Internship at Roger C. Peace Rehabilitation Hospital
Outpatient Occupational Therapy Department
Summer 2016
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Introduction

• From May-July of 2016, I interned in the Outpatient Occupational Therapy Department of Roger C. Peace Rehabilitation Hospital.
• As an undergraduate intern, I accrued over 180 hours of active observation time where I assisted in the department as needed.
• The experience at this facility allowed me to learn about neurological rehabilitation strategies and explore occupational therapy as my future career.
• This PowerPoint is a summary of my time at Roger C. Peace, my duties as an intern, and a description of my projects completed during my internship.
This is the entrance to Roger C. Peace Rehabilitation Hospital, located at 701 Grove Road, Greenville, South Carolina. As you can see from the exterior of the building, there are three floors to this rehab facility. The top floor is used for inpatient traumatic brain injury and stroke therapy. The second floor is used for inpatient orthopedic and spinal cord injury therapy, while the ground floor is used for outpatient therapy. Although you cannot see it on the outside, the basement floor houses the offices for the driving rehabilitation therapists.
Roger C. Peace Mission Statement and Outpatient Occupational Therapy

- Roger C. Peace’s mission statement says, "The mission of the Roger C. Peace Rehabilitation Hospital, a part of the Greenville Health System, is to promote the maximal function and health of individuals with physical and/or cognitive impairments. Comprehensive rehabilitation services and ongoing education are provided to these individuals, their families, and community in order to optimize their quality of life.” (Greenville Health System, n.d.)

- Occupational therapy (OT) aims to, “provide evaluation and treatment to improve patients’ functional skills, increase self-sufficiency, and improve quality of life.” (Greenville Health System, 2016).

- The outpatient OT department works within this statement to extend treatment to individuals after they have been discharged from inpatient therapy.
This is the outpatient occupational therapy gym. I spent the majority of my time in this room while observing the therapists.
Outpatient Occupational Therapy Services

- The outpatient OT department provides the following specific services:
  - Assessing the performance of self care tasks and advanced activities of daily living such as cooking, child care, and money management
  - Provision of adaptive equipment Rehabilitation of upper extremities/hand injuries
  - Fabrication of splints or casts to increase mobility and prevent joint contractures
  - Enhance memory, attention span, problem solving and decision making skills
  - Therapeutic activities to increase strength, range of motion and motor control
  - Technologies and modalities such as electrical stimulation, paraffin, BTE (Baltimore Therapeutic Equipment), Bioness, and Vision Coach
  - Assessing low vision and visual perceptual skills that impact activities of daily living Driver Rehabilitation Program (Greenville Health System, 2016)

- The following slides demonstrate these services and my learning experiences at this facility
The Vision Coach board was used extensively as a therapeutic exercise for those with vision, reaction time, or attention issues during my time at Roger C. Peace. In freeze-frame photo, I am demonstrating how it works by pressing 90 lights as quickly as I can. The next slide will play a time-lapse demonstration of the Vision Coach.
This shows one of the therapists showing me how to insert a new attachment into the Baltimore Therapeutic Equipment (BTE) unit. During my internship, my preceptor used the BTE to stretch a patient’s stiff wrist due to increased muscle tone after a spinal cord injury.
The CUICAR simulator at Roger C. Peace is used as a training tool for driving therapy. It allows new drivers and returning drivers alike to gain confidence and comfort behind the wheel before going out on the road.

Many of the patients that I observed used the CUICAR during their therapy at Roger C. Peace.
The home lab in the basement of Roger C. Peace is used for assessment of a patient’s ability to complete activities of daily living (ADLs) and instrumental activities of daily living (IADL) such as grooming, food preparation, and home care tasks.
My internship duties

• As an intern, my duties included the following:
  • Observe during therapy sessions
  • Help therapist set up for therapy sessions
  • Clean facility between patients
  • Assist in therapeutic activities when needed
  • Complete internship projects
  • Learn about assessments and tools used in the therapy sessions

• The following slides demonstrate me fulfilling these duties
While at my internship, I learned about many standardized assessment tools. Here, I am taking the third edition of the Motor-Free Visual Perceptual Test (MVPT-III), which I saw used throughout my time at Roger C. Peace.

Pictured above are two assessments utilized frequently at Roger C. Peace. The MVPT-III is on the left and the Montreal Cognitive Assessment (MOCA) is on the right.
Another assessment used frequently during my internship was the 9-hole peg test, which gauges hand coordination and speed. Here, I am being given the test.
In occupational therapy, patients often have to learn to use modified equipment for activities of daily living like dressing. Here, I am learning how to use a sock aid, which allows a patient with limited mobility to put on his/her own socks.
Another assistive device for dressing used in OT is a shoe horn. I am demonstrating how to use this piece of equipment in this photo.
I observed many therapeutic exercises to improve cognition in patients while at Roger C. Peace. This is a game I played with patients often called Spot It that requires the use of visual scanning to find similarities between cards.
One of my duties during the day was to clean the gym and equipment after it was used during a therapy session.
While at Roger C. Peace, I was given three projects to complete:

1. Spinal cord injury patient knowledge questionnaire – the goal of this project was to create a patient knowledge quiz for patients with a spinal cord injury to take upon arriving and leaving the outpatient therapy department. This would allow therapists to understand the effectiveness of their patient education strategies.

2. Spinal cord injury patient resource manual – at the beginning of my internship, the patient resource notebook was over 200 pages. My task was to simplify and condense this notebook into roughly 10-pages so that patients would not be overwhelmed with material.

3. Case study – to understand how the disciplines of therapy work together to improve a patient’s quality of life, I completed a case study analysis about a patient with a spinal cord injury. This also allowed me to become acquainted with a common learning strategy used in a graduate programs for occupational therapy.
Impact of Internship on My Career

- This internship impacted me in multiple ways:
  - It gave me a new understanding of the world around me. After interning at Roger C. Peace, I began to notice how many everyday places are not easily handicap accessible and how even the most seemingly simple everyday tasks can be broken down into complex movements that are commonly taken for granted.
  - It inspired me to learn more about the brain and spinal cord. Through this experience, my eyes were opened to the complexities of the nervous system.
  - It empowered me to know that occupational therapy makes tangible differences in the world. One of the benefits of spending so many hours observing in one place is being able to track the progress of patients. This allowed me to observe firsthand how much difference therapy can make in a patient’s life.
  - It captivated me. The therapists working in a neurological setting have to constantly problem solve to create therapeutic activities that take into account a patient’s unique set of abilities and limitations. This changing environment has piqued my interest, intellect, and affect to motivate me to become an occupational therapist that works in this type of setting.
My experiences at Roger C. Peace Rehabilitation Hospital were life-changing for me. They confirmed in me a desire to work in this setting.

The therapists and staff at the facility were professional yet helpful, making them easy to work with during my internship.

The internship gave me an opportunity to practice skills such as communication, research, problem solving, and time management.

In the future, I strongly recommend that other students intern at this facility.
References