Mayo School of Health Sciences

Occupational Therapy Internship
Rochester, Minnesota

www.mayo.edu
Occupational Therapy Internship

PROGRAM DESCRIPTION

Mayo School of Health Sciences (MSHS) partners with academic affiliates to offer a 12-week Occupational Therapy Internship. The internship is arranged by the academic fieldwork coordinator from your college or university and is provided after you complete the academic portion of your degree program.

Occupational therapy offers two levels of practice - an occupational therapist and an occupational therapy assistant.

To prepare for a career as an occupational therapist, you must complete an education program accredited by the Accreditation Council for Occupational Therapy Education (ACOTE). A list of accredited programs is available from the American Occupational Therapy Association, Inc. upon request.

To become an occupational therapy assistant, you must complete either a two-year associate’s degree or an accredited certificate educational program.

All courses of study require a period of supervised clinical experience (i.e., fieldwork) and successful completion of a national certification examination.

The Occupational Therapy Internship at Mayo Clinic provides the high-quality didactic and clinical fieldwork needed to create a well-rounded, fully competent occupational therapist or occupational therapy assistant.

Throughout your internship, you will be exposed to adaptive training activities, equipment, videos and resources. These will prepare the student for treating individuals with medical diagnoses typically seen in the rehabilitative clinical setting: stroke, spinal cord injury, traumatic brain injury, multiple sclerosis, cancer, cardiac conditions and neurological impairments.

ACCREDITATION

Mayo Foundation is accredited by the North Central Association of Colleges and Schools Higher Learning Commission.

Higher Learning Commission
30 N. LaSalle Street, Suite 2400
Chicago, IL 60602-2504
(800) 621-7440
(312) 263-0456
Fax: (312) 263-7462
www.ncacihe.org
Facilities

The Department of Physical Medicine & Rehabilitation offers comprehensive physical medicine and rehabilitation care for both inpatients and outpatients. At Mayo Clinic, physician evaluations, as well as physical and occupational therapy services, are available. Inpatient rehabilitation care is provided at Saint Marys Hospital, part of Mayo Clinic in Rochester.

The Mayo Clinic campus in Rochester comprises an extensive outpatient complex, two hospitals, and research and education facilities. It is among the largest, most advanced medical centers in the world.

GRADUATION AND CERTIFICATION

Occupational Therapy interns graduate from their respective college or university upon successful completion of their fieldwork. They are then responsible for scheduling and completing their certification tests through the National Board for Certification in Occupational Therapy.

Those who pass the test are awarded the title of registered occupational therapist or certified occupational therapy assistant. Individual states may also require licensure.

HOURS

For the majority of the internship, your learning schedule will include eight-hour days, five days per week. While the regular workweek is usually 40 hours, additional projects, patient activities and homework may be assigned.

CLASS SIZE

Mayo School of Health Sciences admits many students in each of its four internships. The numbers admitted are based on school and clinic needs. In our rehabilitation unit, the student will be in a collaborative model, where one clinical instructor supervises more than one student. In other areas, a one-on-one model of clinical instruction is provided.
Curriculum

The Mayo School of Health Sciences Occupational Therapy Internship prepares individuals for professional practice in hospitals, clinics and private practice. Through your patient care responsibilities and clinical experiences, this internship offers rotations in:

- Trauma Acute Care
- Acute Care Clinical Practice
- Inpatient Rehabilitation
- Sports Medicine
- Hand Clinic
- Outpatient Orthopedics
- Geriatrics
- Work Rehabilitation

You will gain experience in treating patients with special occupational therapy needs, which may include:

- Postmastectomy lymphedema management
- Rehabilitation of disabling neurologic conditions
- Rehabilitation of neuromuscular disorders
- Spinal cord injury
- Sports medicine and rehabilitation
- Stroke rehabilitation
- Trunk or extremity bracing problems
- Vestibular rehabilitation

DIDACTIC

Educational sessions covering current trends in occupational therapy are periodically offered, with student participation welcomed. These learning experiences may include lectures, workshops, in-service training, case studies, field trips and informal discussions.

GRADING OR EVALUATION

Mayo School of Health Sciences uses student evaluative tools that include:

- Demonstration of skills
- Self-assessment exercises
- Faculty reviews
Our system of evaluation provides students and faculty with a comprehensive look at individual performance. This allows faculty and administrative staff to direct students who are experiencing academic difficulty to the appropriate support resources, including tutoring programs and counseling opportunities.

**CURRICULUM ENHANCEMENTS**

Mayo School of Health Sciences is committed to developing and maintaining the very best education programs. Changes may be made to the curriculum and other aspects of this program as necessary to assure the highest-quality training.

**Faculty**

**TEACHING FACULTY**

The Mayo School of Health Sciences Occupational Therapy Internship draws its faculty from Mayo Clinic’s clinical, scientific and technical staffs. They are chosen for their commitment to teaching as well as clinical practice and/or research.

During your internship, you will have a primary staff supervisor and interact with occupational therapy staff members. You will have access to these individuals throughout your training - with the opportunity to learn directly from experienced therapists.

**VISITING PROFESSORS/LECTURERS**

A hallmark of higher education excellence is the breadth and depth of information and experience provided students by the faculty and visiting experts. Many prominent professors visit Mayo Clinic to lecture on their areas of medical and scientific expertise each year. As a student of Mayo School of Health Sciences, you are encouraged to attend all conferences, lectures and seminars prepared for students, residents, fellows and consulting staff.
Admissions

PREREQUISITES
You must be enrolled in an accredited occupational therapy education program to apply for the Occupational Therapy Internship Program. The academic fieldwork coordinator at your college or university arranges admission to the program.

POLICIES AND RESPONSIBILITIES
The following Mayo School of Health Sciences’ policies affect applications and admissions to its programs:

English fluency
Fluency in written and spoken English is essential to succeed in the program and to ensure patient safety. If English is a second language, you must be able to demonstrate fluency. Satisfactory performance on the Test of English as a Foreign Language examination or the Michigan Test of English Language Proficiency must be documented as proof of fluency. Your test results must be less than two years old.

Immunization record
For the protection of patients, students and employees, and in compliance with state regulations, Mayo Clinic requires students to be properly immunized. You must show proof of the following immunizations before you begin a program at Mayo School of Health Sciences:

- Tuberculin test in the past six months
- Varicella, rubella and rubeola immunity
- Up-to-date diphtheria and tetanus shots
- Hepatitis B vaccination or signed declaration

Documentation of vaccinations must be provided to Mayo Employee Health Service prior to the start of class.

Health status
Prospective students will undergo a health review at Mayo Clinic and will have the opportunity to update or receive the required tests and immunizations cited above. More information about the review will be provided after you have been offered a program appointment. Appointment to the program depends upon successful completion of the health review.

Medical insurance
Students must have medical insurance coverage during their program. Evidence of medical coverage must be provided when your educational program begins.
**Background check**
Prospective students must pass a criminal background check and/or drug screening required by state laws, prior to enrollment to Mayo School of Health Sciences.

**Student responsibilities**
Mayo School of Health Sciences’ students are expected to attend all scheduled classes, examinations and assigned clinical rotations unless absence is approved.

Students are required to exhibit professional and ethical conduct at all times.

**Equal opportunity**
Mayo School of Health Sciences upholds all federal and state laws that preclude discrimination on the basis of race, sex, age, religion, national origin, marital status, sexual orientation, disabilities or veteran’s status.

**TECHNICAL STANDARDS**
Mayo School of Health Sciences accepts students who are highly qualified for its programs. To be considered for admittance you should exhibit strong qualifications for the health profession you wish to pursue.

Applicants to programs must possess the following general qualities:

- Critical thinking skills
- Sound judgment
- Emotional stability and maturity
- Empathy for others
- Physical and mental stamina
- Ability to learn and function in a variety of settings

In addition to these general standards, occupational therapists should be comfortable working with persons who have physical limitations. Therapists must be patient, tactful, and persuasive when working with people who have a variety of physical needs and highly specific occupational needs.

You must be able to perform the essential functions of the profession and meet the standards of the curriculum. Students seeking exceptions to these standards or reasonable accommodations should initiate their request with the program’s director.
Application Process

POSITIONS
Candidates are selected each year for the four, 12-week Occupational Therapy Internship rotations on competitive basis.

APPLY
Your occupational therapy fieldwork must be arranged and approved by the academic fieldwork coordinator from your college or university.

Step 1: Contact your school’s fieldwork coordinator to arrange to participate in the MSHS Occupational Therapy Internship Program.

Step 2: Complete the Mayo School of Health Sciences’ online application form. Once your participation is approved by both your Academic Clinical Education Coordinator and the MSHS Occupational Therapy Internship Program Director, you will receive a packet of materials to be completed and returned to MSHS.

• Your application, supporting documentation and nonrefundable application fee can be submitted for consideration up to six months before the internship begins.

• Applicants may arrange a visit with occupational therapy faculty to learn more about the Occupational Therapy Program and internship responsibilities.

• No interviews are held for internship positions. However, the Occupational Therapy Program Director, along with program staff, review applications and select students from an affiliated university or college based on the following criteria:
  - Academics (i.e., relating to occupational therapy core courses, related courses and electives)
  - A completed application with all requested materials
  - An interest primarily in occupational rehabilitation (more so than long-term care or recreational therapy)
  - Volunteer and work-related experiences in occupational therapy
  - A letter of recommendation that documents skills helpful in occupational therapy, such as organization, leadership, communication and documentation
Tuition & Financial Aid

PROGRAM COSTS
There is no tuition for the Mayo School of Health Sciences Occupational Therapy Internship in Rochester.

You will need to purchase a lab coat to wear during hospital rotations. You also are responsible for providing your living accommodations and transportation.

You may hold outside employment during the program, if it does not conflict with your program responsibilities.

FINANCIAL AID
Mayo School of Health Sciences offers financial incentives for students to participate in its many health sciences training programs. For example, tuition waivers or employment scholarships may be offered to students who commit to work for Mayo Clinic after graduation. For other programs, scholarships may be available for those who demonstrate financial need.

The Mayo Clinic College of Medicine Student Financial Aid Office can provide more details about the financial aid opportunities offered by MSHS.

Occupational Therapy Career Overview

FIELD DESCRIPTION
Occupational therapists work with individuals who have conditions that are mentally, physically, developmentally, or emotionally disabling. Occupational therapists assist individuals to develop, recover, or maintain daily living and work skills.

The word “occupation” comes from our belief that we all have “occupational roles” that contribute to who we are (i.e. mother, son, spouse, employee). The goal of an occupational therapist is not only to help clients improve basic motor functions, cognitive and emotional abilities to return to these roles, but also to compensate for loss of function. Their goal is to help clients have independent, productive and satisfying lives.

Occupational therapy is skilled treatment that helps individuals achieve independence in all facets of their lives. Occupational therapy gives people the “skills for the job of living” that are needed for independent and satisfying lives. Services typically include:
• Customized treatment programs aimed at improving abilities to carry out the activities of daily living
• Comprehensive evaluation of home and job environments and recommendations on necessary adaptation
• Assessments and treatment for performance skills
• Recommendations and training in the use of adaptive equipment
• Guidance to family members and caregivers

Occupational therapy practitioners are skilled professionals whose education includes the study of human growth and development with specific emphasis on the social, emotional and physiological effects of illness and injury.

The occupational therapist enters the field with a bachelors, masters or doctoral degree. The occupational therapy assistant generally earns an associate degree. Practitioners must complete supervised clinical internships in a variety of health care settings, and pass a national examination. Most states also regulate occupational therapy practice.

CAREER OPPORTUNITIES

Many occupational therapists work in hospitals, including rehabilitation and psychiatric hospitals. Other major employers include offices and clinics, school systems, home health agencies, nursing homes, community mental health centers, adult daycare programs, job training service programs and residential care facilities. Other occupational therapists work in the community in more non-traditional settings such as business ergonomics, life planning and accessible home design.

Federal legislation imposing limits on reimbursement for therapy services may adversely affect the job market for occupational therapists in the near term. However, the demand for occupational therapists should continue to rise as a result of growth in the number of individuals with disabilities or limited function who require therapy services.

The baby-boom generation’s movement into middle age, a period when the incidence of heart attack and stroke increases, will intensify the demand for therapeutic services. The rapidly growing population over age 75 also will require additional services, as medical advances enable more patients with critical problems to survive. These patients may need extensive therapy.

Hospitals will continue to employ a large number of occupational therapists to provide therapy services to acutely ill inpatients and to staff outpatient rehabilitation programs. Employment growth in schools will result from expansion of the school-age population and extended services for disabled students. Therapists will be needed to help children with disabilities prepare to enter special education programs.
Occupational therapists held about 78,000 jobs in 2000. The largest number of jobs was in hospitals, including many in rehabilitation and psychiatric hospitals.

**Earning Potential**

Median annual salary for occupational therapists was $49,450 in 2000. Salaries ranged from $32,040 and to more than $70,810. Median annual earnings in the industries employing the largest numbers of occupational therapists in 2000 were as follows:

- Nursing and personal care facilities: $51,220
- Hospitals: $50,430
- Offices of other health practitioners: $49,520
- Elementary and secondary schools: $45,340

**Professional Organizations**

Visit the following Web sites to learn more about occupational therapy:

- The American Occupational Therapy Association (www.aota.org)
- National Board for Certification in Occupational Therapy (www.nbcot.org)

**Program Contacts**

For more information about the Occupational Therapy Internship Program in Rochester, please contact:

**Kate Ray, Enrollment and Student Services Director**
(507) 266-4077
(800) 626-9041
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E-mail: mshsenrollment@mayo.edu

**Mayo Clinic College of Medicine**
Mayo School of Health Sciences
Siebens Medical Education Building 11
200 First Street SW
Rochester, MN 55905

Or

**Jon Nordrum, Center Coordinator of Clinical Education**
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You can also request more information on education programs offered by Mayo School of Health Sciences.