

SCOREBUILDERS



**SPOTLIGHT**  
*Series*

"What am I Doing Wrong?" --  
Strategies for Assessment of  
Decision Making and Test Taking  
Errors

Presented by: Beth Ennis, PT, EdD

# Objectives

- Discuss need for portfolio of errors as component of study plan
- Define types of errors made
- Analyze individual reasons for errors
- Develop strategies to reduce decision-making and test-taking errors



MISTAKES ARE NOT  
A PROBLEM.  
NOT LEARNING FROM  
THEM IS.

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## Why a portfolio of mistakes?

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If you don't fix them, your score will  
not improve

# Why do we miss questions?



- Didn't know the material
- Over-thought, 2<sup>nd</sup> guessed, too aggressive, too conservative
- Missed key words

# Need to know the “Why



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- Until you know your “why”, you can’t develop a strategy to fix it

Lets start here:

***A physical therapist performs postural drainage on a 68-year-old male with bronchiectasis. The patient's medical history includes diabetes and hypertension, both of which are poorly controlled. Which lung segment would MOST likely require the therapist to modify the standard treatment procedure?***

1. Apical segment of right upper lobe
2. Posterior segment of left lower lobe
3. Anterior segment of right upper lobe
4. Superior segment of left lower lobe

# Lets try another

- ***A physical therapist attempts to perform a special test on a patient injured in a soccer contest. The patient is presently able to flex the knee to only 80 degrees. Which test would be LEAST affected by the patient's range of motion limitation?***
  1. Anterior drawer test
  2. Apley's compression test
  3. Craig's test
  4. Thompson test

# Common Reasons for Decision Making Errors



Overthinking – reading too much into given information



Advanced clinical practice



Second guessing



# A few methods (what works for you?)

***A physical therapist attempts to utilize a functional activity as a method to increase a patient's limited wrist passive range of motion due to shortened wrist flexors. Which position would be the MOST appropriate to utilize to achieve the stated objective?***

1. Semi-Fowler's
2. Modified plantigrade
3. Ring sitting
4. Pivot prone



- *A physical therapist works with a patient diagnosed with scapular dyskinesia secondary to a brachial plexus traction injury. The patient's scapular muscle strength ranges from 2-/5 to 3-/5, which results in the patient experiencing difficulty initiating scapular motion. Which proprioceptive neuromuscular facilitation exercise would be the MOST appropriate to integrate into the plan of care?*

1. Rhythmic initiation
2. Alternating isometrics
3. Contract-relax
4. Hold-relax

*While performing gait analysis on a patient, a physical therapist observes a posterior trunk lean during heel strike (initial contact) to foot flat (loading response). Which of the following interventions would be the MOST appropriate to address the observed gait pattern?*

1. Strengthening exercises for the quadriceps
2. Strengthening exercises for the gluteus maximus
3. Stretching exercises for the hip extensors
4. Stretching exercises for the hip internal rotators

# Test Taking mistakes

- Reading too quickly
- Jumping to conclusions
- Reading too many times (lost in the weeds)



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***A physical therapist works with a patient on ascending and descending a ramp in the physical therapy gym. The patient is a 72-year-old female who recently fractured her left tibial plateau and, as a result, is using bilateral axillary crutches. When descending the ramp, the therapist should stand:***

1. In front of the patient toward the right side
2. In front of the patient toward the left side
3. Behind the patient toward the right side
4. Behind the patient toward the left side

# Lets try one more

***Following a cycling accident while on vacation, a 36-year-old man with no significant medical history underwent surgical repair of an ankle fracture. On the flight home a few days later, the patient began to experience significant chest pain and was transported to the emergency room immediately after landing. The MOST likely cause of the patient's emergent condition is:***

1. Pneumothorax
2. Myocardial infarction
3. Hemothorax
4. Pulmonary embolism

# What should you do?

- Analyze your patterns
- Develop a consistent strategy
- Practice practice practice
- Apply to a full exam
- Analyze your mistakes and note changes to your portfolio

**PRACTICE**  
makes  
**PROGRESS,**  
**NOT**  
**PERFECT.**

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# Questions?







# Feedback? Let Us Know!



We would love to get your general feedback on today's session and ideas for subject matter for future Spotlight Sessions!





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**Good Luck and Thanks for Tuning In!**

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