



Baylor Scott and White / Texas Women's University - Women's Health Residency



ABPTRFE
Accredited
Program



BaylorScott&White
INSTITUTE FOR REHABILITATION
OUTPATIENT THERAPY



TWU
EXAS WOMAN'S UNIVERSITY
DENTON DALLAS HOUSTON

Located in Dallas, TX



GREAT WEATHER YEAR-ROUND
AVERAGE HIGH **76°** | **AVERAGE LOW** **55°**



**KLYDE
WARREN
PARK**

LOCAL SPORTS TEAMS



**LARGEST URBAN ARTS
DISTRICT IN THE NATION**



Baylor Scott and White / Texas Women's University - Women's Health Residency



Mission

To promote excellence in the lifespan of women's health across the continuum of care, inclusive of all ages, sexes, and genders

Location

Dallas, TX □ split between Plano Alliance & Irving and Tom Landry Outpatient locations

- Aquatic Therapy Experience in Grapevine

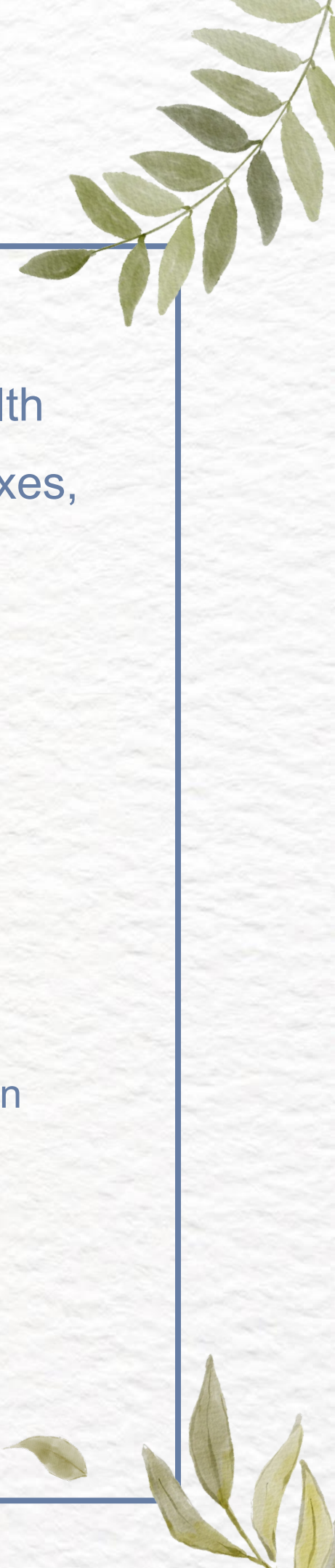
Length of Program

13 months

- Norton School for Lymphedema Certification takes place in late May to early June-prior to start of Residency
- Residency runs July to August of following year

Number of Residents Accepted

¹²
Each Cycle



BSWIR/TWU Residency

Salary:

Residents receive a salary equivalent to new graduate, full-time physical therapist

Caseload:

All areas as defined in the APTA DRP

Resident's caseload is adapted for mentoring

Benefits:

Residents are eligible for full benefits. Applicants are directed to the BSWIR site for a full description of benefits <https://www.bswrehab.com/careers/>



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BSWIR/TWU Residency

Clinic vs. Education: 40 hour per week position adjusted to for education and mentoring- typically 8 hours of education and 4-6 hours of mentoring per week

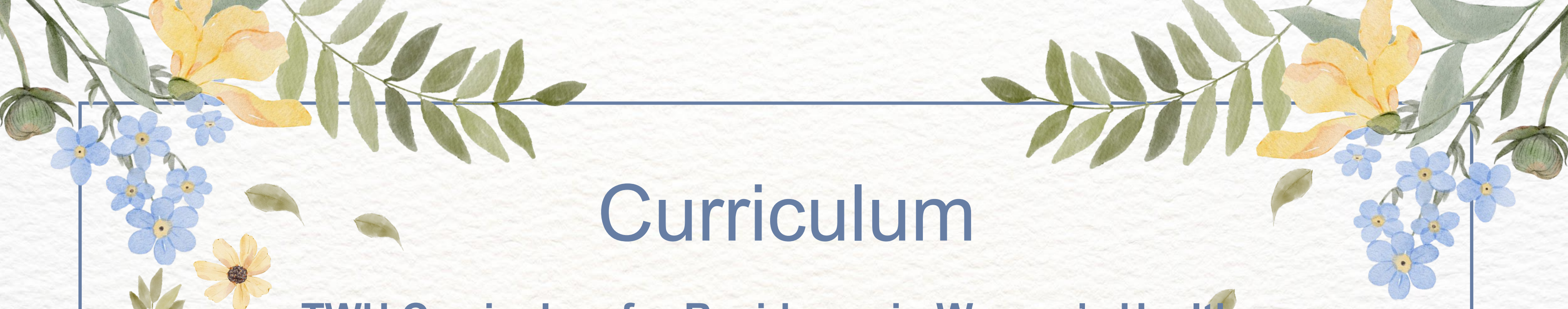
Primary Patient

- Urinary & Bowel Related Dysfunction

Populations:

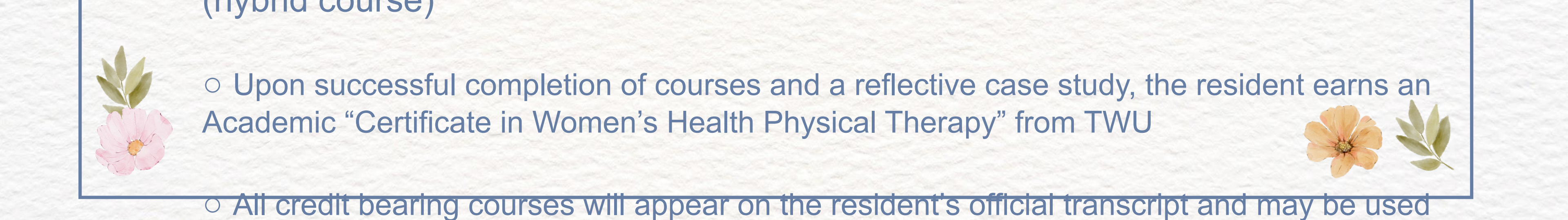
- Pelvic Dysfunction/POP
- Pregnancy, Labor & Delivery and Post Partum
- Pelvic Pain
- Oncology
- Lymphedema
- Autoimmune & Neurologic Diagnosis Common to the female sex
- Female Athlete
- Osteoporosis
 - We are inclusive of all age/sex/gender





Curriculum

TWU Curriculum for Residency in Women's Health

- Norton Lymphedema Course-residency pays for course
 - PT 6603 Female Anatomy for Physical Therapists, 3 credit hours (onsite)
 - PT 6613 Women's Health for Physical Therapists, 3 credit hours (internet based)
 - PT 6623 Physical Therapist Management of Women's Health I, 3 credit hours: (onsite)
 - PT 6633 Physical Therapist Management of Women's Health II, 3 credit hours (hybrid course)
 - Upon successful completion of courses and a reflective case study, the resident earns an Academic "Certificate in Women's Health Physical Therapy" from TWU
 - All credit bearing courses will appear on the resident's official transcript and may be used
- 

Anatomy-(hybrid)

PRE-COURSE WORK

- Nerve PPT
- Embryology through gastrulation

WEEKEND 1: (2.5 days)

Day 1: 8am-5pm

- TWU certificate program
- Psychosocial/sex differences/CVD (includes uterine cancer)
- The 4 Ps & Menopause (includes PCOS & endo)
- Embryology
- Glut posterior thigh & superficial abdominal wall

Day 2: 8am—5pm

- Anatomy lab (1-2 hr)
- Anterior chest wall & breast/breast cancer
- Diaphragm, lung, heart
- Abdominal, diaphragm/ext PF/hip palpation lab
- Posture/breathing lab

Day 3: (1/2 day) 8am-1pm

- Reproductive embryology
- External pelvic floor exam lab

WEEKEND 2 (2.5 days)

Day 1 8am-5pm

- Embryologic development of the gut
- GI colorectal anatomy & physiology (includes peristalsis & enteric nervous system)

Day 2 8am-5pm

- Anatomy lab (1-2hr)
- Urinary tract & micturition
- Male anatomy

Day 3 (1/2 day) 8am-1pm

- PF anatomy/pelvic cavity
- Internal pelvic floor exam lab

WEEKEND 1: (2 days)

WH 1 (fall hybrid)

Day 1: 8am-5pm

- History and Exam Considerations in Pregnancy
- Exam in Pregnancy
- Differential Diagnoses in Pregnancy and Postpartum
- Nerve Injuries in Pregnancy and Postpartum

Day 2: 8am-5pm

- PT Interventions in Pregnancy
- Labor and Delivery
- Postpartum Recovery
- Postpartum Eval & Treatment

WEEKEND 2: (2.5 days)

Day 1: 8am-5pm

- Pelvic floor/pelvic cavity anatomy/exam
- Pelvic floor exam practice (vaginal)
- PDP
- Pelvic floor exam practice (vaginal)

Day 2: 8am-5pm

- Urinary/bladder
- Micturition
- Pelvic floor exam practice (vaginal)

Day 3: (1/2 day) 8am-1pm

- Bladder retraining & diaries
- Bladder meds

WEEKEND 3: (1.5 days)

Day 1: 8am-5pm

- DRA (flexible)
- Bladder Diary Review
- Pelvic Floor Terminology Review
- Pelvic Floor Treatment & Preventions of Dysfunction
- Basic Rectal Exam
- Pelvic Floor Exam Practice (rectal included)

Day 2 (1/2 day): 8am-12pm

- Pelvic floor Exercise
- E-stim and Basic Biofeedback
- Wrap up
- Pelvic Case studies/Check outs

WH Across the Life Span (fall online)

Week 1 – Specialization

Week 2 – Evidence Based Practice

Week 3 – Psychosocial

Week 4 – Pain syndromes

Week 5 – Urinary Systems

Week 6 – Other conditions/Procedures for women

Week 7 – Female athlete/REDS

Week 8 – Gynecological cancers

Week 9 – Colorectal

Week 10 – Breast Health

Week 11 – Menopause

Week 12 – Bone Health/Osteoporosis

Week 13 – Cardiovascular

Week 14 – THANKSGIVING

Week 15 – Male pelvic floor

WH II (spring hybrid)

Week 1 – Case Reflections

Week 2 – Pelvic Pain 1

Week 3 – Pelvic Pain 2

Week 4 – Colorectal 1

Week 5 – Colorectal 2

Week 6 – Colorectal 3

Week 7 – Male Pelvic Pain

On-Site (colorectal & pudendal/male) 1.5 days
8am-1pm Friday and 8am-2pm Saturday

- LECTURE/LAB: Bowel retraining & treatment
- LECTURE/LAB: Internal exam incl. internal coccyx
- LAB: exam
- LECTURE/LAB: Manual CT rolling/pudendal
- Basic Male

Week 8 – Neurogenic Bladder

Week 9– Neurogenic Bowel

Week 10 – SPRING BREAK (Floating)

Week 11- Special Populations in Pregnancy

Week 12 – High Risk Pregnancy & Bed Rest

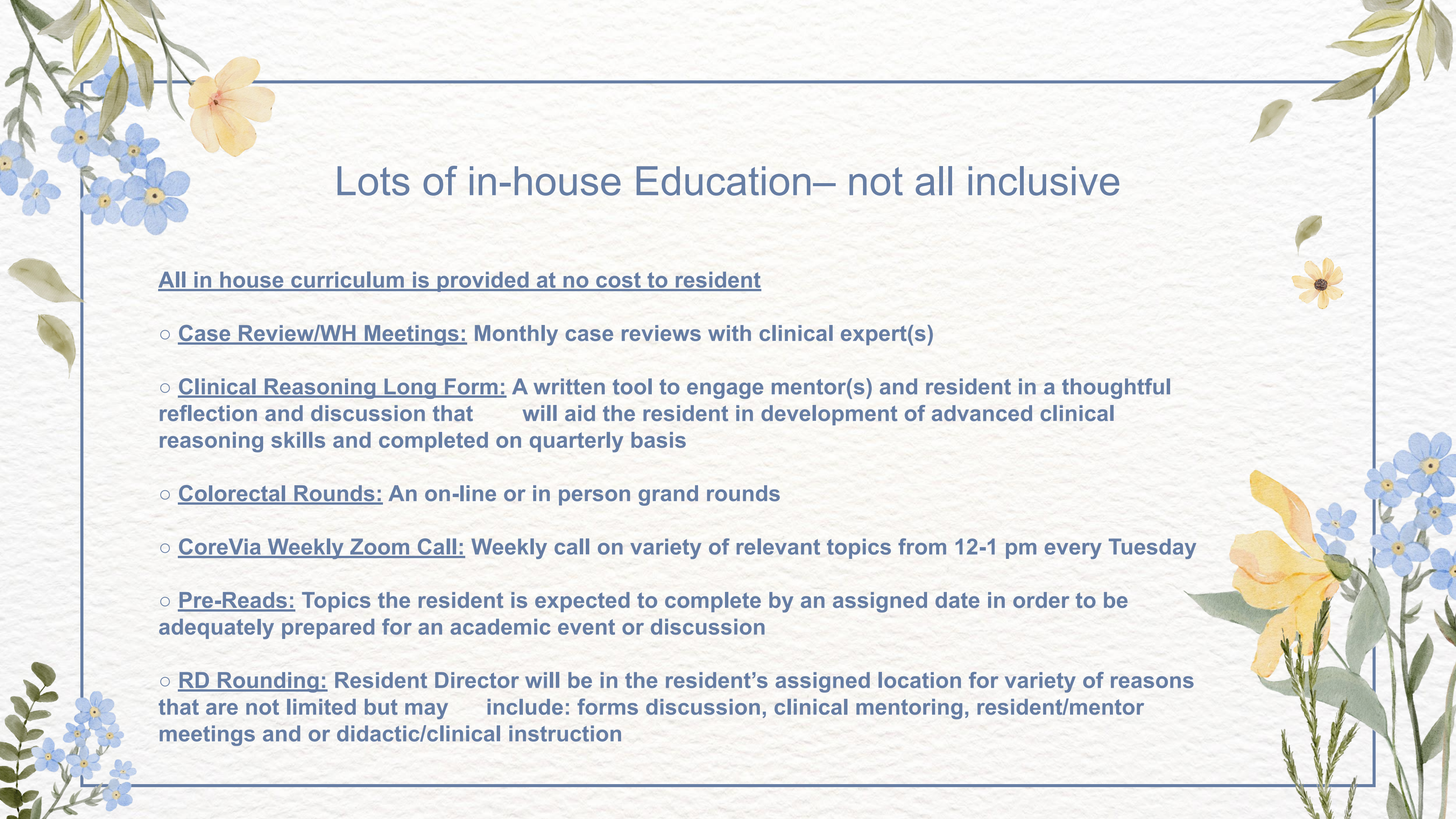
Week 13 – High Risk Preg Exam & Treatment

Week 14 – Maternal Birth Injuries

*April -Celebrate Women/April (1.5 days) On-Site (L&D, biofeedback, etc.) (*consider sending for urodynamic observation after this)

- LECTURE: Voiding Dysfunction
- LECTURE: Basic urodynamics
- LECTURE: Biofeedback-advanced
- LECTURE/LAB: L&D
- LECTURE: Postpartum evaluation & treatment
- LECTURE/LAB: Coccyx & external treatment

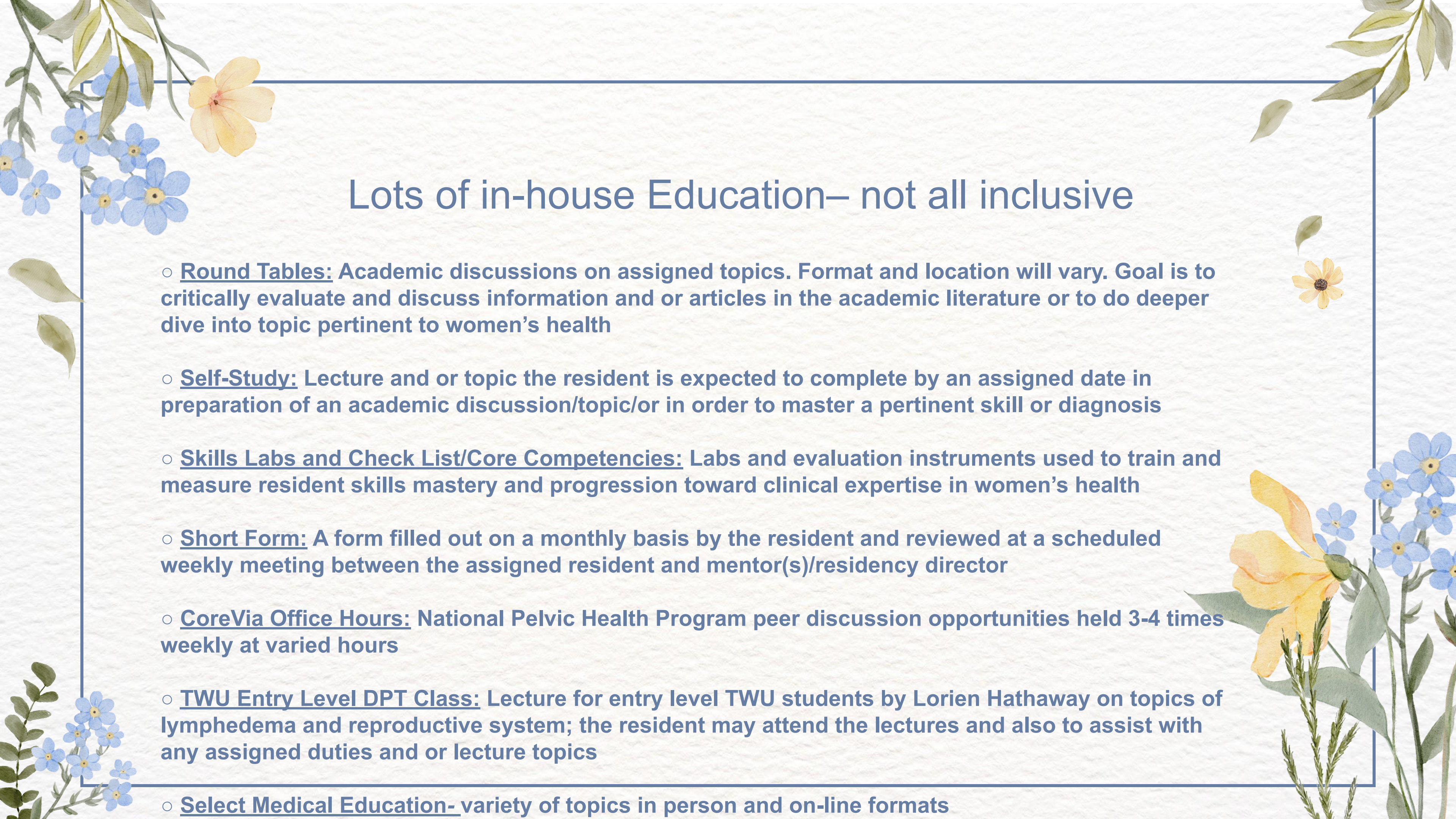
Week 16 – Breastfeeding



Lots of in-house Education– not all inclusive

All in house curriculum is provided at no cost to resident

- Case Review/WH Meetings: Monthly case reviews with clinical expert(s)
- Clinical Reasoning Long Form: A written tool to engage mentor(s) and resident in a thoughtful reflection and discussion that will aid the resident in development of advanced clinical reasoning skills and completed on quarterly basis
- Colorectal Rounds: An on-line or in person grand rounds
- CoreVia Weekly Zoom Call: Weekly call on variety of relevant topics from 12-1 pm every Tuesday
- Pre-Reads: Topics the resident is expected to complete by an assigned date in order to be adequately prepared for an academic event or discussion
- RD Rounding: Resident Director will be in the resident's assigned location for variety of reasons that are not limited but may include: forms discussion, clinical mentoring, resident/mentor meetings and or didactic/clinical instruction



Lots of in-house Education– not all inclusive

- Round Tables: Academic discussions on assigned topics. Format and location will vary. Goal is to critically evaluate and discuss information and or articles in the academic literature or to do deeper dive into topic pertinent to women's health
- Self-Study: Lecture and or topic the resident is expected to complete by an assigned date in preparation of an academic discussion/topic/or in order to master a pertinent skill or diagnosis
- Skills Labs and Check List/Core Competencies: Labs and evaluation instruments used to train and measure resident skills mastery and progression toward clinical expertise in women's health
- Short Form: A form filled out on a monthly basis by the resident and reviewed at a scheduled weekly meeting between the assigned resident and mentor(s)/residency director
- CoreVia Office Hours: National Pelvic Health Program peer discussion opportunities held 3-4 times weekly at varied hours
- TWU Entry Level DPT Class: Lecture for entry level TWU students by Lorien Hathaway on topics of lymphedema and reproductive system; the resident may attend the lectures and also to assist with any assigned duties and or lecture topics
- Select Medical Education- variety of topics in person and on-line formats

Example of a Monthly Calendar

August 2024						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Project: Review CoreVia Pelvic Templates & make them yours CoreVia Tuesday Treasures 12-1pm (must attend 2 per month)		For LorienSelf-Study Gynecological Surgeries <u>ADD TO FALL TWU CLASS (LORIEN ONLY)</u>		1 ***Round Table – Pelvic Cancer & Sexual Dysfunction (Janae, 10-12 pm, Zoom)	2 ALL Manual Therapy Pre-read Assigned (due 8/20)	3
4 Weekly Mentor Meeting: Irving	5 LONG FORM DUE to drive by 10 am Co-complete with Sr. Resident Power Point Pre Read for Hip issued LH	6	7 Skills Lab – Pelvic Floor Examination (Lorien & Megan, 8am-11), Irving Irving treat 12-4	8 Women's Health Case Reviews (1-2pm, Zoom)	9 TWU Summer Session Ends Skills Lab - SI Joint (Patrick, 8am-1pm, Plano)	10
11 Weekly Mentor Meeting: Plano	12 Self-Study – Pelvic Floor Exam practice (with new resident in Irving Clinic) Julia & Ashley 8-10AM Finish Hip Preview	13 View basic CTM skin rolling videos due 8/21 Power Point Pre Read for Hip completed Overview of Ortho Skills Lab Lumbar Spine & Hip Evaluation (Amanda, 1-3pm, Plano)	14 Pelvic Floor Exam Check-Off & Competency (Megan, 9-10am, Irving) ***Intro to Writing Case Study- (Jessica/Megan, 10am-12pm, Irving) (Professionalism ABPTRFE 12-2 Jessica) ReVital Introduction to Cancer Rehab (Zoom, 6-9pm)	15 Pelvic Health SIG (1-2pm, Zoom)	16 Meet with Lorien Mentoring Information session info and Select U Mentoring Modules 8-12 (Megan and Lorien in Irving) Amanda TBD	17
18 Weekly Mentor Meeting: Irving Skills Mentoring Plano	19	20 Manual Therapy Pre-Read needs to be completed SHORT FORM Due to drive by 10 am Lorien	21 Pudendal Neuralgia Lorien 7:30-10 Irving Skills Lab –Manual Therapy/CTM (Megan and Lorien 10-2pm, Irving) Lorien will do initial part	22	23 Residency Party 6:30 pm Lorien's House	24
25 TWU Week 1 Weekly Mentor Meeting: Plano	26 TWU Fall Session Begins	27 Biopsychosocial Select U Check with Anna?	28 Lymph Skills Check due Megan – Irving Round Table – Dyspareunia & vaginismus Dilators (Lorien 7-10, Plano)	29	30	31
				Last Day of Ashley's Residency!		

Clinical Site – Plano Alliance

- Provide patient care and mentoring in orthopedic and neurologic and colorectal pelvic health, pediatric pelvic health, oncology, lymphedema, and male pelvic health



Lorien Hathaway
PT, DPT, WCS, CLT



**Dr. Amanda
Brooks-Ritchie**
PT, ScD, DPT



s a we

? Pati

round tables

Clinical Site – Baylor Irving

- Mentoring and patient care with emphasis in oncology, lymphedema, and pelvic health

- What does a week look like?

Patient care, mentoring, skills lab, round tables and more!



Emily Flanner Pt, DPT , CLT



Megan DeBlieck,
PT, DPT, WCS, MHA



Clinical Site – Baylor Tom Landry

- Mentoring and patient care with emphasis in pregnancy/post partum, bowel and pelvic health

- What does a week look like?

Patient care, mentoring, skills labs, round tables



Tyesha Grissom
PT, DPT, WCS, CLT



Our Residency is Unique

- Significant experience in lymphedema & oncology with certification through the Norton Lymphedema Certification Course and ReVital Oncology Certification. There are opportunities to observe at Sammons Cancer Center as well as to participate in Roundtables with the Oncology Residency.
- Joint residency with Texas Women's University (TWU) & receipt of a post-professional women's health certificate after completing 12 hours from TWU & can apply those credits to a PhD if desired; opportunities for teaching in entry level and lab assisting in certificate program. Research opportunities available.
- Exposures to Aquatic PT, the Female Athlete, Urodynamics, birth class and physician observations
- Monthly journal club, mentoring & education across Select Medical/CoreVia with pelvic specialist across the U.S.
- Case reviews with multiple pelvic health specialists, not just mentors, allowing for varied point of views & backgrounds

○ **We care about our resident and work in multiple ways to make it the best experience**





A Day in the Life of Residency

Hover to play
VIDEO



To Apply



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- **Now accepting applications through RFPT-CAS with initial application date deadline of Dec 31; interviews held in late January with on site and virtual options provided**
- We employ a rolling application process and will consider applicants until all available residency slots are filled~
However, any applications received after March 30th are considered for the following residency calendar year