

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



**SAULT
COLLEGE**

COURSE OUTLINE

COURSE TITLE: Physiotherapy Clinical Skills II
CODE NO. : OPA203 **SEMESTER:** 3
PROGRAM: Occupational Therapist Assistant/Physiotherapist Assistant
AUTHOR: Joanna MacDougall
DATE: Sept 10 **PREVIOUS OUTLINE DATED:** Sept 09
APPROVED: "Marilyn King" Jul. 2010

CHAIR OF HEALTH PROGRAMS

DATE

TOTAL CREDITS: 3
PREREQUISITE(S): OPA106, PSY204, OPA107, OPA109, OPA110, OPA112,
OPA113, OPA114, OPA 115
HOURS/WEEK: 3 hrs / week

Copyright ©2010 The Sault College of Applied Arts & Technology
*Reproduction of this document by any means, in whole or in part, without prior
written permission of Sault College of Applied Arts & Technology is prohibited.
For additional information, please contact Marilyn King, Chair, Health Programs
School of Health and Community Services*

I. COURSE DESCRIPTION:

This course will enable the student to competently design and implement safe and appropriate intervention strategies for a Physiotherapy Treatment Plan. It is designed to develop the essential skills learned in Physiotherapy Clinical Skills I. The student will identify the role of the PTA in the rehabilitation process, and practice these skills in complex clinical scenarios. The emphasis will be on the application of therapeutic exercise, mobility and ambulation, and other modalities. Drawing on their knowledge of clinical pathology, the student will identify impairments expected for common conditions. The student will gain critical thinking skills required to identify appropriate interventions, implement and document components of a treatment plan as prescribed by and under the supervision of a Physiotherapist.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will:

1. **Demonstrate knowledge, comprehension and application of the clinical presentation of common disabling conditions managed in a physiotherapy setting.**

Potential Elements of the Performance:

- Identify and describe the clinical presentation of the more common conditions covered in Clinical Pathology II
- Identify probable impairments of these conditions and determine the goals of the Physiotherapy management of these
- Identify appropriate interventions and demonstrate an understanding of the implementation by the OTA/PTA
- Describe the application of therapeutic exercise and mobility as it relates to each condition and the Physiotherapy management of each condition

2. **Demonstrate comprehension of the role of the Registered Physiotherapist and the Physiotherapist Assistant in the physiotherapy management of common disabling conditions.**

Potential Elements of the Performance:

- Demonstrate an understanding of the roles of the Registered Physiotherapist and the Physiotherapist Assistant in the rehabilitation process (referral, assessment, treatment planning, implementation and monitoring of the treatment plan, ongoing patient monitoring and re-assessment, discharge and documentation)

3. Demonstrate the ability to apply knowledge and skill in the delivery of therapeutic exercise, as prescribed by and under the supervision of the Registered Physiotherapist

Potential Elements of the Performance:

- Identify different aspects of Physical Function (balance, cardiopulmonary fitness, coordination, flexibility, mobility, muscle performance, neuromuscular control, postural control and stability)
- Identify common physical impairments and describe appropriate management through therapeutic exercise interventions
- Identify, describe and apply different types of therapeutic exercise interventions aerobic conditioning, muscle performance (strength, power, endurance), stretching, neuromuscular control, postural control, stabilization, balance, relaxation, breathing, task-specific functional training
- Educate patients regarding the benefits and purposes of the different types of therapeutic exercise interventions and the environments where these activities may take place
- Appropriately select and apply different types of exercise: passive, active, active assistive, resistive (isometric, isotonic, eccentric and concentric)

4. Demonstrate the ability to apply concepts in the implementation, maintenance and monitoring of therapeutic exercise programs in complex clinical situations, as prescribed by and under the supervision of the Registered Physiotherapist.

Potential Elements of the Performance:

- Demonstrate skill in progressing exercise routines and educate patients about the risks of over-loading or under-loading their exercises
- Instruct patients in functional activities that may be used to increase strength
- Using a variety of equipment, implement and maintain a range of motion program prescribed by a Registered Physiotherapist
- Using a variety of equipment, implement and maintain a strengthening program prescribed by a Registered Physiotherapist
- Demonstrate communication skills that help reinforce the Physiotherapist's instructions (alternate ways of teaching the same exercise, motivating patients)
- Demonstrate skill in the operation, care and maintenance of equipment such as mobility aids, exercise equipment, assessment tools etc.

5. Demonstrate the ability to apply knowledge while evaluating changes in clients' progress.

Potential Elements of the Performance:

- Demonstrate competence in the recognition and reporting of changes in behaviour patterns (eg. signs of distress) and identify the actions to be taken
- Demonstrate competence in the recognition and reporting of variances from expected patient performance (eg. exercise completion, ambulation etc.)
- Demonstrate competence in gathering and reporting of common data measurement methods

6. Demonstrate the ability to apply knowledge of contraindications, precautions, and safety issues in the application of therapeutic exercise.

Potential Elements of the Performance:

- Demonstrate competence in the recognition and reporting of precautions/contraindications to therapeutic exercise
- Demonstrate competence in the recognition and reporting of safety concerns as they relate to the application of therapeutic exercise

7. Demonstrate the ability to apply knowledge in the design and implementation of therapeutic exercise, as prescribed by a Registered Physiotherapist.

Potential Elements of the Performance:

- Demonstrate competence in the development and implementation of exercise routines
- Using appropriate equipment, develop and implement a variety of therapeutic exercise including range of motion, stretching and strengthening routines
- Demonstrate the ability to modify a therapeutic exercise program according to the needs of the individual, group or the setting, and within the parameters initially determined by the Registered Physiotherapist
- Demonstrate the ability to design and implement a group exercise class

8. Demonstrate the ability to apply knowledge in the safe use of assistive devices, transfer techniques and bed mobility in complex clinical situations.

Potential Elements of the Performance:

- Demonstrate competence in the selection and use of assistive devices and equipment used in exercise programs/facilitation techniques
- Appropriately select and perform safe transfers accommodating different impairments
- Demonstrate competence in the identification and selection of levels of assistance and safety procedures that maybe required for therapeutic activities and forms of mobility (shoes, surfaces, risks of falling, client's with IV's, ostomy bags, catheters etc.)
- Demonstrate skill in the selection, set-up, and instructions regarding safe use of assistive ambulation devices
- Demonstrate competence in the performance of safely portering a client: selection and performance of safe transfers, taking and giving a verbal report, monitoring client responses
- Demonstrate competence in handling skills related to bed mobility, safe transfer techniques, use of a mechanical lift
- Demonstrate communication skills that reinforce the Registered Physiotherapist's instructions
- Demonstrate competence in the recognition of significant departures from the expected patterns in patient response, and report them accurately to the Registered Physiotherapist

9. Demonstrate the ability to apply knowledge in the safe and appropriate handling skills in specific disabling conditions.

Potential Elements of the Performance:

- Discuss specific handling, positioning and transferring principles related to specific disabling conditions such as: joint arthroplasty; CVA, spinal cord injury
- Describe and practice handling, positioning and transferring techniques

10. Demonstrate skill in the measurement of joint range of motion.

Potential Elements of the Performance:

- Demonstrate competence in the measurement of joint range of motion selecting appropriately from a variety of techniques (goniometry, tape measure etc) given different clinical situations
- Explain the essential components of reliable, valid goniometry
- Demonstrate competence in goniometry and identification of normal range of movement for all synovial joints

11. Demonstrate knowledge and comprehension of cardio-respiratory conditions and application of the role of the PTA in the physiotherapy management of these conditions.

Potential Elements of the Performance:

- Identify the impairments of common cardio-respiratory conditions and the goals of treatment in the Physiotherapy management of these
- Demonstrate competence in the application of therapeutic exercise and mobility as it relates to each condition and the Physiotherapy management of each condition
- Demonstrate competence in the performance of: postural drainage, deep breathing and coughing, manual percussion, mechanical vibration, breathing exercises (diaphragmatic, pursed lip)
- Recognize signs of respiratory distress, when and to whom to report this to, and appropriate management by the PTA
- Recognize changes in sputum production and when to report this to the Registered Physiotherapist

12. Demonstrate objective problem solving and decision making related to the implementation of a treatment plan as prescribed by a Physiotherapist.

Potential Elements of the Performance:

- Recognize variances in patient populations and individuals and adapt therapeutic interventions appropriately
- Demonstrate competence in identification of problems, including incongruence between prescribed intervention and appropriate environment, safety concerns, and client response to intervention.
- Demonstrate skill in reporting problems and making decisions under the supervision of a Registered Physiotherapist

III. TOPICS:

1. Rehabilitation Process and Implementation of PT Treatment Plan
2. SOAP Notes

3. Examination Procedures
4. Intervention Procedures
 Handling, Positioning and Draping
 Transfers and Bed Mobility
5. Assistive ambulation

6. Goniometry

7. Chest Physiotherapy

8. Therapeutic Exercise
 Range of Motion
 Resistance Exercise
 Aerobic Exercise
 Stretching

9. Neurorehab Cases
10. Orthorehab Cases

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Umphred, Darcy. (2006). Neurorehabilitation for the Physical Therapist Assistant. SLACK Incorporated.

Kisner and Colby. (2002) Therapeutic Exercise. Foundations and Techniques (5th edition). F.A. Davis Company (from 2nd semester)

Lippert, L. Clinical Kinesiology for Physical Therapist Assistants (from 1st semester)

Frazier, M and Drzymkowski, J. (2000). Essentials of Human Diseases and Conditions (2nd ed.), W.B. Saunders Company (from 2nd semester)

Garrison, S. (1995). Handbook of Physical Medicine and Rehabilitation Basics. Lippincott-Raven (from 2nd semester)

Norkin, C. and White, D. (2003). Measurement of Joint Motion. A Guide to Goniometry. (3rd ed.). F.A. Davis Company. (from 2nd semester)

V. EVALUATION PROCESS/GRADING SYSTEM:

Students in the OTA/PTA program must successfully complete this course with a minimum C grade (60%) as partial fulfillment of the OTA/PTA diploma.

1. A combination of tests and assignments will be used to evaluate student achievement of the course objectives. A description of the evaluation methods follows and will be discussed by the teacher within the first two weeks of class.

Course Evaluation:

Brochure Assignment	5%
Pop Quizzes	15%
Participation in Lab Activities:	
-Written Activities &/or Skill Demonstrations	30%
Term Project (Due Oct. ____)	15%
Lab Exam	15%
Final Exam	20%
Total	100%

2. All tests/exams are the property of Sault College.
3. Students missing any of the tests or exams because of illness or other serious reason must notify the professor **BEFORE** the test or exam. The professor reserves the right to request documents to support the student's request.
4. Those students who have notified the professor of their absence that day will be eligible to arrange an opportunity as soon as possible to write the test or exam at another time. Those students who **DO NOT NOTIFY** the professor will receive a zero for that test or exam.
5. For assignments to be handed in, the policies of the program will be followed. For assignments not handed in by the due date, the mark received will be zero. Extensions will be granted if requested in writing at least 24 hours before the due date. There will be a deduction of one percent (of final grade) per day for every school day late with the permission of an extension. This means that an extension for 5 school days (1 week), will result in 5 percentage points deducted from the final grade.

The following semester grades will be assigned to students in post-secondary courses:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	0.00

CR (Credit)	Credit for diploma requirements has been awarded.
S	Satisfactory achievement in field /clinical placement or non-graded subject area.
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.
NR	Grade not reported to Registrar's office.
W	Student has withdrawn from the course without academic penalty.

NOTE: Mid Term grades are provided in theory classes and clinical/field placement experiences. Students are notified that the midterm grade is an interim grade and is subject to change.

Note: For such reasons as program certification or program articulation, certain courses require minimums of greater than 50% and/or have mandatory components to achieve a passing grade.

It is also important to note, that the minimum overall GPA required in order to graduate from a Sault College program remains 2.0.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session. *It is the departmental policy that once the classroom door has been closed, the learning process has begun. Late arrivers will not be guaranteed admission to the room.*

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.