

3 Practical Takeaways



Do regional differences in dosages for School-Based PT exist? If yes, do they matter?

From: Caldwell, M., Effgen, S., Tezanos, A. V., Sylvester, L., & Jeffries, L. M. (2022). Regional Differences in School-Based Physical Therapy Practice for Students Who Made Progress on 2 Outcome Measures. *Pediatric Physical Therapy*, 34(1), 46-54.

1 School-based PT dosages differed among US regions

- The authors studied the dosages for students who met/exceeded their goals
- The Central Region provided most minutes of direct services and services on behalf of the student, followed by the Northeast, Northwest, then Southeast

2 Direct PT min/month averaged ~84 (Southeast) to ~106 (Central)

- Services on behalf of the student (consultation, collaboration, documentation) averaged ~38 (Southeast) to ~53 (Central) minutes/month

3 The regional differences did not impact goal achievement

- The authors found “no regional differences in the number of students who met or exceeded” their goals
- Be mindful of providing the “just right” amount of services!

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