

 POINT LOMA NAZARENE UNIVERSITY	Department of Kinesiology KIN4088C-Section 5 Internship in Kinesiology 3 Units
Spring 2021	

Meeting days: Thursdays	Instructor: Rachel La Costa, MPAS, PA-C
Meeting times: 9:30am-10:45am	Phone: 972.921.4626 (cell)
Meeting location: Kinesiology Classroom 2	E-mail: rlacosta@pointloma.edu
Final Exam: 6/10/2021 at 10:30am-1:00pm	Office location and hours: By appointment, please email to schedule.
Clinical site hours to be determined based upon each individual 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 exposure to 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. Demonstrate proper use of medical terminology.
2. Develop medical interviewing skills to take a comprehensive patient history, using open-ended and closed-ended questions.
3. Differentiate between subjective and objective findings. Identify pertinent positive and negative findings. Identify risk factors for disease. Identify relevant physical exam findings.
4. Develop a differential diagnosis based upon a patient's history and physical exam findings and provide justification for each differential diagnosis.
5. Summarize a patient interview encounter into a clinical note.
6. Identify reliable medical references that support evidence-based practice.
7. Correctly reference resources using APA format.
8. Gain exposure to the clinical setting.
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: there is 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://amazon.com/gp/product/1285869540/ref=db_a_def_rwt_hsch_vapi_taft_p1_i0
3. *Perfect H&P Notebook*, excellent resource to practice taking a full history with physical exam resources, and would be helpful for writing clinical notes. Available at https://amazon.com/dp/B06XX41BZ3/ref=dp_prsubs_1. *Recommended* but not required.
4. *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 *Bates* is the gold standard for physical exam findings in medicine (but textbook is not required for the course).
5. *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 (again, optional, not required).

COURSE SCHEDULE AND ASSIGNMENTS

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

Clinical/Volunteer Hours: This course requires 60 clinical/volunteer hours to fulfill the internship course requirements. The instructor will provide clinical/volunteer opportunities for the students. The student is responsible for submitting the proper paperwork to the clinical site to gain approval from the site. The student is responsible for signing up for clinical hours with each clinical site and ensuring they complete 60 total hours. The student must log hours weekly on the Google Doc Internship Hours Log and attest these hours at the end of the semester to receive credit.

What's Your "Why?": In your own words, write a statement expressing your motivation or desire to pursue a career in healthcare. Maximum length: 1000 words. Please use Times New Roman font, double-space, with 1" margins.

Physical Exam Quiz: Watch *Bates* video posted on Canvas, then take the Canvas quiz.

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 to discuss your career plans and status of the graduate school application process. Please prepare to bring your current GPA, science GPA, health care experience/shadowing hours, graduate school plans, and specific schools of interest. Schedule via Google Calendar. See Canvas Assignment for links to Google Calendar Appointment Book and GPA calculations.

Medical Terminology Quizzes: Each quiz's subject and materials will be posted on Canvas.

Clinical Notes: The bulk of the semester's assignments are the clinical notes, which document a student's interview with a patient. (In the medical setting, these notes are also referred to as a "History & Physical," "H&P," "Progress note," or "SOAP note.") Clinical notes will be graded based upon documentation of a comprehensive history with pertinent positives and negatives, risk factors, physical exam with relevant patient-specific data, developing and supporting a differential diagnosis, and a plan of care for the patient. Two references are required using APA format. See resources in Canvas.

Peer Reviews: During the second half of the semester, students will be randomly and anonymously assigned to review their peers' clinical notes and provide constructive feedback about the clinical documentation, differential diagnosis, and plan (i.e. not just "great job").

Simulation Day: *pending PLNU approval of group gathering* Simulation day will allow the students to practice interviewing patients and creating a differential diagnosis in a simulated clinical environment with simulated patients. Students must complete the assigned worksheet provided in class to receive full credit.

Student Presentations: Record a video of you presenting one of your patient cases from a clinical note assignment. Post to the discussion board. Reply to at least two of your classmates' original posts. Follow the rubric posted on Canvas.

Final Essay: Clinical Site Reflection: Reflect on your experiences in the clinical sites this semester. Consider the following questions. What did you learn? Did you have any patient encounters which moved or impacted you? How do we best provide care to underserved populations? How do you see medicine as a career dedicated to service to others? Did this experience affirm your decision to pursue a career in healthcare? (Note: these questions are just the essay prompt. You do not have to answer each question in your essay.)

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

Midterm/Final: The midterm and final will have the same format as a clinical note, but you will interview a mock patient "live" and then document your note in real time.

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

ASSESSMENT AND GRADING

Please see the points weighting for each assignment:

Assignment	Points
Clinical/Volunteer Hours and Log	100
Advising Session	50
What's Your Why? Essay	50
Clinical Notes (8 total)	400
Peer Reviews of Clinical Notes (2 total)	50
Simulation Day	50
Student Presentations	30
Final Reflective Essay	50
Canvas Quizzes	60
Course Participation/Professionalism	50
Midterm	100
Midterm & Final Course Feedback	10
Final	200
Total Points	1200

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 the student 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 during class, prompt replies to communication from the instructor, prompt completion of clinical documentation, and punctuality and professionalism in the clinical setting.

Thank You Notes for Guest Speaker: As a component of the professionalism grade, please submit a brief (one paragraph) thank you note to the guest speaker each week on the Canvas assignment. Many PAs and physicians are taking time out of their busy clinical schedule to join the course to supplement your learning. As professionals, we must show our gratitude to these clinicians.

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.

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.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted in Canvas by the posted due date and time. 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.