

	Department of Kinesiology KIN4088C Section 4 Internship in Kinesiology 3 Units
Fall 2020	

Meeting days: Thursdays	Instructor: Rachel La Costa, MPAS, PA-C
Meeting times: 7:30am-8:45am	Phone: 972.921.4626 (cell)
Meeting location: Virtual/Zoom	E-mail: rlacosta@pointloma.edu
Final Exam: 12/3/2020	Office location and hours: Virtual, by appointment, please email or text to schedule
Clinical site hours to be determined based upon student's schedule	

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

This internship course is a dynamic, upper-level elective that integrates clinical medicine into the undergraduate experience for pre-medicine and pre-PA students. Students learn medical interviewing techniques to elicit a thorough patient history. This course focuses heavily on obtaining a comprehensive history and provides exposure to physical exam findings. Students formulate a differential diagnosis based upon the patient's presentation. This course provides hands-on learning opportunities for students at local clinical sites to gain experience in the clinical setting. This course is designed to solidify interest in medicine while preparing for graduate school and easing the transition to future medical education.

COURSE LEARNING OUTCOMES

1. Gain exposure to the clinical setting.
2. Demonstrate proper use of medical terminology.
3. Develop skills to take a comprehensive patient history, using open-ended questions.
4. Differentiate between subjective and objective findings. Identify pertinent positive and negative findings. Identify relevant physical exam findings.
5. Develop a differential diagnosis based upon a patient's history and physical exam findings and provide justification for each differential diagnosis.
6. Summarize a patient encounter into a case report format.
7. Identify reliable medical references that support evidence-based practice.
8. Correctly reference sources using APA format.
9. Demonstrate professionalism in the classroom and in the clinical setting.
10. Demonstrate an understanding of the collaboration of the healthcare team, identifying the roles of each member of the team.

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Note: no required text for this course, however, the following resources are excellent and are strongly suggested.

1. *UCSD School of Medicine Practical Guide to Clinical Medicine*, free resource available at <https://meded.ucsd.edu/clinicalmed/introduction.html>
2. *Comprehensive Medical Terminology* by Betty David Jones (previous edition is completely fine), available at https://smile.amazon.com/gp/product/1285869540/ref=db_a_def_rwt_hsch_vapi_taft_p1_i0
3. *Being Mortal*, by Atul Gawande, available at <https://www.amazon.com/Being-Mortal-Illness-Medicine-Matters/dp/1250081246>. Optional reading material for reflective essay.
4. *When Breath Becomes Air*, by Paul Kalanithi, available at https://www.amazon.com/gp/product/B00XSSYR50/ref=db_a_def_rwt_hsch_vapi_tkin_p1_i0. Optional reading material for reflective essay.
5. *Perfect H&P Notebook*, excellent resource to practice taking a full history with physical exam resources, would be helpful for writing case reports. Available at https://smile.amazon.com/dp/B06XX41BZ3/ref=dp_prsubs_1. *Recommended* but not required.
6. *Bates' Visual Guide to Physical Examination Videos*, available (free) to view through Ryan Library at <http://batesvisualguide.com.pointloma.idm.oclc.org/multimedia.aspx?categoryID=21787#21775>. The text version of this resource is the gold standard for physical exam findings in medicine (but textbook is not required for the course).
7. *Maxwell Quick Medical Reference*, by Robert Maxwell, available at https://www.amazon.com/Maxwell-Quick-Medical-Reference-Robert/dp/0964519143/ref=cm_sw_em_r_d_dp_w_dc_JiZNzbA6DQ954_im. An excellent pocket-sized general medical reference (optional, not required).

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 3 unit class delivered over 15 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 112.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

COURSE SCHEDULE AND ASSIGNMENTS

Advising Session: A core element of this course is advising for graduate school applications. You will schedule an appointment to meet with Professor La Costa and Professor Amy Vu to discuss your career plans and status of the graduate school application process. Please prepare to bring your current GPA, graduate school plans, and specific schools of interest.

Create a CV and review with the Office of Strengths and Vocation (OSV): Part of your graduate application process requires gathering your skills and experience into a professional CV. Create a CV, including the elements listed on the Canvas Assignment and submit. Next, create an appointment with the OSV to review your CV and re-submit after making edits from OSV's recommendations.

Discussion Boards: Respond to discussion board topics as assigned. Please reply to the week's discussion and your peers' comments by the dates assigned.

Case Reports: The bulk of the semester's assignments are the case reports, which include summarizing a patient encounter (from a class mystery case or a clinical site or other – ask Prof. La Costa for other ideas) into a clinical note (referred to as a "History & Physical", H&P, "SOAP note", or case report). Case reports will be graded based on completing a full history with pertinent positives and negatives, physical exam with relevant patient-specific data, developing and supporting a differential diagnosis, and plan for the patient. Two references are required using APA format. See resources in Canvas.

Peer Reviews of Case Reports: During the second half of the semester, students will be randomly and anonymously assigned to review their peers' case reports and provide constructive feedback (i.e. not just "great job").

Reflective Essay OR Personal Statement:

- Read the short book *Being Mortal* by Atul Gawande or *When Breath Becomes Air* by Paul Kalanithi. Write a reflective essay including three elements that were insightful or thought provoking. Discuss how this book affected you now and how it will affect your future clinical practice. Maximum length is 3 pages.
- Use the personal statement prompt from the CASPA application to write a draft of your personal statement: "In your own words, write a brief statement expressing your

motivation or desire to become a physician assistant. Keep your statement general as it is shared with all programs you apply to. Your essay cannot exceed 5,000 characters."

Internship Log: Complete Google Doc to log your clinical hours. Update weekly. Final grade granted for final completion at the end of the semester.

Medical Terminology Quizzes: Weekly quizzes, subject and materials posted in Canvas.

Course Participation/Professionalism: See "Professionalism" heading below.

Midterm/Final: The midterm and final will have the same format as a case report, but you will interview a mock patient "live" and then record your case report.

Midterm and Final Course Assessment: Your feedback in a brief Canvas Quiz is greatly appreciate to improve the quality of this course for you and your peers!

Please see due dates for each assignment and the semester course schedule on Canvas.

ASSESSMENT AND GRADING

Please see the points weighting for each assignment:

Assignment	Points
Schedule Advising Session	40
Create CV	20
Review CV with OSV and submit edits	10
Discussion Boards	40
Case Reports (10 total)	250
Peer Reviews of Case Reports (5 total)	50
Reflective Essay OR Personal Statement	100
Internship Log	20
Medical Terminology Quizzes	50
Course Participation/Professionalism	50
Midterm	150
Midterm Course Feedback	10
Final	200
Final Course Feedback	10
Total Points	1000

Final grades will be assigned based on the following:

Standard Grade Scale Based on Percentages				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

PROFESSIONALISM

This course is intended to prepare you for graduate school and a career in healthcare. The healthcare setting requires a high level of professionalism and students in this course will be held to the same standard. Students must practice professionalism by demonstrating punctuality, robust interaction with guest PAs, prompt replies to communication from the instructor, participation in discussion board posts, prompt completion of clinical documentation, and professionalism within the virtual course.

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Late assignments will be deducted 50% of the assignment's points. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work

and participation. In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the [Office of Spiritual Development](#).

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact student-tech-request@pointloma.edu.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.