## Integrated Clinical Education – Planned Learning Experience (PLEX)

<table>
<thead>
<tr>
<th>Plex #: 61</th>
<th>Plex Title: Linking the upper quarter screen to examination process</th>
<th>Date created: 10/1/2015</th>
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### ICE Week/Number
- [ ] ICE I - Week 1
- [ ] ICE I - Week 2
- [x] ICE II

### Continuum of Care
- [ ] IP Acute/ICU
- [ ] IP Rehab
- [ ] Outpatient
- [ ] School
- [ ] Not Setting Specific

### Patient Management Component
- [ ] Exam/Eval
- [ ] Dx/Prognosis
- [ ] Plan of Care
- [ ] Intervention
- [ ] Outcomes

### Curricular Thread
- [ ] Quality Improvement and Safety
- [ ] Teamwork and Collaboration
- [ ] Patient Centered Care
- [ ] Movement for Participation
- [ ] Clinical Reasoning and Evidence Based Practice

### Brief Description of the Planned Learning Experience:
Students will perform an upper quarter screen (UQS) on a patient to assess for red flags and examine all possible causes of patient's symptoms. The UQS includes:
- Exam of neuro status (myotomoes, dermatomes, DTRs, UMN vs LMN, and referred vs. radicular pain)
- Assessment of C-spine, upper thoracic, shoulder

### Objectives
1. Students will demonstrate an efficient and thorough performance of an upper quarter screen.
2. Students will link the screening process to patient complaints.
3. Students will utilize the results of the UQS to move forward with their plan of care for the patient.
4. Students will appreciate and recognize when results of the UQS may indicate need for referral.

### Description of Actual Learning Experience
1. Students will choose an appropriate patient and complete an upper quarter screen as part of the examination process.
2. If possible, students and CI will discuss the results of the UQS and if appropriate, discuss plans for further musculoskeletal examination.
3. After the patient encounter students and CI will discuss information obtained, how that information relates to the patient complaints and/or possible differential diagnoses. This can also lead in to a discussion on appropriate referrals.

### Anticipated time to complete
1. Patient examination: 30 to 45 minutes
2. Discussion: 30 minutes
Total Time: 60 to 75 minutes

### Recommended Preparation or Readings
- MSK I-III course packets

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*Modified with permission from Duke University DPT*