

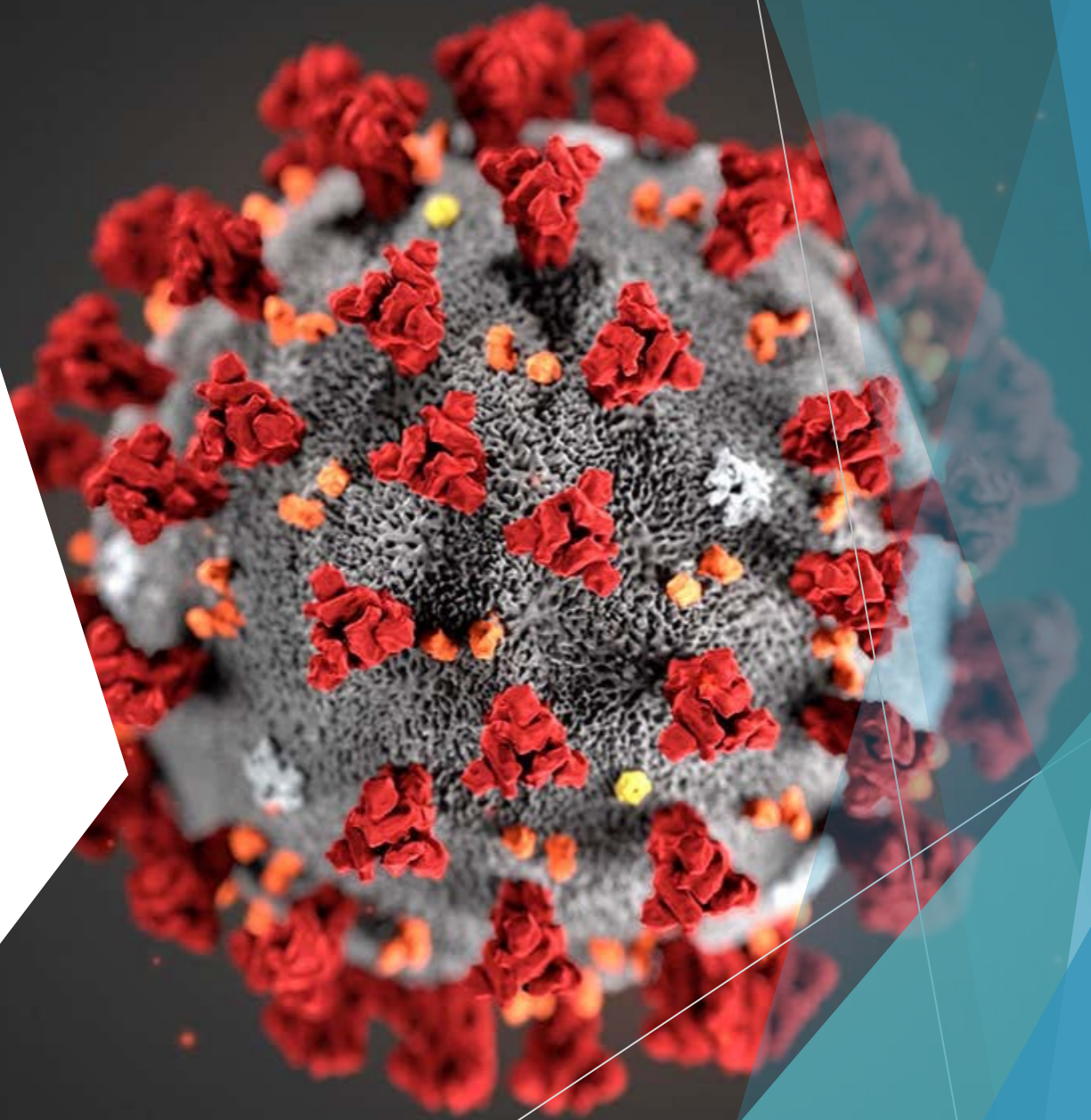


**Pirate Wellness Program  
(PWP)**



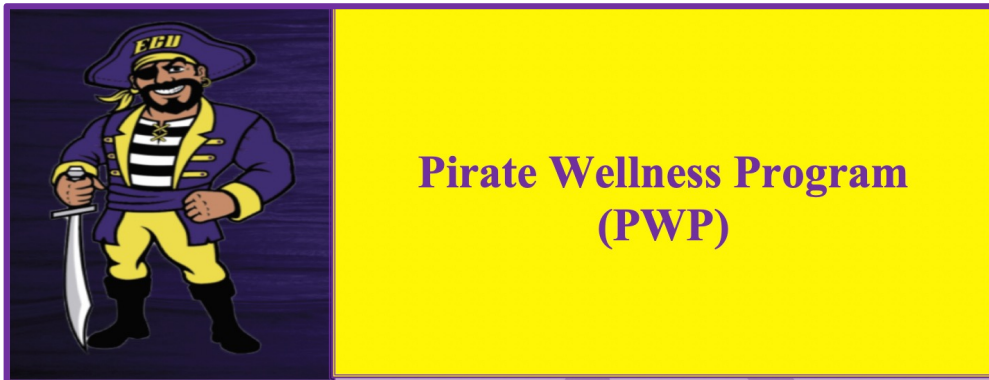
# Pirate Wellness Program

The Problem:



# The Solution: “Telehealth”

- ▶ “Telehealth”
  - ▶ the use of electronic information and telecommunications technologies to support long-distance clinical health care, patient and professional health-related education, public health and health administration. (HealthIT.gov)
  - ▶ videoconferencing, the internet, streaming media, and wireless communications.
- ▶ Our Solution.....





# Pirate Wellness Program (PWP)

- ▶ VIRTUAL Internship Program for ECU RT Students
  - ▶ Piloted with small student group (3.5) in Summer of 2020
    - ▶ S1: 4 children with dev. Disabilities
    - ▶ S2: 6 older adults
  - ▶ Fall 2020 Program (3 Interns)
    - ▶ 6 young Adults w/ Disabilities
  - ▶ Sp2021 Program (7 Interns)
    - ▶ 7 Young Adults with Disabilities
- ▶ Services provided in a collaboration between RT Faculty, RT Student Interns, community liaisons, individuals with disabilities, and their family support networks

# Virtual Internship Development Process

- 1) Review of Internship Standards and Guidelines
- 2) Interns: Recruitment, Application, and Selection
- 3) Identify Community Partners
- 4) Internship Structure: Student Skill Competencies



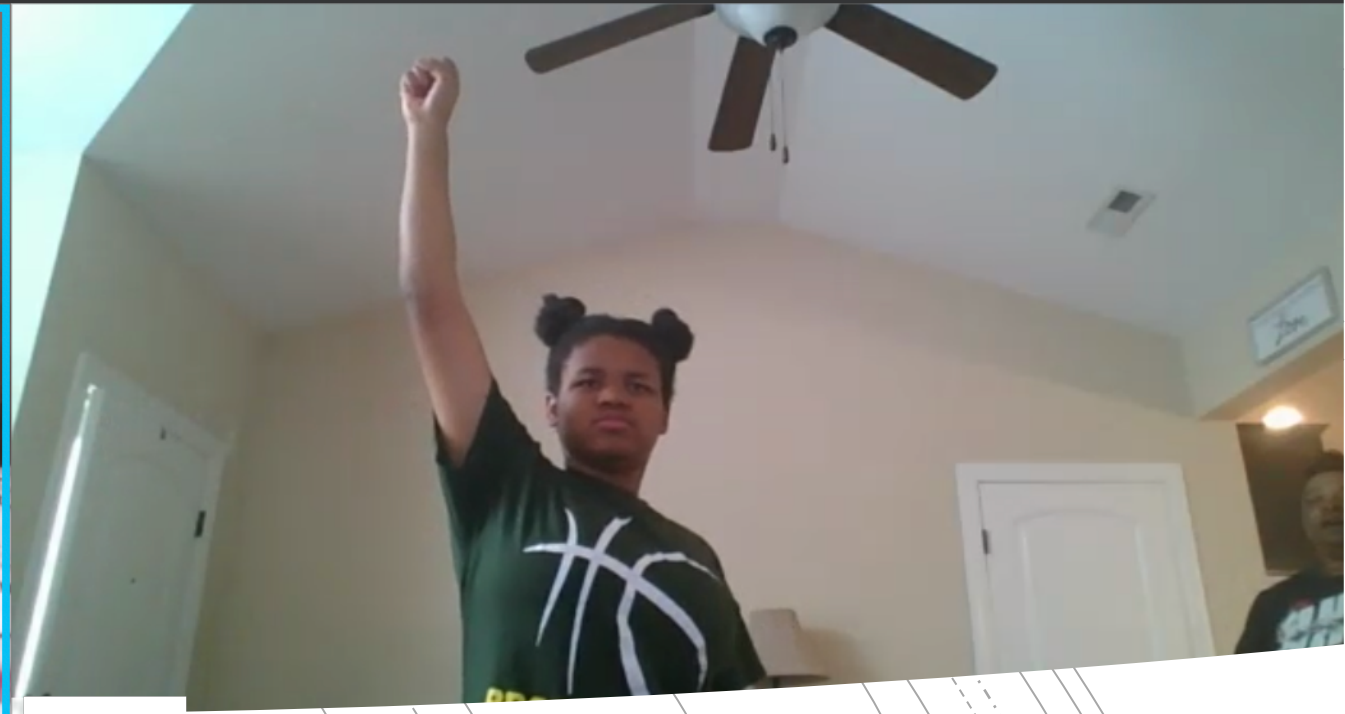
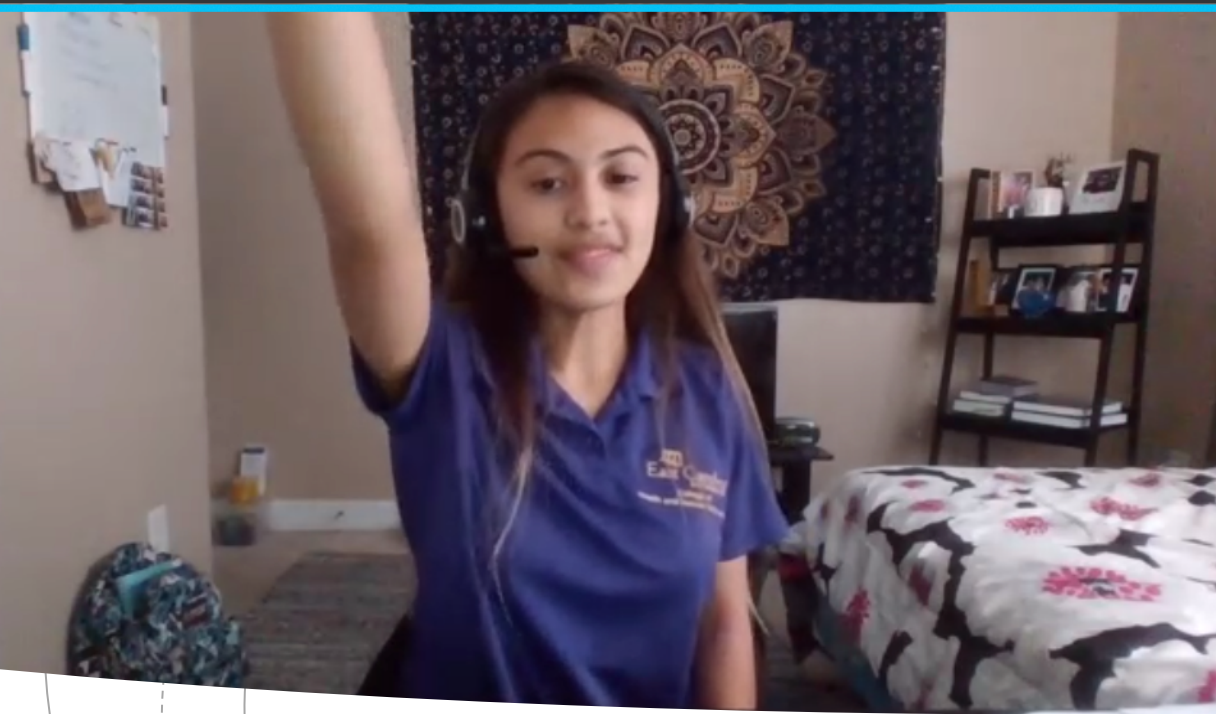
# Standards & Guidelines

- ▶ CDC Guidelines
- ▶ NCTRC Alternative Internship Guidelines
- ▶ North Carolina Board of Recreational Therapy Licensure Standards
- ▶ North Carolina RT Educators: Guidance for Remote Internship Activities
- ▶ East Carolina University Standards & Approvals
  - ▶ College of Health and Human Performance
  - ▶ Department of Recreation Sciences
  - ▶ Recreational Therapy Program Internship Policies and Procedures

The screenshot shows the CDC website interface. At the top, there is a search bar with 'COVID-19' entered and a search icon. Below the search bar is a navigation menu with categories like 'Your Health', 'Community, Work & School', 'Healthcare Workers & Labs', 'Health Depts', 'Cases & Data', and 'More'. The main content area features a sidebar with a 'Healthcare Workers' section containing links for 'Testing', 'Clinical Care', 'Infection Control', 'Optimize PPE Supply', 'Potential Exposure at Work', 'First Responder Guidance', and 'Healthcare Facility Tools'. The main article is titled 'Using Telehealth to Expand Access to Essential Health Services during the COVID-19 Pandemic', updated on June 10, 2020. It includes a 'Purpose of this Guidance' section and an 'On This Page' table of contents with items like 'Background', 'Telehealth Modalities', and 'Benefits and Potential Uses of Telehealth'.

The document is titled 'Alternative Internship Guidelines' from the National Council for Therapeutic Recreation Certification (NCTRC). It states that the guidelines were updated on March 17, 2020, in response to the COVID-19 pandemic to support students in completing their internship experience. Key points include that the alternative internship form and/or letter from the agency supervisor or academic supervisor must be pre-approved and submitted to NCTRC. The document also explains that NCTRC supports quality experiential learning and that the alternative internship is designed for situations where a well-planned internship experience cannot be completed due to circumstances like agency closures or staff illness. It outlines the conditions under which NCTRC will consider an alternative internship, such as agency closures or termination of the CTRS supervisor.

The document is titled 'Guidance for Remote Internship Activities State of North Carolina Clinical Coordinators and Professional Leadership Therapeutic Recreation/ Recreational Therapy Education Programs'. It lists the primary authors as Jennifer Hinton (Western Carolina University) and Candy Ashton (University of North Carolina- Wilmington). Contributing authors include Rebecca Burdworth, Jo Ann Coco-Flipp, Amanda Grieshaber, Megan Janke, and Tonia Porter. Contributing reviewers include Janet Albers, Maegan Ellison, Becky Garrett, Lei Guo, Amelia Saul, and Joan Sutton. The document is dated May 15, 2020.



## Community agencies providing services to individuals with disabilities.

- ▶ Parks & Recreation, School System- APE, Pitt Council on Aging, Pitt Community College Careere Academy
- ▶ Refer potential participants that have :
  - ▶ disabling condition
  - ▶ support family and/or social network to assist with potential virtual services
  - ▶ access and capacity for WIFI internet services, laptop, or mobile services

# PWP Partner Agencies



## Internship Structure

- ▶ 3-5 ECU RT STUDENT INTERNS
- ▶ ECU RT Student Interns plan and provide virtual RT services to clients for duration of program
- ▶ INTERNSHIP is 14-weeks, PROGRAM is two 6-week SESSIONS (WITH Participants)
- ▶ 2 weeks TRAINING, ORIENTATION & PLANNING
- ▶ AGENCY supervisor observes and provides oversight for ALL virtual and F2F direct care with participants (LICENSURE/CERT)
- ▶ All virtual direct care services recorded in to allow supervisor post-session reviews and peer evaluations
- ▶ Supervisor feedback and processing after each student led session



# Intern Orientation & Training

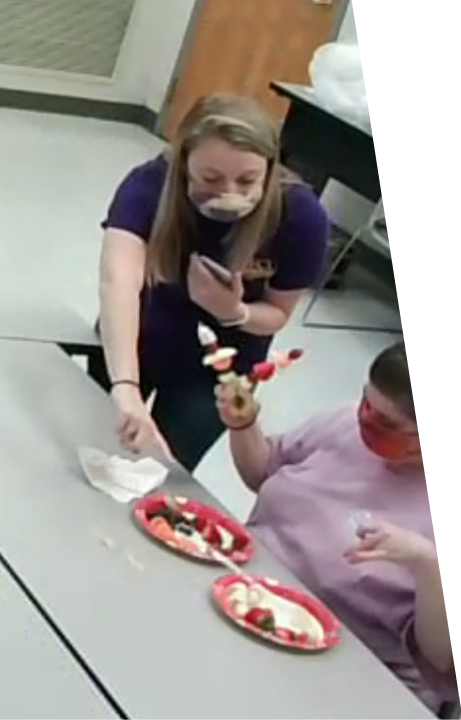
- ▶ COVID Safety & Disinfection
- ▶ Effective Virtual Programming
- ▶ Assessment Training
- ▶ Documentation Training
- ▶ Leading Virtual Programming
- ▶ Technology Overview
- ▶ Protocol Leadership Practice
- ▶ Agency Partners
- ▶ DC Summaries
- ▶ PWP Alumni Round Table “Do’s & Don’ts”
- ▶ **COMPREHENSIVE PROGRAM PLANNING**



PWP Alumni Roundtable (September 2020)

# PWP Goals

- ▶ Develop Independence Skills
- ▶ Develop Skills that promote job obtainment
- ▶ Increase Community Mobility Skills
- ▶ Supplement PCC Teachers and Academic Skills
- ▶ Promote Healthy Skills and Outcomes



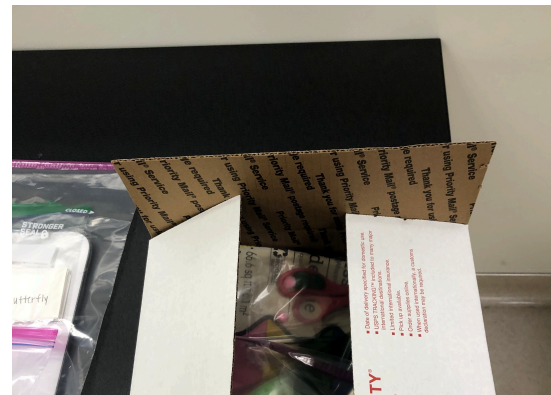
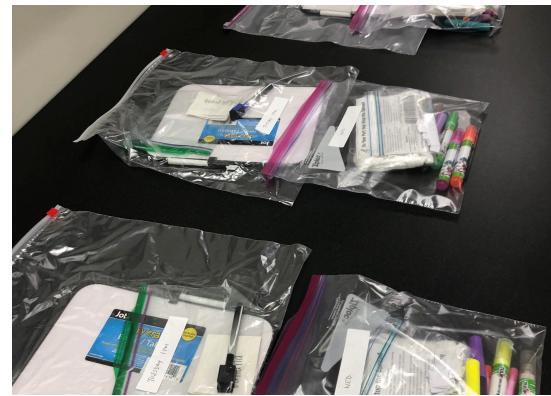
# Program Structures

- ▶ TOTAL VIRTUAL (Contactless)
- ▶ VIRTUAL at Agency  
(Virtual with onsite assistance)
- ▶ HYBRID (Some Virtual & F2F)



# COVID-19 Precautions & Procedures

- ▶ Contactless supplies through mail or door-step delivery
- ▶ DAILY CDC disinfectant protocols of supplies
- ▶ Masks & social distancing
- ▶ Individualized personal supplies to avoid cross contamination




# PWP Assessment & Documentation System

## ▶ SECTIONS

- ▶ DEMOGRAPHICS, HX., REFERRAL
- ▶ PARTICIPANT APPLICATION LINK
- ▶ TX GROUP DOCUMENTATION  
(Participation Data Sheet)
- ▶ WEEKLY CHARTING- (SOAP)
- ▶ STANDARDIZED ASSESSMENTS
- ▶ TREATMENT GOALS GRID
- ▶ DISCHARGE SUMMARY

## ▶ FUTURE PLANS

- ▶ Treatment Planner, additional assessment options

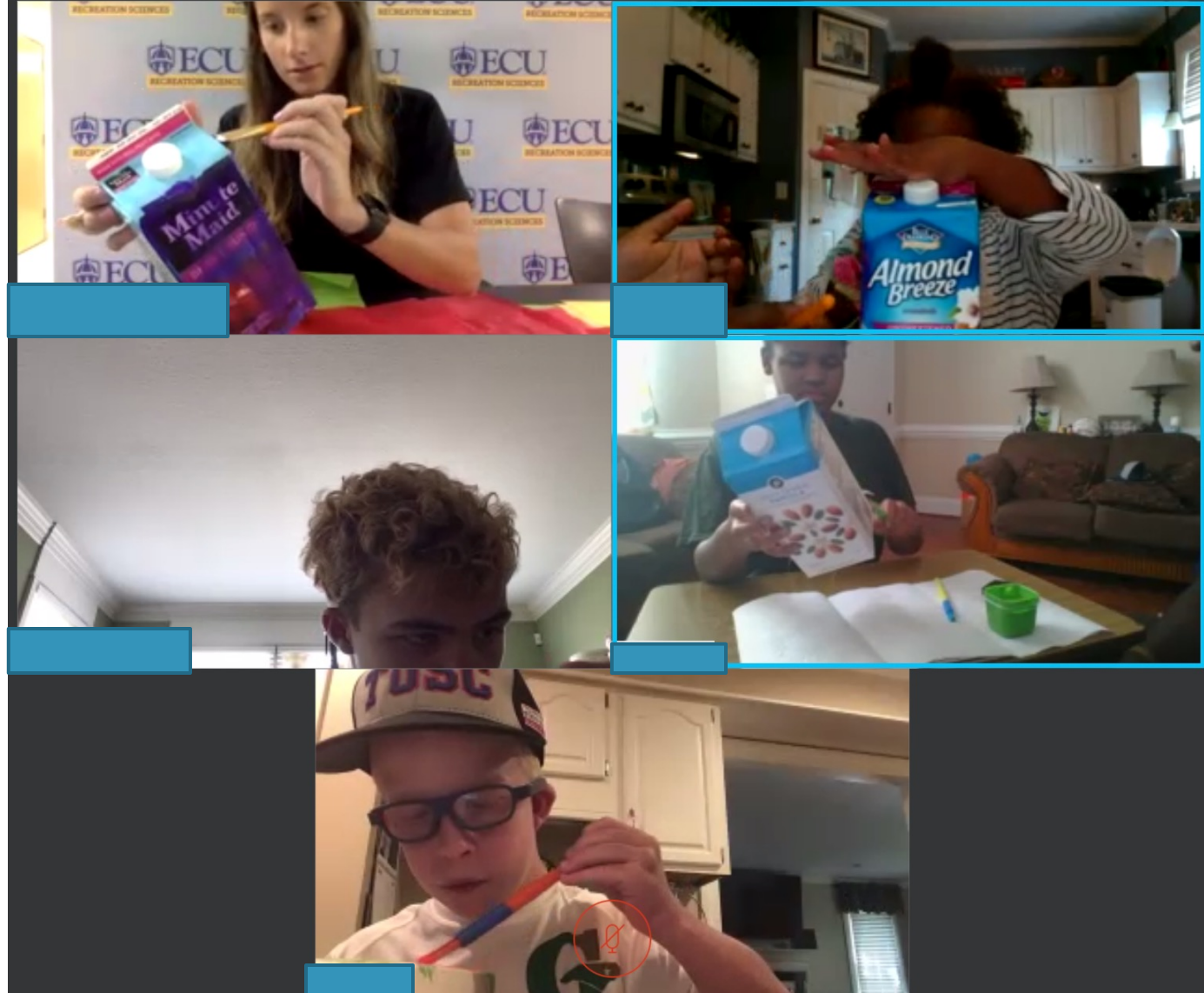
Pirate Wellness Program Charting System			
HOME		<b>Pirate Wellness Program (PWP)</b>	
Demographics			
History			
Medications			
Vital Signs			
Consent & Liability			
PWP Application			
SCREENING			
Intervention Planning			
Participation Data Sheets (PDS)			
RT Notes			
OUTCOME TRACKER	Name (First, Middle, Last)		
Muscular Strength			
Cardiovascular			
Social			
Coping/Adjustment	SESSION I		PLACE "X"
Cognition & Orientation			
Pain & Sensory	SESSION II		PLACE "X"
Emotional			
Rec & PA			
Fall Risk/Balance			
TRAA			
Community Reint.			
Treatment Goals			
DC SUMMARY			

permission given by Kevin Cummings

EMR LINK

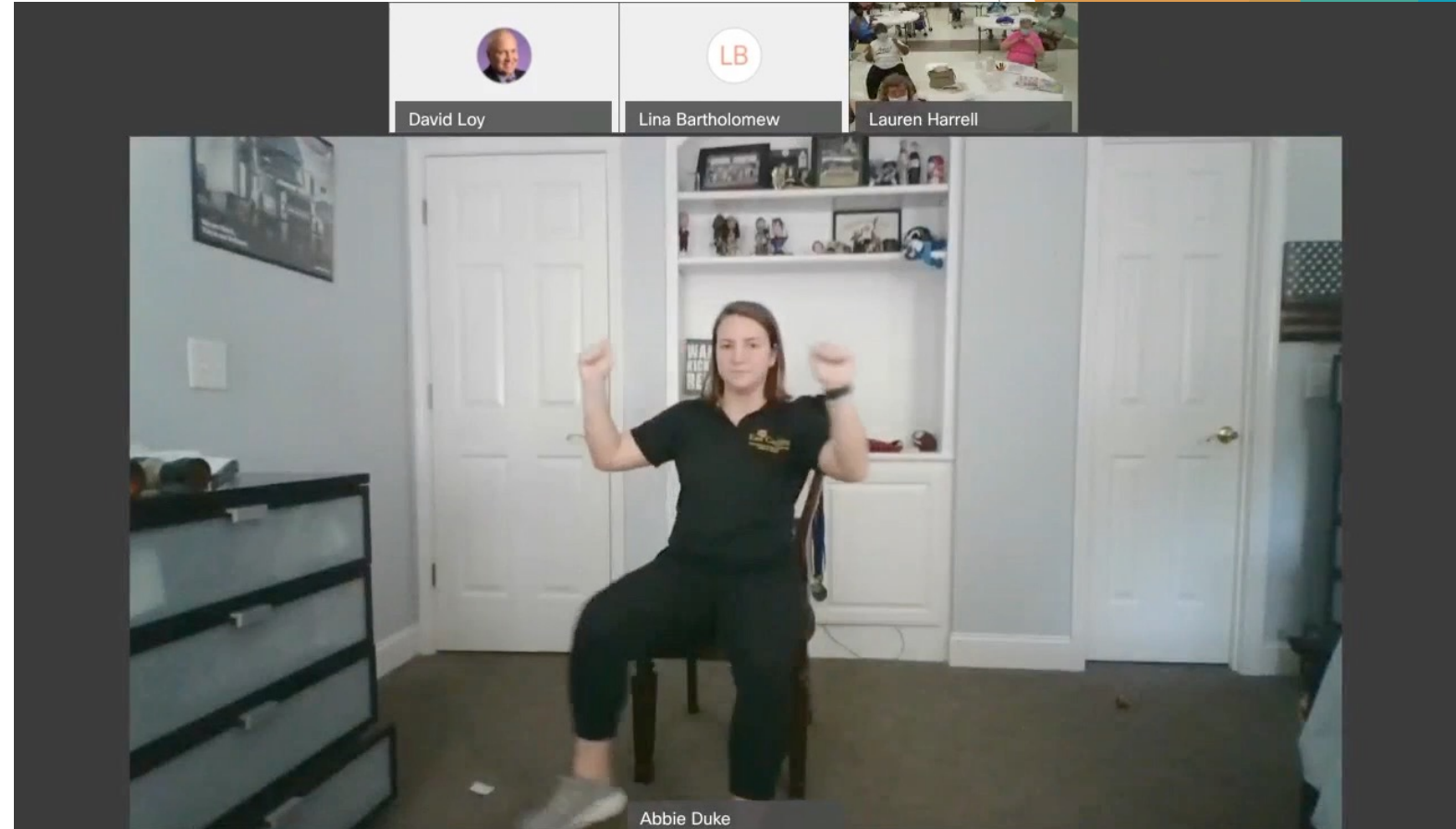
# PWP VIRTUAL RT Interventions

- ▶ 30-45 minutes in length (MAX)
- ▶ Cisco Webex Platform
  - ▶ Sessions recorded for post-review
- ▶ Virtual sessions led in campus studio space OR intern's residence.
- ▶ Disinfected supplies delivered to participant home, agency, or mailed to out of town participants.



# Exercise & Physical Activity

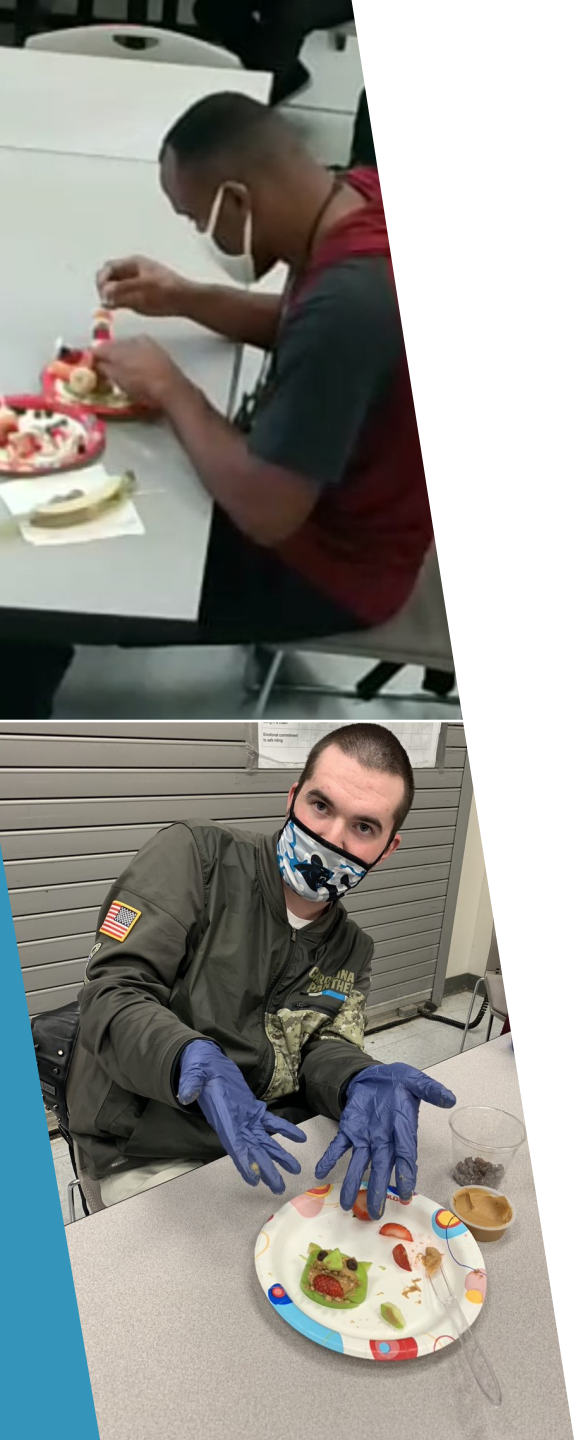
- ▶ **Treatment Objectives**
  - ▶ Increase endurance
  - ▶ Increase amt. of PA
  - ▶ Increase ROM/flexibility
- ▶ **Outcomes Assessed**
  - ▶ Steps
  - ▶ METs (Calories Burned)
  - ▶ Balance (MDRT)
  - ▶ Flexibility (Back Scratch Test)
- ▶ **Session Examples**
  - ▶ Exercise Bingo
  - ▶ Yoga
  - ▶ Tai Chi



“PWP EXERCISE GROUP”

# Healthy Cooking & Wellness

- ▶ **Treatment Objectives**
  - ▶ improve nutritional and healthy outcomes
  - ▶ improve cooking and self-care skills
- ▶ **Outcomes Assessed**
  - ▶ Nutritional choices (food logs and self-report)
  - ▶ Cooking skills (staff rating assessment)
- ▶ **Session Examples**
  - ▶ “Healthy Snack Monsters”
  - ▶ (Youth DD)
  - ▶ “Pirate Portion Control”
  - ▶ (Adults DD)







# Social Skills Group

- ▶ Treatment Objectives
  - ▶ initiate social conversation
  - ▶ improve social eye contact
  - ▶ increase appropriate social behavior
  - ▶ Social skills → Interview Skills
- ▶ Outcomes Assessed
  - ▶ social conversation (TRAA)
  - ▶ social eye contact (TRAA)
  - ▶ social Behavior (TRAA)
- ▶ Session Examples
  - ▶ “Who Have I Met Today?”
  - ▶ “Social Problem-Solving Board Game”
  - ▶ “Social Ball Pass Catch”





# Life Skills

- ▶ **Treatment Objectives**
  - ▶ improve financial management
  - ▶ improve interview skills
  - ▶ improve self-care independence
- ▶ **Outcomes Assessed**
  - ▶ Coin recognition (B.U.S.)
  - ▶ Interview skills (TRAA)
  - ▶ Self-care (care assistance staff rating)
- ▶ **Session Examples**
  - ▶ “Know Your Money”
  - ▶ “Chick-fil-a Menu Match”
  - ▶ “Job Interview Role Play”
  - ▶ “Grocery Pricing Scavenger Hunt”

# Community Reintegration

- ▶ Treatment Objectives
  - ▶ increase community mobility
  - ▶ decrease perceived stigma
- ▶ Outcomes Assessed
  - ▶ Bus Utilization Skills (BUS) Assessment
  - ▶ Stigma Management (LCM)
- ▶ Session Examples
  - ▶ “Chick-fil-a Street Crossing Outing”
  - ▶ “Greenville Bus Trip Planning”
  - ▶ “Greenville Bus Outing”
  - ▶ "Community Sign Scavenger Hunt"



# Community Reintegration



Target Shopping Outing



Chick-fil-A Outing

# Future PWP Treatment Programs?

- ▶ Time Management & Organization
- ▶ Stress Management
- ▶ Personal Finance Management

# Past PWP Parent Comments

*“It was a wonderful experience! Hats off to everyone in the program for working around COVID to make it as fun and interesting and productive as it was!!!”*

Parent (July, 2020)

*“Great Job!”*

Parent (July, 2020)

*“This program was well beyond our expectations! Everything and everyone was truly organized. They did an AWESOME job!”*

Parent (August 2020)

