

MD DEI NPTE Resource

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General Advice:

Study 6-8 weeks 3-5 hours/day w/ BREAKS :)

Try different modes of studying - reading all the material over again that you've went through in PT school can be tedious and frustrating - look for infographics, youtube videos, tik toks, diagrams, anatomy apps (recommended apps: Physiopedia, Learn Muscles:Anatomy, Medical Study Prep - Free Version (50 questions) or Paid Version \$15 per month - 600 questions/explanations) on your phone/ipad - anything that will help you recall this information better

Emphasize **safety** first in all concepts - latest evidence for treatment concepts isn't necessarily the right answer - review your **red flags** initiating a session and/or treatment options

Trend down in study time last week- if you can handle it DON'T study the day before the exam - relax/spend time with family/friends - at this point in the study journey you know the content - just have to control nerves/focus

Study Material - Scorebuilders vs. TherapyEd - both are good different reasons - TherapyEd has a lot of detail but is overwhelming to some + Scorebuilders - more digestible and clear information w/ good diagrams but not to the depth of TherapyEd

- You can take sections of the exam as practice and use to direct your studying

Use the PEAT - it comes with a cost but is extremely valuable - you're using retired questions, you have good explanations for answers, and understand where you can in each section of the exam as well general PASS/FAIL territory - great confidence booster

Practice techniques w/ your classmates - special tests, functional outcome measures taking in material in other ways than visually

When you take your final practice exams - replicate your exam day completely - no distractions, take at your planned test time, take breaks in the exam when you plan to, use the same snacks - it will provide the routine and comfort you'll want/need on exam day
-mask when taking a practice exam?

COMMON CONTENT CONCEPTS

Ortho

Special Tests Differential Diagnosis - Shoulder, Knee, Cervical
Hand Differential Diagnosis - Boutonniere, swan neck, mallet finger, de quervain syndrome
Normal joint ranges, end feels
Joint mobilization direction (concave/convex)
Red flags for cervical spinal mobilizations
Lumbar traction - Pregnancy? Safety?
Ankle Sprains - Ligament Differential Diagnosis
Ultrasound
Electrical stimulation
Gait Deviations - Internal (muscle deficits) v External (prosthetics)
Supine to Long Sit Test
Scoliosis - how does patient present + involved muscles
Contraindications for treatments

Neuro

Differential Diagnosis of 4 types of MS
Differential Diagnosis - MS, GBS, Parkinson's, Huntington's
Spinal cord injury - autonomic dysreflexia
Dermatomes & Myotomes
Brown Sequard Syndrome
Cranial Nerve Testing - testing + if CN is damaged what patient presentation should you expect
Glasgow Coma Scale - presentations
CTSIB - condition - which balance system affected

Cardiovascular/lymphedema/pulmonary

Left side v right side heart failure - what do you expect to see
Normal VS: HR, BP, spO2, RR
Heart Sounds - what stages at
Postural Drainage
Pulmonary Differential Dx: COPD, Emphysema, Asthma, Atelectasis
Cardiac Differential Dx: arrhythmias, CAD, Heart Attack, CVA

Wound care

Dressings
Phases of healing
Pressure Stages, Wound Stages

Other

ACSM Guidelines for exercise
Pelvic Health - Differential Diagnosis between 4 types of Incontinence
Diabetes I v DM-II
Hyperglycemic episode presentation v. Hypoglycemic episode (what's the normal range - fasting glucose & w/ nutrition - what's the proper response based on what you see)
Sensitivity v specificity? Type I v Type II error?
Different levels of Amputation
Phases of Motor Learning
Pediatrics Differential Dx
Discharge Planning
Cancer presentation - skin differential diagnosis
BMI
Types of Room precautions - for what conditions

Professional

PT - Plan of Care expectations
PTA - Plan of Care expectations
APTA Code of Ethics
Outcome measures

TUG- cut off score
Five times sit to stand
30s Sit to Stand
Berg Balance Scale
PASS
FIST