

## Back to School with Your ACCESS Team!

The School-based Special Interest Group Quarterly Newsletter is keeping you connected to the SIG with news, upcoming conferences, working groups & other updates. It also includes quarterly articles on various topics. Let us know if you have anything you would like us to feature or discuss by emailing [pediatricschoolsig@gmail.com](mailto:pediatricschoolsig@gmail.com).

Your ACCESS Team: Sharon Antoszyk, Brett Erin King, Laurie Bainer, Joann Szabo & Carlo Vialu

### Participants at Innovations for School-based Practice Sings Praises

Another successful Innovations workshop was held from July 29-30 in Milwaukee, WI. Hear from the participants.

“The courses have been amazing, extremely informative and innovative, yet practical and applicable.”

- Heather Vogt-Frechette, PT, DPT, Lansing, MI



“The opportunity to network with other school-based PT’s has been invaluable!”

- Eileen Hohner, PT, Rochester Hills, MI



“Enlightening! Lots of opportunities for growth and improved practices! We have a lot of work to do!”

- Therapists from Region IV (Northeastern Region)



“This is my second time coming and I’ll be back! So inspiring.”

- Maureen Windmoeller, PT, Willow Springs, IL

### Topic of the Quarter: Back-to-School Backpack Health

with Fran Kistner, PT, PhD, CEAS

Aching backs, sore shoulders and stiff necks? Do your students have these symptoms after carrying their heavy backpacks? With more than 80 million students in the United States, backpacks are everywhere! Backpacks may have serious health risks if they are too heavy or worn incorrectly.

Backpack loads should ideally weigh no more than 10% of a student’s body weight (BW) as bags weighing more than 15-20%BW are associated with back pain. The reality is that students carry upwards of 17 and 20%BW, and even as high as 41%BW in the US.

Students will compensate for a heavy backpack load by leaning forward at the hips and placing the head in a forward head position. These positions lead to increased forces in the low back and tension and compressive forces in the neck, potentially causing neck pain, headaches and even changes in the position of the tongue and mandible. While these postures may have serious health risks with increased weights carried, PT’s can advise students and parents on several important tips to improve backpack use.

1. The backpack should be the right size for the student. The bottom of the backpack should be roughly at the waist level.
2. Students should use both shoulders straps and they should be wide, “S” shaped and padded to minimize shoulder pain.
3. The load should be evenly distributed, with heavier items closer to the back and stabilized to minimize movement.
4. The load should ideally weigh no more than 10% of the student’s body weight.

(Ref: [Kistner, Fiebert, Roach, Moore, 2013](#); [Kistner, 2011](#))

### SIG Leadership Team

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## Tests and Measures For the Start of the School Year

with Carlo Vialu

The start of the school year is a great time to get baseline measures & communicate to your team a student's abilities & the assistance he/she needs. Here are 3 useful tests:

**Functional Mobility Scale (FMS):** Record the student's means of mobility within the home or classroom (5 m), school (50 m), and the community (500 m) using the [FMS](#). Note that the means for each setting may be different – the student may be using furniture within a room, a walker in the hallway, & a wheelchair outdoors – creating a diverse repertoire of mobility options.

**Energy Expenditure Index (EEI):** When reporting endurance, make sure that it is supported by an objective measure such as the [EEI](#). You may also use the EEI to help the student, family, & the team select the most energy efficient mode of mobility for long distances in the FMS above, by testing EEI using different assistive devices.

**Segmental Assessment of Trunk Control (SATCO):** One way to objectively measure sitting ability is by analyzing a student's ability to control his trunk when sitting using the [SATCO](#). The student's SATCO level can help you decide where best to provide [external assistance](#) to improve motor performance during school tasks.

And remember to test and re-test regularly!

## Work Groups: Help Wanted

**Lifting Students:** Develop resource list for safe lifting & transfers.

Volunteers needed for Regions: I, II, III, IV, VI, & VII

**SBPT Human Resource Job Categorization:** Explore aspects & outcomes from being categorized as a Classified or a Certified school employee so PTs can understand the implications of each job categorization.

Volunteers needed for Regions: II, III, V, VI, & VII

Join us! Email [pediatricschoolsig@gmail.com](mailto:pediatricschoolsig@gmail.com)

## Upcoming APTA Conference Section on Pediatrics Annual Conference

November 11-13, 2016

Keystone Resort, CO

The Academy of Pediatric Physical Therapy's annual conference provides an educational forum to challenge pediatric PTs to transform practice, research and education.

You can follow the school-based PT track or select from any of the over 50 sessions offered. SOPAC is also a great time to network with friends, colleagues & experts in our field.

Click [here](#) for details & registration.

## Resources for Clinical Instructors – Part 2

with Sarah Scow

Skill implementation walks hand-in-hand with ethics, professionalism, and critically thinking. Harking back to the APTA Advanced Credentialed Clinical Instructor Program presented by Lynn Fitzgerald and Karen Paschal at SoPAC 2015, below are resources that can assist clinicians and their physical therapy students in making sure their practice is appropriately documented and evidence-based. If your student needs guidance in these areas, you as the clinical instructor can lead by example, as well as provide them with the resources below to further help them on their way.

### Documentation Resources

- [APTA Online Courses](#) (search documentation)
  - Collection of courses on school-based documentation (free to members), peer review implementation, and defensible documentation
- [Guidelines: Physical Therapy Documentation of Patient/Client Management](#)
  - Collection of resources on [defensible documentation](#); the ICF; and the importance of documentation from the Office of Inspector General

### Evidence-Based Practice Resources

- [Rehabilitation Measures](#) and [PT Now Tests and Measures](#)
  - Lists outcome measures, with instructions & administration citations
- [Podcast on Evidence-Based Practice](#)
  - Podcast that appraises & discusses application of current evidence
- [Program to keep track of articles](#)
  - Free management software to organize and cite your files