

Physical Therapy Aide Advisory Meeting Notes: 11/5/2022 11:00-11:30am

1. Attendance
 - a. Aykanush Gevanyan, Department Chair Kinesiology @ LACC
 - b. Peter Parasiliti, Kinesiology Faculty @ LACC
 - c. Robert De La Cruz, Kinesiology Faculty @ LACC
 - d. Brenton Cowles, DPT, Staff PT @ Providence Home Health OC, Owner/CEO @ Optimize Mobile Physical Therapy.
 - e. Ryan Corpuz, PTA, inpatient and outpatient PT Assistant @ Bakersfield Heart Hospital.
2. Questions to the group:
 1. Robert De La Cruz: What are your thoughts about building a program that certifies Physical Therapy Aides?
 - a. Ryan Corpuz: It will benefit students that are strongly interested in going towards Physical Therapy. It can also help students go into transferring units to undergraduate degrees in Kinesiology. In addition, help with patient care when hired as a Physical Therapy aide, such as proper exercise techniques. It can also help students understand what a Physical Therapist and or Physical Therapy Assistance do in the field of rehabilitation, treatment wise for the patients and the flow of patient care interaction.
 - b. Brenton Cowles: Patient experience goes along way when you're in a clinic. Sometimes, you know there's some frustration about how long a Physical Therapy session goes. Having a well-trained aid can make all the difference as far as patient progress, and their satisfaction in attending the clinic in general. So, having someone that really understands the movements, and the goal of the movement makes a big difference.
 2. Aykanush Gevanyan: When you're saying, "well trained", since we're going to offer classes that cater to Physical Therapy Aides, what classes do think can add on to the certificate that will help the students get ready in working in a Physical Therapy setting?
 - a. Brenton Cowles: Good basis of anatomy to start is important. In addition to some sort of lab that goes with the anatomy in an Associate level. Biomechanics is also important, so you understand the importance of quality of movement, such as which areas need to be moving versus which areas need to be stable to provide the right type of rehab exercise.
 - b. Ryan Corpuz: A lot of prerequisites that the Physical Therapy program will cover, such as Physiology and Biomechanics would be good. Movement-based classes that are entry level would benefit the program as well in terms of skill set.
 - c. Peter Parasiliti: To have a little bit more of a focused applied anatomy course versus gross anatomy, especially for a physical therapy aid position.

- d. Brenton Cowles: Yes. A course that covers both aspects of biomechanics and anatomy.
3. Peter Parasiliti: Is there value for a future PT Professional to have to go through some of that coursework as well at this level, considering it's an entry point for them?
- a. Ryan Corpuz: Yes. In terms of knowing the quality of movement and the aim towards the movement and assessing the movement in general. Those are great tools for a Physical Therapy Aide and what a therapist is looking for.
 - b. Brenton Cowles: As far as the prerequisites for Physical Therapy school and making that a highlight to the program. The student will already have an idea to which career path they want to get into. Also, making sure that the courses line up, and knocking both courses out at once when applying for Physical Therapy school.
4. Aykanush Gevanyan: Do we need to add some type of class that we can teach them how to work with the clients to smile or experience in customer service?
- a. Brenton Cowles: That would be ideal, that probably applies to anyone trying to get a job.
 - b. Ryan Corpuz: Probably just to an introductory section to emphasize and added as part of the curriculum. A curriculum that has foundations in speaking with patients and being more personable and engaging.
5. Robert De La Cruz: How about building a course that will assist students to learn about the different modalities that Physical Therapists use for the treatment plan, such as ultrasound and electrical stimulation, etc....
- a. Ryan Corpuz: Experience and a general understanding of various modalities due to a wide array of different fields can also benefit from it. Like athletic training and personal training and the use of these types of products and techniques have been applied to the general public.
 - b. Brenton Cowles: If it was a small part of one of the other courses and adding it could help. Doing a whole course might be a lot at that level. You're going to be directed by the Physical Therapist or Assistant in terms of how to apply it, and where to apply it. So, you might not need a full understanding, but have some exposure.
 - c. Peter Parasiliti: There's a need to train students at this level in physical therapy to be an aid so they are coming in with a little bit more knowledge and experience.
6. Peter Parasiliti: You know one area we want to watch, any negative that you can think of that we have to be conscientious of. For example, can aides stretch the patient?
- a. Brenton Cowles: You can assist with stretching, but no mobilization or soft tissue. A lot of this is just guiding patients to do the exercises.

- b. Ryan Corpuz: Getting the benefit of proper technique because those movements are made to do something specific for the patient in terms of their progress, everything is referred to the Physical Therapist.
 - c. Brenton Cowles: As Physical Therapist, you know there's aides that kind of know what they're doing, and aides that don't. The less time you have to spend, one on one guiding an aid, as a therapist, that allows you more time to work with other patients and not worry about what the aide may be doing with your patients. So yeah, it's important to have someone that knows what they are doing.
- 7. Robert De La Cruz: Is having the knowledge and skillset from the Physical Therapy Aide program beneficial for someone wanting to work as physical therapy aide position?
 - a. Ryan Corpuz: Yes, it is going to benefit the clinic and the flow and just treatment in general. It improves the whole experience for the patient and the clinicians as well.
 - b. Brenton Cowles: If it's just someone that doesn't have any background and exercise, or they know physiology or anatomy but doesn't have patient experience. It is not going to be good, and they may just lose faith in Physical Therapy because they're just being pushed on to an aide that clearly doesn't know what they're doing. Knowledge and patient experience is so important to get people in physical therapy to get better.
- 8. Aykanush Gevanyan: If we were to bring the certificate into the Physical Therapy Aide program, are students going to find a place to go work?
 - a. Brenton Cowles: most clinics have multiple Physical Therapy aides. Having a certificate that says you're trained in these areas for a clinic that values the quality of their patient's experience. They're going to hire these people instead of just taking a volunteer or someone maybe applying. It's competitive right now, because so many people want to be in the in the field, and then they must get hours. A lot of people are trying to come and volunteer. Having a certificate will give them an advantage in getting a job, as they work towards that higher level degree.
 - b. Ryan Corpuz: As business owners who are hiring people that want to be in physical therapy, in some outpatient clinics, there could be a lot of turnover rate. If it's just anyone just trying to get a job, what is their incentive for them to stay. If they are going to get their degree and put in some time and work towards their goal of becoming a Physical Therapist. In turn clinics are going to want to hire students that are going towards their goal in becoming a Physical Therapist. There are only benefits in creating this Physical Therapy Aide program.
 - c. Brenton Cowles: Working as a Physical Therapy Aide is competitive. To get a job as an aid right now, everyone trying to become a Physical Therapist

needs the hours to get into PT or PTA school. If you can walk in and say, I am studying to become a Physical Therapist and have the experience and exposure with the certification, I will give the student an upper hand in getting hired. Then you have an opportunity to get some hours while you continue to complete your undergrad degree, and work and make a little bit of money. Whereas some of the positions end up just being volunteers.

- d. Robert De La Cruz: The most important part is getting students the exposure as well as the experience if we get an internship going with the certificate and getting the hours required to get into a Physical Therapy program.
9. Aykanush Gevanyan: Overall, would you recommend LACC build a Physical Therapy Aide program for students wanting to have a career in Physical Therapy; licensed therapist, assistant and or aide?
- a. Ryan Corpuz: Highly recommend it!
 - b. Brenton Cowles: Strongly recommend!