

Educating the Consumer

Request for PT & PTA Student Participation

What: The American Physical Therapy Association of New Jersey (APTAnj) website is being re-designed and we need YOUR help. All students are invited to submit content to be published in the “Consumer Section”. Choose a topic from the attached “Info Sheet for Authors” or come up with a topic of your own. See below for general criteria and further instructions.

Why: The idea is to choose a topic related to physical therapy (i.e. pathology, modality, etc.) and educate patients on the topic by describing what steps the physical therapist would take. With that being said, DO NOT submit a sample program or home exercise program!

How: The New Jersey Student Assembly (NJSA) will coordinate with all students who wish to participate. Please send any questions and/or completed articles to Greg Schwalje at schwalgr@umdnj.edu.

Who: Any student OR group of students (please, no more than 3 per group)

When: This will be an on-going project so if you’re bogged down at the moment consider this for the future! However, please be aware that once a topic is selected, no one else may choose it.

THANK YOU!

New Jersey Student Assembly Officers
Chair - Guy Ardito
Vice Chair – Dana Edwards
Secretary – Greg Schwalje

APTAnj Web Articles for Consumers

Info Sheet for Authors

GENERAL

All articles must be written towards educating the general public about whichever topic you select from the list below.

Articles must be cited APA style and all articles should have at least 2 or 3 credible sources backing up everything that is written.

NO medical advice or specific interventions can be given (HEP, specific work outs, telling when or when not to use something).

All articles must be reviewed by at least two educators, preferably who teach in that field or have clinical knowledge (e.g., COPD education article should be reviewed by cardiopulmonary or pathology educator). Up to 3 students may co-write an article.

Submit your article to NJ Student Assembly Secretary, Greg Schwalje schwalgr@umdnj.edu. Further revisions may be requested of you after APTAnj members review it.

Remember, these articles are for the *public* and should be explained in laymen's terms. Medical language may be used if it will enhance an explanation

TOPICS REQUESTED

1. Pathologies

- A. Definition (if available)
- B. Signs and symptoms
- C. Risk factors
- D. Disease progression including possible impairments
- E. What physical therapy can do for treatment.

2. Modalities

- A. When (in general) they are used.
- B. Actual mechanism of how they work.
- C. What questions you should ask a patient about the modalities, and when to use them for their specific case.

3. Physical interventions

- A. When they are used.
- B. Actual mechanism of how they work.
- C. Why choose physical therapy to use "physical intervention"
- D. What questions you should ask a PT about the exercise and when to use them for their specific case

4. Insurance

- A. Company, coverage and consumer reports
- B. How different types of insurances work, and explain the medical & insurance lingo associated with it. (e.g., HMO, PPO, PIP, Workers Comp, Medicare, Medicaid, etc.)

5. Other/Miscellaneous

- A. Importance of Physical Therapy in circumstances not mentioned (long term care, selecting assistive devices)
- B. Questions or methods of selecting a good facility (backed by research)
- C. What evidence-based practice is, how physical therapists use it, and why it's important for care.

D. Cultural competency (What a patient can do to educate their Physical Therapist)

E. OR... *any other topic that would be helpful to consumers!*

GETTING STARTED

Once you've picked a topic please notify Greg Schwalje via e-mail schwalgr@umdnj.edu with the following:

- the specific topic you selected,
- an outline of the different sections you plan to include,
- the name of your school,
- and the names of any other collaborating members.

You may be asked to narrow or broaden your topic. Also, you may receive e-mails asking about your progress. Once you get the "OK" via reply e-mail, then you may proceed to create your article. Upon completion, the final copy should include:

- Final draft,
- names of students involved with their contact info,
- all sources & references,
- and contact info including respected positions of the two faculty proofreaders.

The article will then be reviewed by selected APTAnj members and those involved with the website. After the initial review, you may be asked to make revisions or receive notification about your article being published on the APTAnj website along with any other additional details.