



|  |  |
|--|--|
| <br><b>POINT</b> <sup>19</sup>  <b>LOMA</b> <sup>02</sup><br>NAZARENE UNIVERSITY | Department of Kinesiology<br>KIN4088C-4 Internship in Kinesiology<br>3 Units |
| Fall 2021  |  |

|  |   |
|--|---|
| <b>Meeting days:</b> Thursday  | <b>Instructor:</b> Rachel La Costa, MPAS, PA-C  |
| <b>Meeting times:</b> 8:00-9:15am  | <b>Phone:</b> 972.921.4626 (cell)   |
| <b>Meeting location:</b> Kinesiology Classroom 2   | <b>Email:</b> <a href="mailto:rlacosta@pointloma.edu">rlacosta@pointloma.edu</a>      |
| <b>Final Exam:</b> Thursday, December 16, 2021 at 7:30-10:00am                             | <b>Office location and hours:</b> Available by appointment. Please email to schedule. |
| <b>Clinical site hours to be determined based upon each individual student's schedule.</b> |   |

### 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. 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 within 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. Develop medical interviewing skills to elicit a comprehensive patient history, using open-ended and closed-ended questions.
2. Differentiate between subjective and objective findings. Identify pertinent positive and negative findings. Identify risk factors for disease. Identify relevant physical exam findings.
3. Develop a differential diagnosis based upon a patient's history and physical exam findings and provide justification for each differential diagnosis.
4. Summarize a patient interview encounter into a history and physical note.
5. Identify reliable medical references that support evidence-based practice.
6. Correctly reference resources using APA format.

7. Gain healthcare experience within the clinical setting.
8. Demonstrate proper use of medical terminology.
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. Perfect H&P Notebook, excellent resource to practice taking a full history with physical exam resources, and would be helpful for writing H&P notes. Available at [https://amazon.com/dp/B06XX41BZ3/ref=dp\\_prsubs\\_1](https://amazon.com/dp/B06XX41BZ3/ref=dp_prsubs_1). Recommended but not required.
3. 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).
4. 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](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).

## CLINICAL/VOLUNTEER INTERNSHIP HOURS

*Clinical site hours to be determined based upon each individual student's schedule.*

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 required 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. The student must maintain the utmost level of professionalism in the clinical setting. Any questions or concerns regarding clinical sites should be directed to Professor La Costa via email or phone in a timely manner.

## ASSESSMENT AND GRADING

*Please see assignment descriptions and due dates listed on Canvas.*

| Assignment   | Points |
|--|--------|
| Chief Complaint Mind Map & History of Present Illness Assignment | 25     |
| Past Medical History Assignment                                  | 25     |
| Review of Systems Assignment                                     | 25     |
| Differential Diagnosis Assignment                                | 25     |

|   |             |
|---|-------------|
| Physical Exam Assignment  | 25          |
| History & Physical Notes (4 total)                                  | 400         |
| What's Your Why? Essay  | 25          |
| Graduate School Application Assignment                              | 25          |
| Advising Session  | 25          |
| Peer Review   | 25          |
| Clinical Reflective Essay   | 25          |
| Clinical/Volunteer Hours and Completion of Hours Log                | 100         |
| Course Participation, Professionalism, In-Class Quizzes/Assignments | 50          |
| Midterm   | 100         |
| Final   | 100         |
| <b>Total Points</b>   | <b>1000</b> |

Final grades will be based on the following:

| <b>A</b> | <b>B</b> | <b>C</b> | <b>D</b> | <b>F</b>       |
|----------|----------|----------|----------|----------------|
| 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.

## **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 in Canvas by the posted due date and time. Late assignments will be deducted 50% of the assignment's points if submitted with 24 hours of the due date. 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**

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center ([EAC@pointloma.edu](mailto:EAC@pointloma.edu) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, 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.

## **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](#).