



AMERICAN BOARD OF  
PHYSICAL THERAPY  
SPECIALTIES

## **Women's Health Clinical Specialization *Professional Development Portfolio***

Clinical Care and Reasoning:  
Reflective Case Portfolio Submission and  
Sample ICF Chart

**Application Deadline:**  
October 31

If you have any questions or concerns, please contact us via:  
Phone: 1-800/999-2782, ext. 3390

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# Reflective Case Portfolio Submission

## *Purpose and Guidelines:*

### ***Purpose of the Reflective Portfolio:***

*The purpose of the patient case reflection is for the applicant to document continued competency in patient/client management in the specialty area of women's health physical therapy. Ability to demonstrate patient management in a clinical case reveals the applicants clinical reasoning skills, which is essential to demonstrating continued competency in the specialty area.*

*The patient case reflective portfolio submissions will not be scored. Each case will be read for completion of required information and associated reflections.*

*The applicant will be granted 5 points for completion of the patient case reflective portfolio. This component of the professional development portfolio is REQUIRED. Only one reflective portfolio will be accepted.*

### ***Guidelines:***

1. The reflective portfolio patient case submission can be retrospective or a current patient case.
  - a. Both female and male patient cases will be accepted.
2. The Reflective Case Portfolio template serves as a guide for the applicant; each section of the template is required to be completed. The sections include:
  - a. Initial Data Gathering/Subjective Interview
  - b. Generation of Initial Hypothesis
  - c. Examination
  - d. Evaluation
  - e. Plan of Care
  - f. Interventions
  - g. Re-examination
  - h. Patient Outcome
3. ***Reflection:*** Applicants are to provide reflection throughout the case portfolio to demonstrate understanding of clinical decisions and reasoning in their

patient/client management. The reflective guiding questions are provided to be “a guide” for the applicant to reflect upon and shape their reflective statements.

- a. Applicant must complete a reflection on **2** of the case portfolio sections. Applicant may select the 2 sections they wish to reflect upon based on their specific practice setting emphasis.
- b. An ***Overall Summary Reflection*** is required at the end of the document.

**Reflective Case Portfolio Submission**  
*Template Overview:*  
**9 Required Sections**

**Instruction:**

*Applicant is required to address each of the following 6 sections in the case reflection. The points associated with each section are to be a guide to frame applicants presentation of the patient case. Additional information not listed specifically in each section maybe warranted.*

**I. Initial Data Gathering/ Subjective Interview**

- a. Patient history
- b. Patient symptom history and course of care
- c. Patient present function and subjective limitation

**II. Generation of Initial Hypothesis**

- a. Body structures/functions
- b. Impairments
- c. Activity limitations
- d. Participation restrictions

**III. Examination**

- a. Tests and measures performed
  - i. Specifically list all tests performed and associated findings

**IV. Evaluation ( insert the ICF chart with this section)**

- a. Interpretation of clinical findings
- b. Physical Therapy diagnosis
- c. Patient prognosis
- d. Expected clinical outcome

**V. Plan of Care**

- a. Identify short-term and long-term goals
- b. Identify outcome measures and discuss reason for selection
  - i. Discuss why used outcomes were selected

- ii. Discuss how use of outcome will improve patient care
- c. PT prescription
  - i. Frequency
  - ii. Intensity of service
  - iii. Appropriate treatment elements

## **VI. Interventions**

- a. Describe how you use the evidence to guide your treatment of the patient
- b. Identify and justify overall approach/strategy of treatment selected
- c. Describe and prioritize specific procedural interventions
- d. Describe your plan for patient progression
- e. Describe patient educational interventions

## **VII. Re-examination**

- a. When and how often?

## **VIII. Patient Outcome**

- a. Describe the patient's outcome with physical therapy
- b. Discharge planning and long term management plan
  - i. Include follow-up
  - ii. Possible equipment
  - iii. School/work/community re-entry

## **IX. Overall Summary Reflection**

# Reflective Case Portfolio Submission

## *Case Reflection:*

### Guiding Reflective Questions

#### **Instruction:**

*Applicant is required to complete reflection on 2 of the 8 case portfolio sections and the Overall Summary Reflection (section IX). Applicant may choose the 2 most relevant sections to their clinical practice or experience to reflect upon.*

*Applicant may use these guiding questions to develop the reflections although reflection outside the provided questions is encouraged.*

#### **I. Initial Data Gathering/Interview**

- Assess how the patient's medical diagnosis affects your interview.
- How might your personal biases/assumptions affect your interview?
- Assessing the information you gathered, what do you see as a pattern or connection between the symptoms?
- What is the value of the data you gathered?
- What are some of the judgments you can draw from the data? Are there alternative solutions?
- What is your assessment of the patient's/caregiver's knowledge and understanding of their diagnosis and need for PT?
- Have you verified the patient's goals and what resources are available?
- Based on the information gathered, are you able to assess a need for a referral to another health care professional?

#### **II. Generation of Initial Hypothesis**

- Can you construct a hypothesis based on the information gathered?
  - What is that based on (biases, experiences)?
- How did you arrive at the hypothesis?
- How can you explain your rationale?
- What about this patient and the information you have gathered might support your hypothesis?

- What do you anticipate could be an outcome for this patient (prognosis)?
- Based on your hypothesis, how might your strategy for the examination be influenced?
- What is your approach/planned sequence/strategy for the examination?
- How might the environmental factors affect your examination?
- How might other diagnostic information affect your examination?

### **III. Examination**

- Appraising the tests and measures you selected for your examination; how and why did you select them?
- Reflecting on these tests, how might they support/negate your hypothesis?
- Can the identified tests and measures help you determine a change in status?
  - Are they able to detect a minimum clinically important difference?
- How did you organize the examination?
  - What might you do differently next time?
- Describe considerations for the psychometric properties of tests and measures used.
- Discuss other systems not tested that may be affecting the patient's problem.
- Compare your examination findings for this patient with another patient with a similar medical diagnosis.
- How does your selection of tests and measures relate to the patient's goals?

### **IV. Evaluation**

- How did you determine your diagnosis? What about this patient suggested your diagnosis?

- How did your examination findings support or negate your initial hypothesis?
- What is your appraisal of the most important issues to work on?
- How do these relate to the patient's goals and identified issues?
- What factors might support or interfere with the patient's prognosis?
- How might other factors such as bodily functions and environmental and societal factors affect the patient?
- What is your rationale for the prognosis, and what are the positive and negative prognostic indicators?
- How will you go about developing a therapeutic relationship?
- How might any cultural factors influence your care of the patient?
- What are your considerations for behavior, motivation, and readiness?
- How can you determine capacity for progress toward goals?

## **V. Plan of Care**

- How have you incorporated the patient's and family's goals?
- How do the goals reflect your examination and evaluation (ICF framework)?
- How did you determine the PT prescription or plan of care (frequency, intensity, anticipated length of service)?
- How do key elements of the PT plan of care relate back to primary diagnosis?
- How do the patient's personal and environmental factors affect the PT plan of care?

## **VI. Interventions**

- Discuss your overall PT approach or strategies (e.g., motor learning, strengthening).
  - How will you modify principles for this patient?



- Are there specific aspects about this particular patient to keep in mind?
- How does your approach relate to theory and current evidence?
- As you designed your intervention plan, how did you select specific strategies?
- What is your rationale for the selected intervention strategies?
- How do the interventions relate to the primary problem areas identified using the ICF?
- How might you need to modify your interventions for this particular patient and caregiver?
  - What are your criteria for doing so?
- What are the coordination of care aspects?
- What are the communication needs with other team members?
- What are the documentation aspects?
- How will you ensure safety?
- Patient/caregiver education:
  - What are your overall strategies for teaching?
  - Describe learning styles/barriers and any possible accommodations for the patient and caregiver.
  - How can you ensure understanding and buy-in?
  - What communication strategies (verbal and nonverbal) will be most successful?

## **VII. Re-examination**

- Evaluate the effectiveness of your interventions. Do you need to modify anything?
- What have you learned about the patient/caregiver that you did not know before?
- Using the ICF, how does this patient's progress toward goals compare with that of other patients with a similar diagnosis?

- Is there anything that you overlooked, misinterpreted, overvalued, or undervalued, and what might you do differently?
  - Will this address any potential errors you have made?
- How has your interaction with the patient/caregiver changed?
- How has your therapeutic relationship changed?
- How might any new factors affect the patient outcome?
- How do the characteristics of the patient's progress affect your goals, prognosis, and anticipated outcome?
- How can you determine the patient's views (satisfaction/frustration) about his or her progress toward goals?
  - How might that affect your plan of care?
- How has PT affected the patient's life?

#### **VIII. Outcomes**

- Was PT effective, and what outcome measures did you use to assess the outcome?
- Was there a minimum clinically important difference?
  - Why or why not?
- What criteria did you or will you use to determine whether the patient has met his or her goals?
- How do you determine the patient is ready to return to home/community/work/school/sports?
- What barriers (physical, personal, environmental), if any, are there to discharge?
- What are the anticipated life-span needs, and what are they based on?
- What might the role of PT be in the future?
- What are the patient's/caregiver's views of future PT needs?
- How can you and the patient/caregiver partner together for a lifetime plan for wellness?

#### **VIV. Overall Summary Reflection**

- Applicant is to discuss their overall impressions from working with this patient.
- How has working with this patient effected your clinical practice?
- What will you continue to do or do differently with future patients?
- How did this patient case inspire you to advance your expertise in your specialty area?

Sample ICF Chart

HEALTH CONDITION

BODY STRUCTURES/FUNCTION (IMPAIRMENTS)

ACTIVITY (TASKS)	
Abilities	Limitations

PARTICIPATION	
Abilities	Restrictions

ENVIRONMENTAL			
Internal		External	
+	-	+	-