

Fieldwork Time Log

Student's Name: Andrew Guthrie Fieldwork Project: Physcial Therapy

Mentor's Name: Jaquelyn Suarez-Murias

Date	Correspondence: Provide a record of each time you correspond with your mentor (phone & email) and the topic of your conversation.
10/19	Today, I emailed a physical therapist from Marathon Physical Therapy in hopes to get a mentor. Her name is Jacquelyn Suarez-Murias, she works at the Norton site and hopefully she will email me back with a yes.
10/19	Jackie emailed me back, giving me her general schedule and asking for a little bit more information on The Applied Learning Project itself, and then we can work out creating a schedule for meetings.
10/20	Today, I emailed Jackie back with the course information form and also the mentor information sheet. Also I gave her a description of my general football schedule, and told her that I will work to find time to meet. Lastly, I just talked about the different requirements that I have in the course, such as the two artifacts every couple months and writing the research paper.
10/24	I got an email back with the mentor information form attached so now I have a mentor! We are still comparing schedules trying to find the best time to meet.
10/25	On the 26th, we have our meet and greet. Now that she has agreed to be my mentor I invited her to come, acknowledging that it is very short notice.
10/26	Sadly Jackie was not able to make the meet and greet. She told me to take a look at what my football schedule was like so we could try to start setting up a meeting.
10/31	I proposed Wednesday November 2nd to her in hopes to be able to go shadow her sometime that afternoon.
11/1	Because of the MIAA playoffs, a soccer game got moved when I was supposed to have late practice on Wednesday the second, so I quickly emailed her back saying that I am so sorry but Wednesday would not work. Thankfully she hadn't opened the email yet and was not aware I was trying to come Wednesday yet, so it was not a huge deal. Now I have learned my lesson and I have to be sure of when I have free time, I cannot guess when I will be available with my flexible football schedule.
11/1	Jackie emailed me back saying thank you for letting her know of my availability but a good 1-2 weeks notice would be best for her to find time for us to meet.
11/3	Taking into account the information that I received in the last email, I proposed Friday the 11th to her, a day we do not have school so hopefully I can get a couple hours of shadowing in and also I will have a football game at night so that wouldn't conflict at anytime until about two o'clock.
11/4	Sadly, Jackie had a family emergency and had to leave town and will not be returning until the 15th of November. So she said to try to find time in the week she comes back to meet, and also if I need to get into the clinic before then contact Rebecca McVay, the manager of the clinic.

11/8	Today I emailed Rebecca asking if there was anyway that I could shadow her sometime on Friday the 11th, to hopefully get my project started even though my mentor is out of town.
11/9	Rebecca said she will be in the clinic on Friday and I am welcome to come in. Also gave me the HIPAA security course that I would need to complete in order to shadow there.
11/29-12/1	Now that Jackie is back in town, I hope to set up meeting with her to get my project started. I asked if she had some availability on Wednesday 12/7. Also she let me know that she will not be able to be my mentor anymore because she has to move out of state out to Colorado, so that was a bummer. But thankfully Rebecca, the PT that I have shadowed before, offered to take over after Jackie is gone.
12/12-12/13	On the 12th I emailed Jackie to see if she could get together one last time before she moves to talk about the next steps of my project. I asked about Thursday the 15th and when she emailed me back she said yes.

Date	Fieldwork with your Mentor: Provide a description of all work completed under the direct guidance of your mentor.	Number of Hours
11/11	This meeting was not with my first mentor Jackie, but instead it was with my second mentor Rebecca. On this shadow, she was very busy and had a lot of patients so we did not have time to sit and talk. While she was working on her patients, I got to observe what she was doing and the techniques she uses. Also we talked about the different tools she uses such as the goniometer. This device measures range of motion on a patient to show improvement.	2 hours
12/7	This is the second time I have been able to work in the clinic, and the first time I have worked with my mentor. In this meeting, we talked about what I really needed to get done and when. We talked about what I could use for artifacts, and also what I might be able to do about getting something tangible out of my experiences at marathon. We came across an idea of a case study of a certain patient or a certain injury that interests me. Lastly, we talked about a certain injury that I was confused about which was toe walking. This is an injury that can come from just how the kids start walking, but it also has ties to autism. It was very sad to hear, but the little kid that has this also had muscular dystrophy and his prognosis was not very positive.	2 hours
12/15	The clinic was very slow today. I was shadowing Jackie, but she had to leave early so I was just left to sorta roam and watch different things that were going on. Although it was slow, I did see a PT dry needle an athletic trainer their on their break. Dry needling is a process where the PT inserts needles into the patient's leg in hopes to strike a pressure point and cause micro damage to the muscle so will let go some of its tension. Also, the PT connected electrical wires to the needles to send an electrical signal to the muscle to make it contract. When the PT turned the electricity on, you could see the patient's muscle contract. This was to hopefully fatigue the muscle and make the muscle less tight.	3 hours

1/11	At the clinic today, I met with many different patients and saw lots of cool things. Today I saw basically a person with a completely metal back, and had numerous surgeries to try to fix some of his problems. (Sorry not allowed to be too specific about this stuff)	2.25 hours
1/18	I met with the patient that I am doing the case study on, and we had a fun time. We played a few games trying to keep his the patient's mind occupied while we worked on different muscles to improve his condition.	2 hours
1/26	Again more of the same, shadowing my mentor and meeting more patients. I met a patient's today that has had a couple of strokes and has lost some control over his right side. The patient has a pretty interesting device on his/her leg that stimulates the nerves and muscles in the leg and hopefully get the muscle to fire and move the leg.	2.5 hours
2/2	Met a person who had benign tumors in their neck and had surgery to remove them. The surgery entailed detaching the bicep muscle and reattaching it in a different place, and he is in PT one to get back to full range of motion (ROM) and also strengthen his shoulder and bicep from the lack of use due to the surgery. Met with case study patient and also a few more.	3 hours
2/16	Today I did not have much time because I had work at 4, but I still kept my appointment and went to the clinic, just had to leave a bit early that's all. Today was nice because we able to go outside with a few patients to go on a walk. It was almost 70 out! It was oddly fun today even though it was a pretty uneventful day.	2.25 hours
2/23	Today me and my mentor saw a couple of patients including the patient that I am studying. He seemed okay today but when he walked in he was still severely walking on his toes.	2 hours
3/9	Again me and my mentor saw various patients. Once great experience today was I saw her dry needle a patient. This was fascinating. She was using long thin needles to go into the patient's back and create micro-damage to the muscle to try to get it to loosen up.	2.5 hours
3/16	Today was a pretty normal day at PT. While the patient that I am studying stretched, me and him played hang man. A physical therapist at the clinic suggested for me to use the word Zesty on him and it took him about 20 letter to finally get the word.	3 hours
3/23	Today I was alerted that my patient might be done with PT permanently... That is okay though. I believe I have enough information to complete my project.	2 hours

Total Hours _____

Date	Independent Fieldwork: Provide a description of all fieldwork you complete independently.	Number of Hours
11/3	Today I created a notes sheet to bring with me the first time I meet my mentor. It has questions or comments that I could possible bring up and have a conversation with her about, and also it has a space for additional notes that I would like to take about my experience at the clinic.	1/2
11/9	Today I took a two hour online training course, to review all of the HIPAA laws. This course was very tedious, but necessary to ensure that I know all of the guidelines to follow and what I can and cannot say about what I saw at the clinic.	2 hours
4/24	Continued to work on my case study. This is not the first time I have worked on it but I just haven't logged it.	

Total Hours _____

Fieldwork Log: Progress Report Rubric

NOTE: Completion of 20 hours of fieldwork under the guidance of a mentor is a required component of the ALP. Students cannot successfully complete ALP without having fulfilled this requirement.

The following rubric is an assessment not of your fieldwork but of your fieldwork log and its contents.

Correspondence	5
Students has included a record of all correspondence with their mentor since their last fieldwork log submission.	5

Fieldwork with Mentor

Dates	5
Each entry in the log includes the specific date that the hours were logged. All dates are current and include all fieldwork since the last fieldwork log submission.	5

Hours	5
Each entry in the log lists how much time you dedicated to your fieldwork during those individual dates. Hours are included for all fieldwork completed since the last log submission.	5

Descriptions	15
Each entry includes a detailed description of all aspect the project that were worked on during each individual date. Descriptions are included for all fieldwork since the last fieldwork log submission.	15

Independent Fieldwork

Dates	5
Each entry in the log includes the specific date that the hours were logged. All dates are current and include all fieldwork since the last fieldwork log submission.	5

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Each entry in the log lists how much time you dedicated to your fieldwork during those individual dates. Hours are included for all fieldwork completed since the last log submission.	5

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Overall progress toward end project	Exemplary	Acceptable	Making Progress	Limited Progress
Student is making acceptable progress toward the mid year goal of 8 hours work on their project.		X		

*Late assignments will be penalized 5% per day late).

Comments:

Points Received: _____ **55/55**

