

Session Title

CBE in CVP: A Roadmap to Use the CVP Competencies in Your Program

Speakers:

Matthew Bowman, PT, DPT, CCS

Pamela Bartlo, PT, DPT, CCS

Session Description:

Several health professions are moving toward the Competency Based Education (CBE) approach to education, including physical therapy. In 2022, the Academy of Cardiovascular and Pulmonary Physical Therapy released entry level competencies for physical therapy graduates, along with several articles about using these competencies in education. This session will detail how to develop or modify a Cardiovascular and Pulmonary Physical Therapy course utilizing the CBE-based approach and its relationship to Entrustable Professional Activities. The Master Adaptive Learner concept of education will also be introduced as a complementary, metacognitive approach to CBE. The session will demonstrate how the use of these may decrease the students' perceived stress and academic burnout. The use of low stakes assessments, as well as repeated trials to improve psychomotor and didactic learning to demonstrate competency and improving adaptive knowledge and expertise will be discussed and examples given. Low stakes simulations will also be discussed as experiences to decrease stress amongst the physical therapy learners. Attendees will come away from this session with a greater understanding of CBE in PT and CVP education, and how to use multiple modalities to enhance physical therapy learners education.

Objectives:

1. Learner will identify a distinction between traditional physical therapist education and competency based education.
2. Learner will illustrate the differences between levels of competency in CBE.
3. Learner will establish milestones for students to achieve while grading levels of competency in CBE
4. Learner will apply methods from this session and the APTA-CVP entry level competencies to design a learning activity utilizing CBE and assessment of competencies.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

The learner will be able to develop classroom assessment and activities which will align with the CBE approach of education, by utilizing the competencies established by the Academy of Cardiovascular and Pulmonary Physical Therapy. They will be able to apply the concepts of the master adaptive learner to CBE and allow students multiple attempts (low stakes environment therefore less stress) to demonstrate competency in cardiovascular and pulmonary skills.

Speaker Bios:

Matthew Bowman is a Board-Certified Specialist in Cardiovascular and Pulmonary Physical Therapy. He has more than 20 years of clinical experience working in a variety of clinic settings before transitioning to academia at the candidate DPT program at Binghamton University in Binghamton, NY. He graduated from Ithaca College with his MSPT and then Upstate Medical University with his DPT. His primary clinical focus includes working with patients who have Cystic Fibrosis, pulmonary disease, and LongCOVID. His academic responsibilities include teaching integumentary and mobility skills, management of the high acuity patient as well as cardiovascular and pulmonary physical therapy. He has presented at the APTA's CSM, the North American Cystic Fibrosis Conference and the New York State Association of Cardiovascular and Pulmonary Rehabilitation. He has served as the PT representative on the Cystic Fibrosis Foundation's Education Committee and currently sits on the North American Cystic Fibrosis Conference's Program Planning Committee.

Pam Bartlo received her Bachelor of Science in Physical Therapy from Daemen College and then her Doctorate of Physical Therapy from D'Youville College. Pam has been a Board-Certified Specialist in Cardiovascular and Pulmonary PT since 2005. Her clinical experience focuses on cardiovascular and pulmonary care but has also included experience in the rehab of adults with neurologic system impairments. Since 2004, Pam has been a full-time faculty, most recently joining Daemen University in Buffalo, NY with primary teaching responsibilities in cardiovascular and pulmonary rehab, research seminar, and clinical fieldwork. Her research has been published in multiple peer-reviewed journals and textbooks. National presentations include presentations at numerous APTA's CSM conferences, the American Association of Cardiovascular and Pulmonary Rehabilitation, and the national conference for the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Pam is also the Vice President of the APTA's Academy of Cardiovascular and Pulmonary Physical Therapy.

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