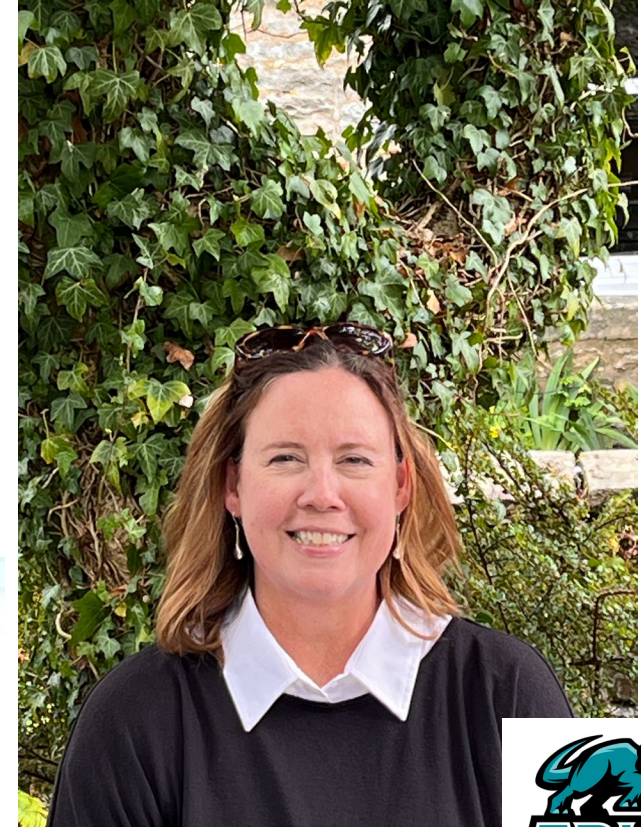
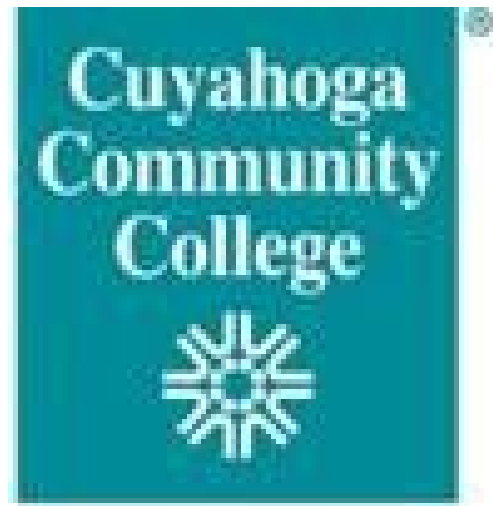


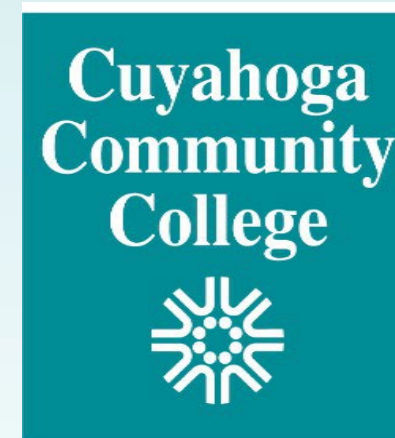
PREVENTATIVE
CARE
CENTER
PCC



About Me

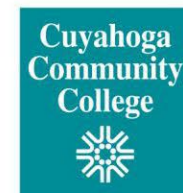
- Jen Bradac, OT/L, LPC
 - Licensed Occupational Therapist
 - Licensed Professional Counselor
 - Full-Time Lecturer for the Occupational Therapist Assisting Program, Cuyahoga Community College –Metro Campus
 - OT Faculty for the Preventative Care Center
- Clinical Background
 - 25 years as Occupational Therapist, Licensed Professional Counselor (2018)
 - Clinical Background: Skill Rehab, Outpatient Rehab, Pediatrics, Home Health, Mental Health Psych OT





MEET OUR TEAM!

- PCC Clinical Supervisors
- Top Row: Patrick McGinty, PT, DPT, OCS; Christopher Headrick, PT, DPT
- Bottom Row: Dan Thorson, PT, DPT, NCS, CBIS; Rocklend Davis, LPTA, PhD



Where is the Preventative Care Center (PCC)?

The PCC is located at:

Tri-C Metro Campus

Health Careers and Science
Building (MHCS)

2900 Community College Ave.

Cleveland, OH 44115

(216) 987- 3555



<https://www.tri-c.edu/community/community-services/community-health/preventative-care-center/location-hours-and-fees.html>

What is the PCC?

- History
 - 2009 - Tri-C's PCC opened in the spring
 - Goal was to function as a professional, well-equipped health career classroom, providing high quality educational experience for our students.
 - Multidisciplinary
 - PT/PTA
 - OT/OTA
 - Medical Assisting
 - Since it's opening
 - Over 3,000 participants seen through various disciplines

What is the PCC?

- History, cont.
 - Grant from the Department of Labor and partnership from with multiple agencies in the Cleveland area with the goal to:
 - Increase the number of healthcare workers in the NEO area



What is the PCC?

- History, cont.
 - Grant also provided the opportunity to bridge clinical experiences for:
 - Students
 - Members of the surrounding community
 - Who may not have immediate access to services offered.
 - Community 'participants' not patients
 - **Participate in the education of students**
- Since 2009
 - We are still multidisciplinary
 - PT/PTA
 - OT/OTA

Tri-C and Cleveland State University (CSU)



Cuyahoga Community College



Cleveland State University



What You Can Expect With the Affiliation?

- CSU Doctoral of Physical Therapy (DPT) and Tri-C PTA and OTA faculty are:
 - Actively employed as faculty at each respective institution
 - Licensed health care professionals
 - Lead a supervisory role and direct students in the PCC
- Expect to see what you typically see in an outpatient physical/occupational therapy setting
 - PT/OT evaluations, re-evaluations, discharge
 - PTA/OTA follow up sessions

What Have We Been Up To Most Recently?

- Spring of 2022 and Fall of 2023
 - We spoke nationally about our PCC model to PT/PTA education programs from across the country!
 - Focus on PT-PTA relationship
 - Lack of this experience in the education setting
 - **Further research to include PT/PTA and OTA relationships**
 - **Wellness Club as part of OTA programming/services - started Spring 2025**



ELC 18th Annual Physical Therapy
Education Leadership Conference
2023 October 13-15, 2023 | Philadelphia, PA
Co-hosted by the APTA Academy of Education & the American Council of Academic Physical Therapy (ACAPT)



PCC – Wellness Club

Spring Semester

- Led by OTA students under Faculty supervision
- One hour “group” session
- Includes coffee/tea/hot chocolate and light snack
- **Purpose:** To provide opportunity for the socialization of participants with peers, while providing education, discussion and group activities centered around a “topic”, while supporting mental health wellness.
- **Topics may include:**
 - **Stress management and relaxation**
 - **Mindfulness and deep breathing**
 - **Self-advocacy and assertive communication**
 - **Loss and grief**
 - **Sleep hygiene and more**
- **Participant comments:**
 - “you can say things and know you won’t be judged”
 - “we all shared that we dreamed about walking”
 - “it was helpful to hear about others”
 - “increased my compassion and perspective taking”

PT appointments can be scheduled around Wellness Club sessions.

When is the PCC Open?

Hours and Operation:

- Fall and Spring semesters of the school year
 - Depending on the semester calendar we are open around 9-10 weeks per semester
- Open on Tuesdays and Thursdays
 - From 2-5PM
- Closed for the Summer semester

How Much?

Cost of PCC Services:

- We offer low-cost physical therapy and occupational therapy services for the underinsured and/or non-insured
- Physical Therapy cost:
 - \$10 for Evaluations
 - \$5 for follow-ups
- Occupational Therapy cost:
 - \$10 for Evaluations
 - \$5 for follow ups

Example: Evaluation for physical and occupational therapy = \$20

- Two services

Example: Follow up visit for physical and occupational therapy = \$10

- Two services

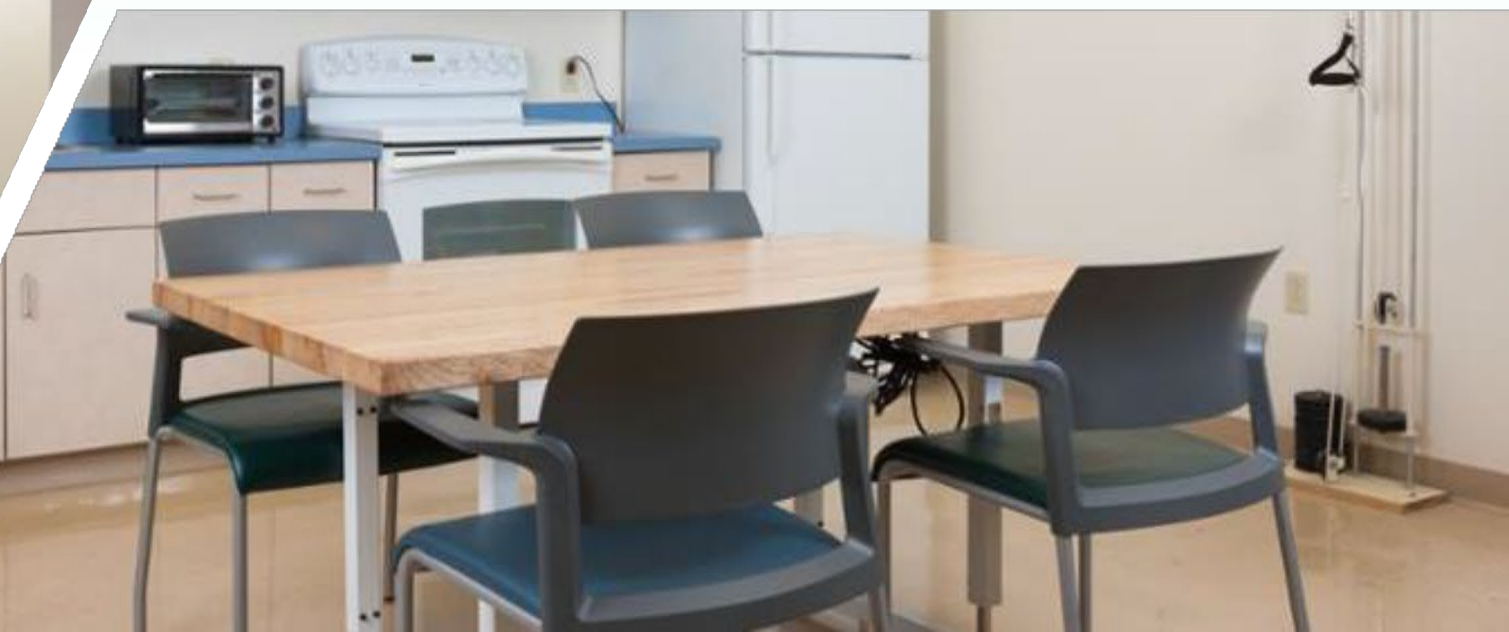
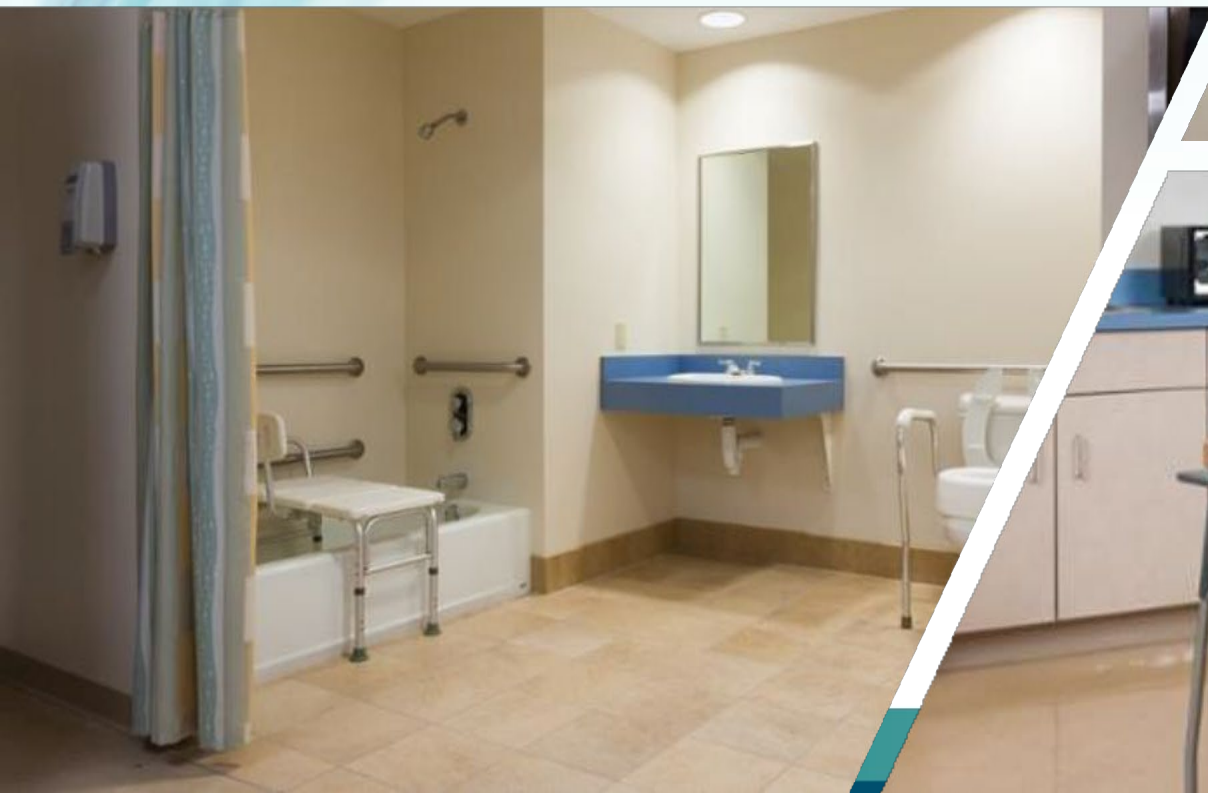
As of right now, we only accept cash
We do not accept insurance.

Who and/or What Conditions Do You See at the PCC?

- PCC Rehabilitation Services (OT/PT)
 - Stroke
 - Spinal Cord Injury
 - Multiple Sclerosis
 - Traumatic Brain Injury (TBI)
 - Management of lifelong conditions
- But we do provide services for other conditions:
 - Neck pain
 - Back pain
 - Hip pain
 - Knee pain
 - Shoulder pain
 - Hand, wrist, finger
 - Joint sprain

What Areas Will Be Assessed?

- Areas that will be assessed will include but not limited to:
 - Balance and walking
 - Strength testing
 - Range of motion testing
 - Activities of daily living
 - Mental Health and psychosocial function
 - Home management skills
 - Leisure activities
 - Work activities
 - Community activities
 - Wheelchair use



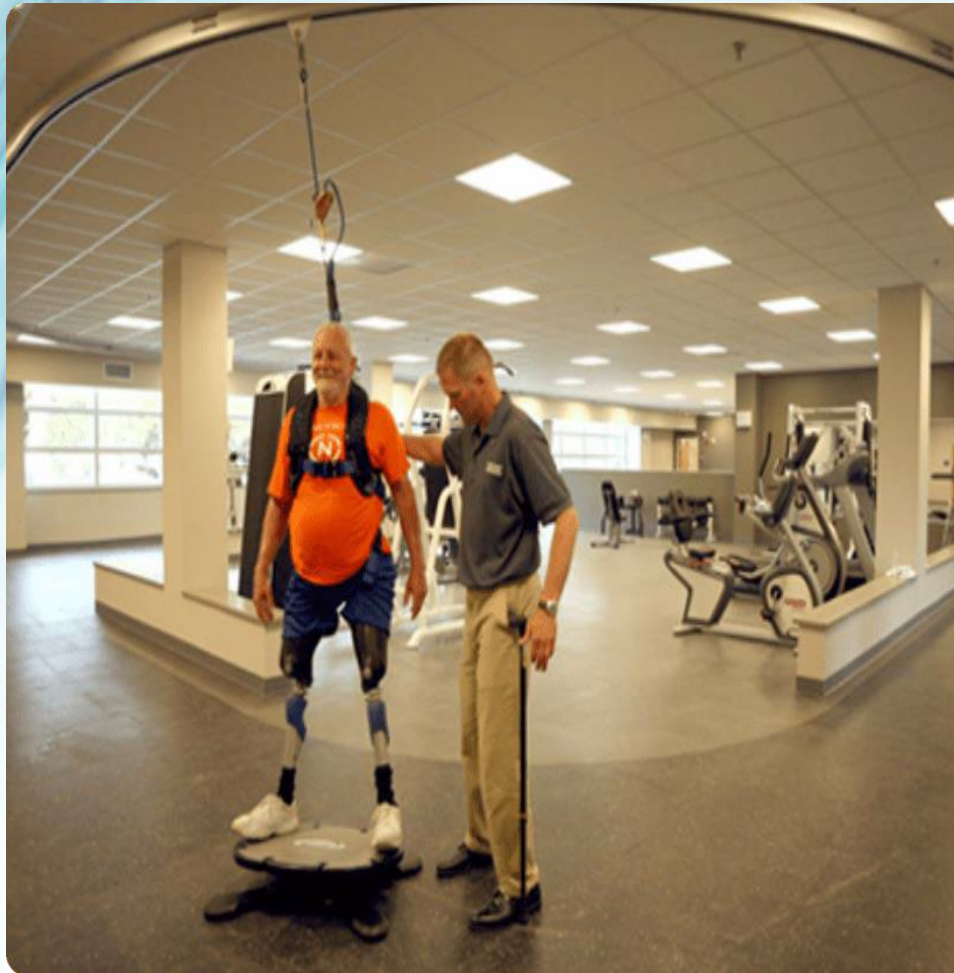
What Equipment Do You Have at the PCC?

- Most notable for use of equipment with individuals with neurological conditions are:
 - Lite Gait
 - Solo Step
 - Standing Frame – Mechanical Lift - electric
 - Hoyer lift – Mechanical and electric options
 - Parallel bars
 - WE HAVE THE WII!!

PCC Equipment: The Lite Gait



PCC Equipment: Solo Step



PCC Equipment: Nintendo Wii



Video used with permission and approved.

What to Expect on Your First Visit?

- For physical therapy visit(s), you are going to be teamed with:
 - Student physical therapist
 - Student physical therapist assistant
 - PCC Clinical Supervisor who is licensed to perform physical therapy services
- For occupational therapy visit(s), you are going to be teamed with:
 - student occupational therapist assistant
 - PCC Clinical Supervisor who is licensed to perform occupational therapy services

How Long Will You Be Seen For in the PCC?

- Visit length:

- Physical Therapy Evaluation (\$10)
 - 90 minutes
 - 60 minutes for your evaluation and 30 minutes of treatment
 - Evaluation completed by student PT and treatment with student PTA
 - Physical Therapy Follow-Up (\$5)
 - 45 minutes
 - Completed and paired with a student PT-PTA team and PCC clinical supervisor

- Visit length:

- Occupational Therapy Evaluation (\$10)
 - 90 minutes for OT evaluation
 - 30 minutes of treatment
 - Evaluation completed by PCC clinical supervisor and treatment provided by student OTA
- Occupational Therapy Follow-Up (\$5)
 - 45 minutes
 - Completed and paired with student OTA and PCC clinical supervisor

Do You Give Home Exercises and handouts?



- Yes!
 - PhysioTec/Wibbi
 - Exercise database
 - Print or email option
 - The option to receive your exercises by email will give you access to the video
 - Handouts to support use of adaptive equipment, wellness oriented information, Wellness Club information, etc...

Outcomes of Receiving Services in the PCC

- 65 y.o. male
- Direct Access to PCC
- s/p L meniscus repair 3 months ago
- Hypertension, prediabetes
- Currently in outpatient therapy but disappointed with progress thus far
- Able to walk >2miles prior to surgery
- Goal: “To hike with my wife and complete daily activities with less knee pain”

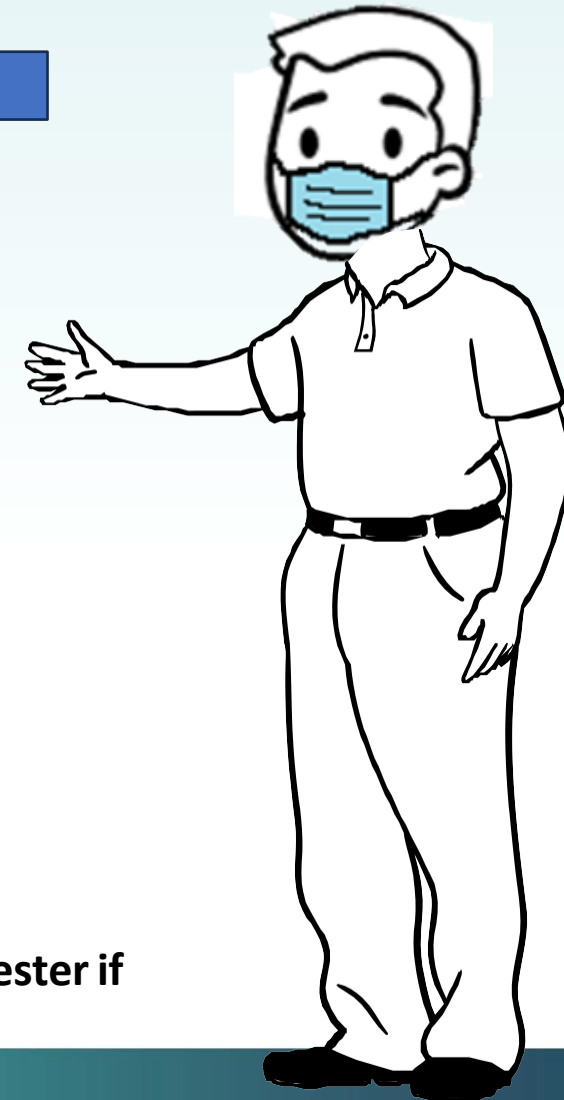
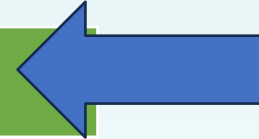


Outcomes, cont.



Outcomes After 6 Visits

Metric	Evaluation	Last Visit
Pain	8/10 at worst	5/10 at worst
Left Knee Extension ROM	-9°	-5°
Lower Extremity Functional Scale	41/80	46/80
Bracing	Knee brace	No knee brace
Walking Device	Cane	No device
Walking Distance	1 mile max	>1mile; returning to hiking



End of semester discharge instruction: to continue HEP and return next semester if desired

Do community participants get better?

> J Allied Health. Fall 2017;46(3):138-142.

Meaningful Functional Change Achieved from Physical Therapy Provided in a Student-Run Pro Bono Clinic

Suzanne R O'Brien ¹, Melissa Bulas, Alexander Metcalfe, Zachary Mix, Todd Richert, Richard Wagner

Results:

- Mean age 62 years old
- Mean of 7.9 years since diagnosis
- Subjects' diagnoses: Stroke (81.7%), TBI (8.5%), MS (9.8%)
- Attended average of 9.3 visits
- 69.7% of subjects achieved MDC on at least 1 outcome measure
- Greater number of visits and more comorbidities associated with increased odds of achieving meaningful change

Do community participants get better?

> J Allied Health. Fall 2017;46(3):138-142.

Meaningful Functional Change Achieved from Physical Therapy Provided in a Student-Run Pro Bono Clinic

Suzanne R O'Brien ¹, Melissa Bulas, Alexander Metcalfe, Zachary Mix, Todd Richert, Richard Wagner

Discussion:

- “Weekly 60-min PT sessions provided in a student-run neurologic clinic were associated with achieving the MDC on functional measures. Such clinics may be a safety net”

Participant Testimonials. How Are We Doing?

- How would you rate your overall experience at the PCC?
 - 100% of participant rated as Excellent
- I would return to the PCC for additional treatment.
 - 100% of participants Strongly agree
- I would recommend the PCC to friends or family.
 - 100% of participants Strongly agree
- Students volunteering in the PCC provided treatment that was valuable to me.
 - 100% of participants Strongly agree

12 responses submitted

What did we do best?

"COMMUNICATION"

"CHALLENGING ACTIVITIES THAT ARE RESPONSIVE TGO MY
NEEDS "

"Help me in the areas I asked for!"

"Communication!"

"Helping with balance and likes the games we do "

12 responses submitted

What did we do best?

"Helping with balance and likes the games we do "

"Helping me improve my strength "

"Giving a good plan of care and is grateful to be here. "

"Variety of PT professionals I get to work with week to week"

"Service was performed in a professional manor"

"Stretching"

How Do I Schedule a PCC Visit?

- **Refer to handout provided - scan QR code**
- Please use the link provided.
- You will be directed to the PCC website.
- You must select 'complete this form'
- We will reach out to you for scheduling
 - We fill up fast

Preventative Care Center

* fields are required

First Name: *

Last Name: *

Email: *

Phone: *

Have you been to the PCC before?: * ☐ Yes ☐ No

What services are you seeking?: *

What problem or diagnosis has caused you to seek services through the PCC?: *

☐ I'm not a robot



Submit

Reset



Thank you to the Cleveland Stroke Club!



References

- O'Brien SR. Meaningful functional change from physical therapy provided in a student run pro-bono clinic. *Archives of Physical Medicine and Rehabilitation*. 2015;96(10). doi:10.1016/j.apmr.2015.08.358