



Earn the DPT —without

Why get your doctorate?

By the year 2020, physical therapy will be provided by physical therapists who are doctors of physical therapy. Patients will seek out these autonomous physical therapists to enhance their movement, function and health.

DMU's Post-Professional Doctor of Physical Therapy (PPDPT) Program will equip you to advance your knowledge, abilities and practice. The program's intensive combination of didactic, collaborative and clinically applicable education and experience will bring you to new levels in clinical care and evidence-based practice.

As you work toward the degree, you will increase your awareness and understanding of research and how to apply it. You will sharpen your skills in critical thinking as you learn to make sound judgments based on valid scientific literature. And you'll be prepared to meet the challenges and opportunities of becoming a leader in your profession, in health care and in your community.





degree & advance your career leaving home

You've been thinking of earning the DPT degree. You know the degree provides clinical perspectives and management skills you'll need for the next career level. You can handle the work.

But there are obstacles—time, travel, finances and professional responsibilities. How do you manage it all?

Des Moines University is your solution. The DMU Post-Professional DPT

degree program is offered entirely online so you can continue practicing while earning the degree. The convenience and flexibility of online learning make it possible. Travel time is eliminated. You're free to study whenever, wherever you want. Literally.

The DPT degree is within your reach at a reasonable cost and at great benefit to you—advancement in your profession and career.

Do I qualify for admission?

Here's what you need:

- U.S. physical therapy licensure
- At least six months of full-time employment as a physical therapist at the time you complete the program. Employment as a physical therapist while enrolled in the program is encouraged and highly recommended.
- A personal statement and two letters of recommendation: one letter from a U.S.-trained and licensed PT and one from a health care leader in a decision-making role.
- Access to a computer with appropriate hardware and software.

See more detailed information on page 11



“I wanted a program that had more of a clinical focus than an administrative one, and my experience has been wonderful. The course content is excellent, the instructors are knowledgeable, and the material has been extremely beneficial in my day-to-day work as a home care therapist. I have gained so much confidence with the five classes I’ve taken thus far, and it’s a pleasure to interact with clinicians from all over the country.”

JEAN MILES, PPDPT STUDENT, WEATOGUE, CONNECTICUT



What makes

Post-Professional Doctor of Physical Therapy

Des Moines University has one of the few transitional DPT degree programs with all course work offered entirely online. This means you can experience rigorous, relevant professional preparation while working uninterrupted, immediately applying the knowledge you're gaining. Interacting with classmates, who are also practicing PTs, will further enrich your education.

As a student, you will discuss actual experiences with colleagues, so the knowledge and skills you gain are highly practical. Students tell us they apply what they've learned on a daily basis.

One of the program's distinctions is interaction with faculty and staff. Even if you live thousands of miles from Des Moines, the distance is the

QUICK FACTS

- DMU awarded its first transitional doctor of PT degrees in 2003.
- You can complete the degree program entirely online in 18 to 30 months.
- Each course is offered at least once within a 12-month time frame.
- The PPDPT Program has graduated more than 300 students.
- Approximately 200 students are enrolled in the program.
- Students have up to five years to complete the curriculum.

the PPDPT Program at DMU different?

same for all students—a few mouse clicks away. For those times when you need to talk with someone, the faculty and staff are available to help. If you call, you'll talk with real people rather than interface with an automated voice system.

Another distinctive element of the program is its focus on evidence-based practice, the thoughtful integration of the best possible evidence combined with clinical expertise. You will learn to address health care questions and issues with an evaluative and qualitative approach, using current and past research, clinical guidelines and other information—skills you will use your entire career.



- Students have been in PT practice an average of 14 years before starting the PPDPT Program.



Put it to use today

Geeks? Yes, we have them

The Help Desk is available to address technical problems students could encounter with online activities. The web-based instructional system is compatible with PC and Macintosh computers, although the PC format is preferred for this program. Mac users may experience some limited functions within the DMU student portal and may need to save documents and presentations in formats compatible with the current Microsoft Office Suite for the PC.



Once you begin the program, you'll notice our curriculum is distinguished by its immediate application to clinical situations and challenges you face every day. In fact, you'll choose many of the cases you study as part of your course work.

Assignments and projects are designed to draw out new understanding and insight you can put to use right away. That means the real-life issues you encounter in practice become part of the curriculum as they're folded into course guidelines.

Another advantage of the curriculum is flexibility. While many programs follow a lockstep sequence of courses, you can start the program at any time and, with few exceptions, take courses in whatever order you choose after completing Orientation.

The first step

You must complete Orientation (PPDPT 1600) before beginning additional course work in the PPDPT Program. Orientation provides an introduction to Des Moines University and the Post-Professional DPT Program. Orientation includes overviews of applicable policies and procedures, information on how to access the DMU library and bookstore, instruction in evidence-based practice, and introduction to the technology used throughout the program.

Curriculum
Starting with Orientation, you must successfully

complete all eleven courses in the program to receive the DPT degree.* Clinical Applications (PPDPT 1607) can be taken only after you've successfully completed all other courses.

**DMU alumni complete eight courses*

Keep in mind:

- The format of each course depends on the instructor, but each course will require that you take primary responsibility for learning.
- You will complete assigned readings and then contribute to online discussions with classmates on questions posed by the instructor.
- Quizzes and exams are given online.

Program organization

Unlike self-paced or independent study programs, each course has a specific start and stop date along with due dates for assign-

ments. One of the goals is for you to gain new knowledge and insights by sharing professional experiences and resources. Working with classmates through online discussions and group projects extends the reach of the online classroom while mirroring the professional collaborations common in health care today.

Time commitment

For a two-credit-hour course delivered over eight weeks, plan on studying an average of six to ten hours per week. For a three-credit-hour course, plan on studying an average of nine to fifteen hours per week.

Graduation requirements

Non-DMU physical therapists complete twenty-four credit hours to earn the Post-Professional DPT degree (DMU alumni complete eighteen credit hours).



LOST IN SPACE? First-timers who are apprehensive about enrolling in an online program quickly discover they're not alone. As a PPDPT student, you're truly "in class" with PT colleagues across the country. In fact, students often discover shared interests and develop friendships with classmates regardless of their geographic location.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	SPRING TERM					SUMMER TERM			FALL TERM			
WINTER BREAK	MODULE 1 Individual and Family Aspects of Care, Clinical Decision Making		MODULE 2 Business Management, Clinical Medicine Systems			MODULE 1 Health Promotion and Prevention, Motor Control			MODULE 1 Manual Therapy Intervention, Clinical Imaging and Pharmacology		MODULE 2 Pathology of Clinical Medicine, Clinical Applications	
												WINTER BREAK

“As a physical therapist who also teaches students at Mayo Clinic, I wanted to keep up my skills. DMU’s PPDPT Program is a convenient, flexible way for me to do that. My classmates live in other states and bring so many different perspectives. And what I’m learning and researching – such as risk factors of obesity – I’m bringing to my patients and incorporating in my practice.”

STEVE HIGGINS, PPDPT STUDENT, ROCHESTER, MINNESOTA

Evidence-based practice

Along with the other programs at DMU, the PPDPT Program is incorporating evidence-based practice (EBP) into the curriculum. You’ll use these skills throughout the program and in your daily practice. EBP has five distinct elements: 1) ask clinically important questions; 2) find the evidence to answer questions; 3) critically appraise the evidence; 4) integrate the evidence with professional experience and patient values; and 5) evaluate the outcome on the patient. You will have opportunities to learn and practice these skills.

Library access

Many of the DMU library resources are available online, including multiple databases and full text articles. The interlibrary loan service allows you to reserve and receive books, order journal articles and receive materials from other libraries.

Global health

If you are interested in global health, you may want to join a medical mission trip. Students, faculty, staff and alumni provide health services to people in countries where health care is limited or nonexistent. Mission trips last 10 days to two weeks. As a practicing physical therapist on a mission trip, you may have the opportunity to supervise students from the on-campus DPT Program.

Continuing education credits

Rules adopted by the Iowa Board of Physical and Occupational Therapy Examiners indicate that one academic credit hour equals 15 continuing education credits. The licensee may obtain con-

tinuing education hours of credit by providing official transcripts to the board indicating successful completion of academic courses that apply to physical therapy. Physical therapists licensed in a state other than Iowa who are required to complete continuing education for licensure will need to check their state’s physical therapy licensure law and rules concerning continuing education credit for academic courses.



Jump in when ready!

Even if you're new to online learning, you'll catch on quickly. You'll find the atmosphere is far more supportive than you might have imagined. Students who have already taken several courses watch out for the newcomers, who may experience first-day online jitters. Soon you'll sense being "in class" with colleagues as you interact with the twenty or so students in your section.

PPDPT 1600

Orientation

Orientation to the components of DMU and the program that the student will use in the curriculum. Content includes applicable policies and procedures, access to the DMU library and bookstore, technology to be used in the curriculum, and an introduction to searching for literature and evidence-based practice. This course must be completed prior to beginning additional course work in the program. *1 credit hour.*

PPDPT 1601

Business Management

This course covers aspects of managing a business. Emphasis is on the design of a business, community needs analyses, financial management, marketing and public relations, quality improvement, the role of technology, and networking, as well as the roles of the physical therapist as a consultant, conflict manager, negotiator and advocate. *2 credit hours.*

PPDPT 1602

Individual and Family Aspects of Care

This course covers the individual characteristics of the patient/client that need to be taken into consideration in the management of a patient/client's care.

Family dynamics are explored in relation to their impact on the health and health care decisions of a patient/client along with the PT's role with respect to issues of violence and abuse. *2 credit hours.*

PPDPT 1603

Clinical Decision Making

This course includes models for clinical decision making, including the patient/client management model as presented in the Guide to Physical Therapist Practice. Evidence-based practice and the critical evaluation of research are covered as well as concepts in outcome assessment. *3 credit hours.*

PPDPT 1604

Health Promotion and Prevention

Concentration on the health promotion/prevention needs of diverse populations is the focus of this course. Content includes theories on wellness, health behavior models, motivational strategies and the provision of services by PTs that promote the health and quality of life of individuals and groups. Epidemiology is introduced for the purposes of planning health promotion/prevention services as well as the impact of nutrition on health. Standardized tests and measures, interpretation of data, and development of a plan

of care related to health promotion/prevention are primary components of this course. *3 credit hours.*

PPDPT 1605

Clinical Imaging and Pharmacology

Technical and interpretive aspects of diagnostic imaging/radiology and clinical laboratory results as related to diagnoses commonly treated by physical therapists. The second unit covers the concepts of pharmacologic management of patients/clients and the interrelationship of pharmacologic management with PT interventions. *2 credit hours.*

PPDPT 1606

Motor Control Theory and Analysis

Investigation of the various theories, and differences between central and peripheral mechanisms, of motor control. Identification of functional and dysfunctional movement patterns. Mechanisms underlying gait changes in various pathological conditions are explored. Opportunities to study various forms of motion analysis/motion analysis devices are included. Kinetic and kinematic data from motion analysis devices are used to analyze motion. *2 credit hours.*

PPDPT 1607

Clinical Applications

A capstone project is developed to demonstrate competence with the components of the patient/client management model, the processes of clinical decision making and the effective/efficient use of resources. Each student completes a capstone project. All other courses must

Meet me in cyberspace

Stay in touch

A feature of the online PPDPT Program is the frequent communication you'll have with physical therapists across the country. For many courses you'll work in pairs or small groups. In addition to course material, you'll benefit from the experience of colleagues nationwide. The faculty also maintain regular office hours so that students can meet with them in person or by phone.

Stay informed

Think of the program as a series of classes in cyberspace. Discussion boards allow you to post ideas and respond to inquiries from classmates. You communicate in real time through chat rooms and work on group projects from any location.

Stay connected

Just as for on-campus students, the Student Portal is your connection to DMU. Among other features, the portal lets you check your grades and class schedule, use an e-mail inbox and search the library collection. An instructional application program provides access to course material, quizzes, discussion lists and more.

TIME WELL SPENT – While the DPT degree requires disciplined study, the hours devoted to earning the degree are highly productive. Non-productive hours that could have been spent driving to campus, parking and searching library shelves have been eliminated.



be completed prior to enrollment in this course. *3 credit hours.*

PPDPT 1608

Clinical Medicine Systems*

This online course focuses on the understanding of the alterations of human health in response to various pathophysiological states. Students study the principles of pathophysiology underlying major diseases in order to understand the human response to disease and the implications for physical therapy management. The course addresses the topics of lab tests and values, genetics and oncology. The course also covers various system pathology including hepatic, pancreatic biliary, gastrointestinal, hematology, genitourinary and reproductive. *2 credit hours.*

PPDPT 1609

Manual Therapy Intervention*

This course investigates the use of manual therapy interventions in neuromusculoskeletal physical therapy patient management. It focuses on evidence-based interventions encompassing all regions

of the body and, as applicable, to diverse patient populations. Course material includes online and on-campus formats. Participants are asked to learn the basic concepts of manual therapy interventions and to demonstrate their knowledge via the completion of assignments, discussion board dialogue and laboratory participation. *2 credit hours.*

Exemption for on-campus requirement

To provide optimal learning experiences, the on-campus portion of the course has been designated to give students an exposure to various manual therapy skills. Students demonstrating previous exposure to manual therapy may request to be excused from the campus component of the course.

Students eligible for exemption from the manual therapy on-campus component must meet one of the following stipulations:

1) Documented certification in manual therapy or a particular manual therapy intervention. Examples include, but are not limited to, certifications in NDT, ONF, Maitland, Paris, McKenzie and Lymphadema.

2) Documentation of 16 hours of approved manual therapy continuing education credits or related course work completed within three years prior to the first day of class. Examples of course topics/approaches include, but are not limited to, NDT, PNF, McKenzie, Paris, Maitland, Mulligan, Barnes, Cyriax, Upledger, Muscle Energy Technique, Joint Mobilizations, Strain Counter-Strain and Lymphadema.

PPDPT 1610

Pathology of Clinical Medicine*

In this course, students study the principles of pathophysiology underlying major diseases in order to understand the human response to disease and the implications for physical therapy management. The course addresses the topics of psychosocial spiritual impact on chronic illnesses, immunity, infectious disease, problems affecting multiple systems, lab tests and values and the metabolic and endocrine systems. *2 credit hours.*

*Not required for Des Moines University MPT alumni

Technology and computer use

You don't need to be a computer expert to enroll in the program, but you should be comfortable using a computer and know how to use the Internet for course work. Here are some guidelines.

TECHNOLOGY REQUIREMENTS

General requirements regarding computer equipment, capacity, software, Internet access and connectivity are available on the PPDPT Program website: Visit www.dmu.edu/chs/ppdpt and click on the left-hand link "Admission Requirements."

COMPUTER SKILLS

- Demonstrate a **working knowledge of word processing.**
- Demonstrate **fluency with Vista, Windows 7, 2000, ME, or XP operating systems.**
- **File, save, retrieve and manipulate documents** within the system.
- **Access, file and respond to e-mail.**
- **Access plug-in resources** such as Adobe Acrobat Reader for course work.
- **Log onto the Internet.**
- **Navigate the Internet and World Wide Web** using appropriate browsers.
- **Attach, receive and send files/documents to others; download and open files** sent to students.
- **Conduct an Internet search.**
- **Demonstrate a working knowledge of Microsoft Office Suite, including Word, PowerPoint and Excel programs.**

THE UNIVERSITY

3 Colleges + 9 Programs =
One Great University

OLDER THAN WE LOOK

Des Moines University established a physical therapy program in 1988 within the College of Health Sciences. Before 1980 the institution had been a freestanding osteopathic medical college founded in 1898.

The Physical Therapy Program began as a master's degree program and, since 2002, offers only the entry-level Doctor of Physical Therapy degree (DPT). Recognizing the need for practicing physical therapists to earn a doctoral degree, DMU awarded its first transitional Post-Professional Doctor of Physical Therapy degree in 2003.

DMU also offers degree programs in osteopathic medicine, podiatric medicine, health care administration, public health, physician assistant studies, anatomy and biomedical sciences. Total enrollment is approximately 1,800.

WHAT THIS MEANS TO YOU: Our education programs are limited to medicine and the health sciences, so students of all programs share a common orientation toward patient care.

Check us out at www.dmu.edu

"As a physical therapist, I'm working to bring people back to their prior level of functioning. That's inspiring. The PPDPT Program gave me tons of clinical ideas I'm taking to my research."

REUBEN ESCORPIZO, DPT'08, WORLD HEALTH ORGANIZATION RESEARCHER ON FUNCTIONING, DISABILITY AND HEALTH, NOTTWIL, SWITZERLAND

1 Prerequisites

- ✓ Applicants must have graduated from an accredited physical therapy program and be licensed in the U.S. as a physical therapist. There are no specific course prerequisites.
- ✓ Although not required, we prefer that you be employed as a physical therapist while enrolled in the program. Your employment will enhance discussions of case studies and application of required projects to a physical therapy practice setting. You do need to have been employed as a physical therapist for at least six months by the time you complete the DPT curriculum.
- ✓ Foreign-trained physical therapists must be employed as PTs in the United States for at least six months prior to applying to the program.

Technical Standards

A candidate for the Doctor of Physical Therapy degree must have abilities and skills in the following areas: observation; communication; motor; sensory; intellectual, conceptual, integrative and quantitative; and behavioral and social. Technological compensation can be made for disabilities in some of these areas, but a candidate must be able to perform in a reasonably independent manner.

For a detailed list of physical abilities and skills required for admission, see “Technical Standards for Admission” at www.dmu.edu/chs/ppdpt/technical_standards.

Qualified individuals with disabilities who seek accommodations should refer to DMU’s Accommodations in Education Policy available via the link at www.dmu.edu/chs/ppdpt/program_strengths.

2 How to apply

Non-DMU PT Graduates

Non-DMU PT graduates applying for admission should submit an online application, which is accepted throughout the year. There is no application deadline, and you may begin the program at the start of any module after acceptance. To complete the application process:

1. Apply online at www.dmu.edu/chs/ppdpt.
2. Submit a \$50 nonrefundable application fee.
3. Submit two letters of recommendation (*see Guidelines, below*).
4. Applicants are required to

submit a personal statement of not more than one page explaining their reasons for pursuing the Post-Professional DPT.

5. Individuals who earned their physical therapy degree outside of the United States must take the Test of English as a Foreign Language Exam (TOEFL). A total score of 100 (Internet-based test) is recommended, and a writing score of 27 (Internet-based test) is recommended. Waivers of the TOEFL requirement are automatically given to applicants who completed their PT degree in one of the following countries: Australia, Canada (excluding French Quebec),

New Zealand and the United Kingdom. Graduates from English-speaking countries in Africa are also included in the waiver.

DMU PT Graduates

Alumni of the DMU Physical Therapy Program need only complete the online application to be considered for admission. Alumni must also have access to a computer with appropriate hardware and software, and have specific computer skills. (*See “Technology and computer use,” page 9.*)

Guidelines for Letters of Recommendation:

Each of the two letters must be printed on the writer’s business stationery or letterhead and must be received in a sealed envelope from the letter writer. The Letter of Recommendation form, available online at www.dmu.edu/chs/ppdpt, must accompany each letter. One letter must be from a U.S.-trained and licensed PT, and the other letter must be from a leader in a health care profession (a second PT letter is acceptable). Please make certain that those who write recommendation letters for you address these topics:

- Length of acquaintance
- Length of employment
- Type of employment (e.g., full-time, part-time, PRN)
- Description of the facility
- Quality of service provided
- Organization skills/administrative qualities
- Leadership
- Professional relationships

Send your application materials to: PPDPT Admission Coordinator, Des Moines University, 3200 Grand Avenue, Des Moines, Iowa 50312

3 Notice of Acceptance/Registration

You will be notified by e-mail regarding your status for acceptance into the Post-Professional DPT Program. You may register for courses after you have been accepted. Registration is submitted online. Contact us at ppdpt@dmu.edu if you have questions about the status of your application.

Don't Ignore... THE FINE PRINT

ACCREDITATION

Des Moines University is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, 30 North LaSalle St., Suite 2400, Chicago, Ill. 60602-2504. 312-263-0456; 800-621-7440; fax 312-263-7462; www.ncahigherlearningcommission.org.

TUITION & FINANCIAL AID

Many students in the PPDP Program need tuition assistance. Financial aid is available. Students taking five credit hours or more per trimester are eligible for financial aid. For current tuition and related information, go to www.dmu.edu/fa or contact the Financial Aid Office at 800-240-2767 or 515-271-1470. E-mail: finaid@dmu.edu.

STATEMENT OF NONDISCRIMINATION

Des Moines University does not discriminate on the basis of race, color, gender, creed, national origin, age, marital status, sexual orientation, or disability in employment, admission, or access to education programs, activities, or health care.

DEFINITION OF DIVERSITY

Diversity at Des Moines University is a campus environment shaped by individuals and groups that offer a broad spectrum of cultural differences, life experiences, and distinct characteristics they bring to our institution. These include, but are not limited to: educational background and performance, gender, ethnicity, age, socio-economic background, leadership qualities, employment experiences, talents, geographical background, and other attributes that affirm the University’s commitment to creating an inclusive environment.

This brochure has been prepared for general information purposes only. Des Moines University reserves the right to make program changes without notice. Tuition may be adjusted annually at the discretion of the Board of Trustees. 1.5K 9-10



For more info,
check us out at
www.dmu.edu



CHOOSE DMU

THE ACADEMIC RIGOR YOU NEED,
THE QUALITY OF LIVING YOU WANT

Questions?

We've tried to cover everything, but you may have additional questions. So give us a call. If we can't answer your questions when you call, we'll get back to you as soon as possible.

You can also reach us via e-mail at PPDPT@dmu.edu. For more information about the Post-Professional DPT Program, visit our website at www.dmu.edu/chs/ppdpt.

How to Reach Us

PPDPT Program Admission Office
Des Moines University
3200 Grand Avenue
Des Moines, Iowa 50312-4198

515-271-7854

Outside the 515 area code,
call 1-800-240-2767,
extension 7854

e-mail: PPDPT@dmu.edu