

STUDY GUIDE



PEDIATRICS

AMERICAN PHYSICAL THERAPY ASSOCIATION

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Pediatric Certified Specialist Study Guide

Congratulations on deciding to apply to become a pediatric certified specialist (PCS)! The best place to begin your preparations is on the Section on Pediatrics website (www.pediatricapta.org). Select "Professional Development," go to "PCS & Other Opportunities for Professional Development," and choose "Pediatric Certified Specialist information." This page has links to the American Board of Physical Therapy Specialties (ABPTS) (application, prerequisites, description of specialty practice [DSP], etc), as well as Section on Pediatrics resources (local and online PCS study groups, the Memorial Fund Scholarship, and Section courses) that can assist in your preparation for the exam.

I. Getting Started – General Information

- A. **Assess Readiness and Develop an Action Plan:** Review the pediatric DSP and the pediatric self-assessment tool (SAT). The written exam is developed from the DSP, which is based on a practice analysis study. The SAT can be used to determine readiness for specialist certification. The SAT helps to identify your current level of knowledge and skills in advanced clinical competencies. Once you have identified the competencies that need to be improved, you can develop an action plan (helpful in prioritizing the time, resources, and funds for your journey to achieving specialization). The pediatric DSP, which includes the SAT, is available for purchase from the American Physical Therapy Association's (APTA) online catalogue (www.apta.org) and choose [Store](#), then search for "[DSP](#)."

Note: The pediatric DSP was last updated in 2011 and is a working document that will be modified as necessary.

B. **Important Dates:**

July 31: Pediatric Certification Application Deadline

August 31: Pediatric Certification Reapplication deadline

October 1: Dichter Memorial PCS Scholarship Application Deadline

November 30: Examination Fee Due

II. Next Steps – After Acceptance of the Application

Use your action plan to guide knowledge-gathering strategies. This may include attending continuing education courses, collaborating with colleagues by participating in study groups, and gathering information from textbooks, web-based online resources, and primary research in peer-reviewed journals.

Note: Candidates for the examination sign an affidavit and pledge of confidentiality and cannot discuss exam content, but may state how they prepared. Below is a list of resources from a survey of pediatric clinical specialists in 2008. (The most recent textbook editions are listed in parentheses next to the 2008 survey results.) The list is scheduled to be updated before the 2016 exam cycle begins and will be available through the Section's website. (ABPTS does not review or endorse the content of any review materials or courses.)

- A. **Attending Continuing Education Courses:** The Section on Pediatrics offers a variety of online and onsite courses. Visit the website (www.pediatricapta.org) for additional information. Review the course description, objectives, and scheduled learning activities closely before attending to ensure that the course content is relevant for your action plan.
- B. **Participate in Study Groups:** Visit the PCS webpage to identify and select a PCS study group (either online or local) or collaborate with local colleagues who are also studying for the PCS.

C. **Textbooks:** The following can be purchased new or used via Amazon.com, other online resources, borrowed from a physical therapy professional program, etc.

- Campbell SK, VanderLinden DW, Palisano RJ ed. *Physical Therapy for Children. 3rd ed.* Philadelphia: WB Saunders Co; 2006 (4th ed. 2011).
- Long TM, Toscano K. *Handbook of Pediatric Physical Therapy.* 2nd ed. Baltimore: Lippincott, Williams, & Wilkins; 2001.
- McEwen IR, ed. *Providing Physical Therapy Services Under Parts B & C of the Individuals with Disabilities Education Act (IDEA).* 2nd ed. Alexandria, VA: Section on Pediatrics, APTA; 2009.
- Tecklin, JS, ed. *Pediatric Physical Therapy.* 4th ed. Philadelphia: Lippincott, Williams, & Wilkins; 2008. (5th ed. 2014).
- Bly, L. *Motor Skills Acquisition in the 1st Year. An Illustrated Guide to Normal Development.* Academic Press; 1994.
- Effgen, SK, ed. *Meeting the Physical Therapy Needs of Children.* FA Davis; 2005. (2nd ed. 2013).
- Ratliff KT. *Clinical Pediatric Physical Therapy.* Mosby; 1997. (2nd ed. 2010).
- Morrison RT, Weinstein SL. *Lowell and Winters Pediatric Orthopedics.* 6th ed. Philadelphia: Lippincott, Williams, & Wilkins; 2005. (7th ed. 2013).
- Drnach M. *The Clinical Practice of Pediatric Physical Therapy: From the NICU to Independent Living.* Philadelphia: Lippincott, Williams, & Wilkins; 2007.
- Rancho Los Amigos. *Observational Gait Analysis.* Rev. ed. 2001.
- *Guide to Physical Therapist Practice.* 2nd edition. Alexandria, VA: American Physical Therapy Association; 2001. (Guide to Physical Therapy Practice 3.0. 2014).

D. **Primary Research in Peer-Reviewed Journals:** Local libraries are often able to assist with obtaining important research articles. If you or your institution provide clinical experiences for students from physical therapist or physical therapist assistant programs, you may have access to the associated university libraries. Contact the director of clinical education at these programs to inquire about this potential resource.

For APTA members, PTNow clinical summaries and the article search database at PTNow.org are helpful in obtaining full text articles. Additional web-based resources that may lead to full-text articles include Google Scholar (www.scholar.google.com) and PubMed (www.pubmed.gov). Access the *Evidence-based Practice in Pediatric Physical Therapy* fact sheet at www.pediatricapta.org, under “Resources,” which provides additional ideas for searching literature for up-to-the-minute articles.

Key Journals include:

- Physical Therapy Journal - www.ptjournal.org
- Pediatric Physical Therapy - www.pedpt.com
- *Developmental Medicine and Child Neurology*
- *Journal of Developmental Pediatrics*
- *Physical and Occupational Therapy in Pediatrics*
- *Journal of Early Intervention by the Division of Early Childhood of the Council of Exceptional Children*