

GUIDELINES FOR INTERNSHIP TRAINING PROGRAMME

INTRODUCTION:

- Internship is a phase of training wherein a graduate is expected to conduct actual practice of physiotherapy and health care and acquire skills under supervision so that he/she may become capable of functioning independently.
- Internship is a phase of training where in a candidate is expected to conduct actual Physiotherapy practice, with fair independence in clinical decision making in low risk cases where as to work under supervision at high risk areas; so that at the end of Internship he/ she is capable to practice Physiotherapy independently.
- The Internship programme shall mainly focus on acquisition of specific skills listed in the major areas of training by —hands on experience & also on ability to conduct a scientific project.

GENERAL OBJECTIVES:

- The Chief of parent institute shall be responsible for implementation of Internship programme & also for the issue of Internship completion certificate.
- Internship shall commence not later than 15 days from the day of declaration of results of IV B.P.T. examination.
- It shall be binding on the candidate to follow strictly, the code of conduct prescribed by the Gujarat State Council for Physiotherapy, Any breach in the conduct / discipline shall disqualify the candidate from pursuing Internship for a period of One week to One month or more depending upon the gravity of breach of conduct.
- Compulsory Internship shall include rotational clinical assignments, administrative skills & a scientific project over a period of 26 weeks/6 months. Candidate is however encouraged to extend optional —Hands on practice for six additional months in the desired areas at the hospitals, attached to a college conducting B.P.T. programme or the listed by the Gujarat state council for physiotherapy; as per the Rules & Regulations applicable to Internees regarding attendance, attitude, performance & evaluation. Such clinical experience on successful completion & on passing in evaluation shall be documented & shall be strongly recommended for additional credits for higher education or employment.
- On successful completion of Internship, to the satisfaction of the Head of Physiotherapy Department & the Chief of the parent institution, the Internship completion certificate shall be issued by the parent institution; and it will be forwarded to the concern University for the Award of B.P.T. Degree and to the Gujarat state council for further reference. Internship completion certificate issued by the college is only valid for registration in Gujarat State Council for Physiotherapy.

OBJECTIVES:

At the end of Internship programme, the candidate shall be able to:

- Detect & evaluate Anatomical, Patho-physiological, & Psycho-somatic impairments resulting in Dysfunction of movement of all the ages, & occupations; as well as epidemiological sectors in the population; & arrive at the appropriate Physical & Functional diagnosis.
- Understand the rationale & basic investigative approach to the Medical system & surgical intervention regimens & accordingly, Plan & implement specific Physiotherapeutic measures effectively or make a timely decision for referral to appropriate specialty.
- Select strategies for cure & care; adopt preventive, restorative & Rehabilitative measures for maximum possible independence of a client/ patient, at home, work place & in the community.
- Help in all types of emergencies medical, surgical, neonatal, & pediatric by appropriate therapeutic procedures & shall be able to implement, as a first level care Cardio Pulmonary resuscitation and first-aid providing support to the injured area, splinting etc, in the situation when medical aid is not available.
- Demonstrate skill to promote Health in general as well as competitive level, such as sports, work productivity, Geriatric & Women's health etc, and keeping in mind National and state level Health policies.
- Develop skill to function as an essential member in co-partnership of the health team organized to deliver the health & family welfare services in existing socioeconomic, political & cultural environment.
- Develop communication skill for purpose of transfer of suitable techniques to be used creatively at various stages of treatment, compatible with the psychological status of the beneficiary & skill to motivate the client & his family to religiously carry out prescribed home exercise programme & compliance to follow ergonomic advice given as a preventive / adoptive measure.
- Demonstrate skill of administrative work ,managing patients attending Physiotherapy services, by developing skills to use appropriate manipulative mobilization methods, Neurophysiologic maneuvers, techniques of Bronchial hygiene, Breathing retraining; application of Electrotherapeutic modalities & Therapeutic exercise; for the purpose of, evaluation, assessment, diagnostic procedures ; & for the purpose of treatment as well, bearing in mind their indications & contraindications.
- Develop ability to prescribe, assess (fitting) & use of appropriate orthotic & prosthetic devices; in addition to an ability to fabricate simple splints for extremities, for the purpose of prevention, support & training for ambulation & activities of daily living.
- Develop ability to do Functional Disability evaluation of Movement; & recommend for restor alternative work substitution during the period of recovery or in case of permanent disability.
- Practice professional autonomy & ethical principle with referral as well as first contact client in conformity with ethical code for Physiotherapists and as per the guideline of GSCPT.

INTERNSHIP SCHEDULE:

- Candidate shall be posted to Rotational Clinical assignments of total 26 weeks/6 months, including administrative skills pertaining to Physiotherapy practice & a scientific project of 3 hours per week [total not less than 78 hours]. The schedule of Internship shall be as follows:

Assignment	Discipline	Duration
Musculoskeletal Physiotherapy	OPD/Indoor Orthopedics /Burns/ Surgical Amputations /Hand rehab. /Sports injury /wound & skin care	1 Month
Neurophysiotherapy	OPD/ Neurology/ Neurosurgery/Pediatrics /EMG-NCV	1 Month
Community Physiotherapy	Women's health + Geriatric health at primary health centre or community /Industrial health/fitness clinic	1 Month
Neuro-Paediatrics Physiotherapy	OPD/IPD/NICU/PICU	1 Month
Sports Musculoskeletal Physiotherapy	OPD/IPD/ Sports injury	1 Month
Cardio-pulmonary Physiotherapy	OPD /Medical/surgical Intensive care	1 Month

* Clinical Posting in Community P.T can also be conducted at the rural set up with prior permission from the HOD and the Dean/ Principal of the parent institution. Internee must work under supervision of qualified registered physiotherapist.

* Duration in different discipline can be changed/modified by the head of the institute as per requirements in some special situations.

SCIENTIFIC PROJECT

- During the Internship, candidate shall undertake a scientific project of 3 hours per weeks [total duration not less than 78 hours]. Scientific projects may include case study, case presentation, assignment, camp, public awareness programme.
- The candidate shall submit the project not earlier than two week to the last day of internship & the HOD, physiotherapy department of parent institution shall sign on the same if the project is up to her /his satisfaction.

EVALUATION

- During the rotational posting, student shall treat all kinds of patients & also undertake skills of maintaining administrative records & Maintenance of equipment.
- The candidate shall maintain a log book & record all the events of the respective posting. He /She shall be closely monitored by the senior Physiotherapy staff in charge throughout the posting & the same shall also sign in the Log book on completion of the assignment.

- There shall be formative & summative assessment at the end of each of the posting given in the schedule & score will be given to each by the panel of minimum 3 teachers involved in supervision of the student during the respective assignment.
- Student shall repeat the respective assignment for a period of 25% of the period allotted to the respective posting, if he /she fails to score minimum 3 in the average of overall Formative + Summative score obtained during the respective posting.

During the Internship, student MUST CONDUCT following procedures

A) Electro-therapeutic procedures

1. Application of Low frequency currents [galvanic/faradic like, rectangular, triangular, surged, interrupted etc] for

I. Electro-diagnosis:-

- a. short-long pulse test
- b. Motor points,
- c. S.D. curves,
- d. Sensory threshold,
- e. Pain threshold & tolerance,

II. Therapeutic purpose:-

Iontophoresis of various pharmaco-therapeutic drugs, Cathodal & anodal galvanism, Electrical reeducation, T.N.S, Interferential current therapy, Beat frequency, medium frequency currents, strong surged faradic stimulations, for pain relief & reduction of swelling etc.

2. Application of Superficial & Deep thermal agents- Cryotherapy, Hot packs, Paraffin wax bath, Infra red radiations, Short wave diathermy.
3. Calculation of appropriate dosage & application of
 - a. U.V.R [B /C] for wound care, & U.V.A. for skin conditions
 - b. Continuous & pulsed Ultrasound of 1 & 3 MHz frequency for direct application, with coupling agents, water bags & phonophoresis.
4. Testing of all the electrical equipment

B) Therapeutic Gymnastic Proceduresa:

- a. Selection & application of appropriate gymnastic tool for the management of dysfunction of mobility, strength, power, endurance (M.M.T.), balance, coordination, cardio-pulmonary fitness; & for functional training such as transfers, mat activity, postural correction, gait training with or without aids, ambulation & A.D.L.
- b. Group activity procedures-Select & implement group activity by effective & appropriate command & demonstration, such as Jacobson's Relaxation exercises, standard Yoga postures, Mat exercises, transfer exercises, shoulder/ Back class, General fitness/ Aerobic exercises. Balancing exercises, Breathing exercise and different pranayama.

C) Manipulative mobilization procedures

- a. Therapeutic Massage maneuvers, for extremities, face, neck & back.

- b. Assessment of Physiological movements, & end-feel.; identification of target soft tissue to be mobilized, & application of NON-Thrust mobilization techniques of Kaltenborne, Maitland, Mulligan, Buttler, Mckenzie & muscle energy methods, passive sustained stretching on Spine & extremities, , manual traction for cervical & lumbar spine.

D) Therapeutic exercise

[Including auto-stretching exercises.] for Home programme, for restoration & maintenance of function, prevention of Dysfunction.

E) Neuromotor & Psychosomatic procedures

- a. Manual muscle testing [group & individual], identification of trick movements, muscle imbalance,
- b. Assessment of posture [static & dynamic] & its deviations,
- c. Assessment of Gait & its deviation; selection of appropriate walking aids, & training, stair climbing;
- d. Neuro- developmental & /neurophysiologic methods of assessment & treatment [M.R.P.,P.N.F, N.D.T., Brunstromme, Bobath, Butler etc] of voluntary control, spasticity, [Ashworth `s scale], coordination, balance, abnormal movements, functional re- education, standing, gait training, ADL training, passive mobilization for maintenance of paralytic limbs, Assessment of peripheral sensations, dermatomes, superficial & deep reflexes.

F) Cardio-Pulmonary Procedures

- a. Assessment of B.P., R.R., Pulse, body temp. , Abnormal breath sounds, breathing pattern, chest expansion, exercise tolerance [6 min. walk test] , P.E.F.R.,
- b. Selection & application of nebulisation, humidification, positioning for postural drainage, percussion manipulations for bronchial hygiene, coughing –huffing maneuvers, suctioning for tracheostomized & non- tracheostomized patient, comatose patient, assist in bronchial hygiene in patients with Oxygen support or artificial ventilation;
- c. Selection & implementation of appropriate Breathing exercise,[inspiratory/ expiratory /modified inspiratory;]
- d. Cardio-pulmonary resuscitation

G) Other Therapeutic procedures

- a. Fabrication [with plaster of Paris bandages/ thermoplast/similar material-] splints- cock up, knuckle bender, outriggers, opponence splint, soft cervical collar; posterior guards for gait training,
- b. Strapping & Taping of extremities for support, & pain relief
- c. Application of elastocrappe bandage for prevention of swelling, shaping of amputated stump
- d. Wound care-application of U.V.R., TNS, etc, dressing; UVR application for vitiligo, & psoriasis

H) Community Physiotherapy procedures

- a. Collect, analyze, interpret, & present , simple community & hospital based data,

- b. Participate as a member in co-partnership in the Rehabilitation work in the community,
- c. Participate in the programmes in prevention & control of locally prevalent functional disorders
- d. Be capable of conducting survey & employ its findings as a measures towards arriving at a community functional diagnosis
- e. Provide health education to an individual / community on:
 - General fitness, ergonomic alterations for better quality life at home & work place,
 - Preventive tools to avoid accidents, in the industrial area
 - Skin care in case of loss /impairment of sensations
 - Care of the back
 - Antenatal/ post-natal exercises; management of pelvic dysfunction [urinary / anorectal incontinence; per vaginal prolapsed
 - Specific warming up activities & appropriate maintenance exercises to elderly patients

TO ASSIST IN PROCEDURES

- a. Fabrication of pylon
- b. Electromyography,
- c. Physiotherapy in Intensive care
- d. Disaster management

EVALUATION SCHEME

Skills during Formative Evaluation shall include following

- a. Musculo-skeletal Physiotherapy
- b. Neuro-Physiotherapy
- c. Cardio-pulmonary Physiotherapy
- d. Community Physiotherapy

START OF INTERNSHIP PROGRAMME

- The programme will commence within 15 days after the declaration of Final B.P.T. result by the University. In special circumstances with the permission of the head of the institute, student can start internship within 45 days of declaration of results.

LEAVE FOR INTERNS

- An internee shall be entitled for maximum 6 days leave during six months period of internship posting. An internee will not be permitted to avail more than 2 days leave in any department. Period of leave in excess of 2 days in a department will have to be extended in the same department. Under any circumstances this period will not be condoned by any
- However if any student wants to attend any state/national/international conference, workshop or seminar then maximally 3 days study leave can be granted to the students with production of the proper documents or certificate. It should not be more than 3 days in any conditions.

STIPULATION FOR REPEAT POSTING IN CONCERNED DISCIPLINE

- Unsatisfactory performance.

- Prolonged illness, Medical Certificate must be validated by a Medical Board set up by the Institution, where rotatory internship is being undertaken.
- To prevent Interns from prolonging the internship period due to extraneous reasons other than the above (i) and (ii) and taking extra leave beyond permitted leave, the repeat posting will be done.
- However head of the institute can allow 15 days more leave (other than 6 leave and 3 study leave) but student have to complete the extension for these 15 days leave at the end of internship programme. Stipend cannot be claimed for more than 6 months.
- If student takes leave more than these total leaves (6+3+15=24 days), he/she has to do the repeat posting at each place as prescribed and it will be considered as fresh internee. (Relaxation will be applicable in case of pregnancy on production of appropriate medical certificate.)

NUMBER OF INTERNEES FOR EXTERNSHIP

- The number of internees should not be more than addition 50% of the intake capacity of the academic institute or the number of students appears in final year university exam.
- The outside internees will be allowed on the merit base not on the first come first base. Merit will be made as per the following criteria.
 - i. 50% marks obtained from all four years
 - ii. 50% marks from the interview or exam conducted by the institute
 - iii. For each extra attempts there will be reduction of 5%
- In government institute the outside students have to pay the fees as decided by the Gujarat government.

EXTERNSHIP

Ordinarily rotatory internship must be undertaken in the institution where the student has enrolled. However, a student can do internship in GSCPT approved hospital/institution for which the following guidelines may be followed:

Externship in Gujarat:

- i. A student must apply for permission to do internship outside from its parent institute along with the desired documents. Before considering the student's application to do internship in another hospital /physiotherapy college, he/she will be required Permission from the institutions where the student wishes to do internship.
- ii. Student can do internship from 1 month to 6 months according to the permission granted by the both institutes.
- iii. No stipend will be paid to the students if he/she does internship outside of parent institute.
- iv. It is the duty of college to allow internship in parent institute to their students. No college can make compulsory rule to do internship outside of the parent institute.