

Dear SOWH CAPP OB Course Participant,

The CAPP OB Physical Therapy courses are created by the Section on Women's Health (SOWH) to provide a large amount of information in a very short time. A committee has designed the material based upon the latest and best evidence available. You should be able to apply the skills and information learned in these courses immediately upon returning to the clinic. When you enroll in these courses, you are eligible to apply for the Certificate of Achievement in Pregnancy and Post Partum Physical Therapy (CAPP-OB) by participating in the testing process at each course.

******PLEASE READ THIS INFORMATION THOROUGHLY******

1. Complete the pre-reading assignments to be as prepared as possible. The listed articles should be read prior to the course. Links to the assigned articles are available on the web site on the CAPP-OB site. Completing the pre-reading will help you feel less overwhelmed by the amount of information given at the course. When available, optional study guides can assist you in integrating and learning the pre reading material. *Please refer to the Prereading Packet Introduction Letter for more detailed information.*
2. You are responsible for arranging your own transportation to and from the hotel to the course and testing. The course facilitator and/or the SOWH may have arranged transportation or you may be able to coordinate transportation with other course participants. If so, you will be alerted regarding the arrangements.
3. The labs are critical components of the course to acquire skill and knowledge. You are required to participate in the labs. You should be prepared to be both "patient" and therapist during exams. You may remain fully clothes during labs, and there is no internal pelvic floor examination skills taught in any of the OB courses.
4. In order to qualify for the CAPP-OB Certificate of Completion, you must attend all the scheduled hours of the course. Please plan your travel accordingly. If you are not in the CAPP-OB process and you leave early, your certificate of attendance will be modified accordingly and will be mailed to you at a later date.
5. In order to apply for the CAPP-OB, you must write a Letter of Intention to the SOWH. A Letter of Intention serves to explain your reasons for seeking the CAPP-OB and to describe your current and past women's health practice experience. You may participate in the CAPP-OB testing process during the courses without writing a Letter of Intention; however you will have to write such a letter to initiate an application for CAPP-OB.
6. Testing is included in the cost of your registration. There will be onsite testing and open book online test after the course is completed. CAPP testing will be completed within the hours of the course. All participants are expected to stay through the end of the course, which ends at 5pm on the third day.
7. The skills testing process is designed to promote success of those being tested. You will work in groups of three or four. You will be allowed to refer to your course manual during the skills

testing. Most participants find the skill checks helpful in pulling together the day's information. The skills tests are not intended to create anxiety or cause stress.

- **Skill Check:** A single skill performed once for a tester and judged to be satisfactorily or unsatisfactorily completed.
- **Satisfactory completion:** The skill is performed safely and professionally in a way useful to clinical practice.
- **Unsatisfactory completion:** The skill is performed in a way that is either unsafe or unprofessional. Participant requires multiple corrections or cues to complete the task or is unable to complete the task.

8. The written test will be an online test. Your code to access the test online will be given out at the time of the course. It is an open book test and must be completed within 4 weeks of the end of the course. The due date will be announced during the course. If you do not complete the test by the due date, you may be required to re-apply for the CAPP-OB testing process in order to take the test again. The test will be graded as "Pass" if you score 70% or above, or "Fail" if you score less than 70%. Payment for the CAPP-OB testing must be received by the SOWH in order for you to be notified of your result.

Thank you for your interest in attending the SOWH Pregnancy and Postpartum Physical Therapy Courses and for your interest in the CAPP-OB process. We hope you will find these courses helpful and rewarding. More information is available on the SOWH website at www.womenshealthapta.org. Please contact the SOWH at 800-999-2783 x3159 if you have any questions.

Sincerely,

The SOWH CAPP-OB Committee