion
- •Lumbar puncture
- Injections
- •Suturing
- •Casting
- •GYN/pelvic exams
- •Rectal exams

#### Resources!

Apps, Books, On-line Resources

# There's An App for That!

- Gestational age calculator-"wheel"
- Immunization schedules
- Discount Prescription Card
  - GoodRx
  - Singlecare
- Epocrates-Free version
  - Searchable drug reference
- QxMD-point of care tools
  - <a href="http://www.qxmd.com/">http://www.qxmd.com/</a>

#### PA Clinical Rotation Guides

- The PA Rotation Exam Review. 1st ed. 2018. Wolters-Kluwer. \$79.99
- The Physician Assistant Student's Guide to the Clinical Year: (7-book series). Springer 2019.

#### **EOR** Exam & Board Review Books

- •Comprehensive Review for the Cert and Recert Exam for PAs (O'Connell)
- •PA Review for PANCE (Auth)
- Davis's PA Exam Review (Diamond)
- \*Lange Q&A PA Examination (Simon/Carlson/McMullen)
- Physician Assistant Board Review (Van Rhee)

#### PA Board Review On-line Products

- HIPPO PA
  - AAPA PA PANCE/PANRE Review
- Rosh Review
- ExamMaster Advantage
- myCME Online Review Rutgers PANCE/PANRE Review
- PA Exam Prep

- Kaplan
  - PANCE/PANRE Qbank
  - Live On-line PANCE/PANRE Review
- Board Vitals PANCE/PANRE
- Online MedEd

## And For Some Fun-Medical Eponyms

- Whonamedit.com -a free biographical dictionary of medical eponyms.
  - www.whonamedit.com

#### Conclusion

- "Primum non nocere"
- Respect the privilege of practicing medicine
- Conduct routine self-assessment
- Demonstrate insight about your knowledge base
- Make opportunities for studying/learning
- Have fun studying and make the most of your clinical experience.
- Good luck!