



# COURSE OUTLINE

## OPA110

Prepared: Joanna MacDougall/Wendy Smith    Approved: Bob Chapman

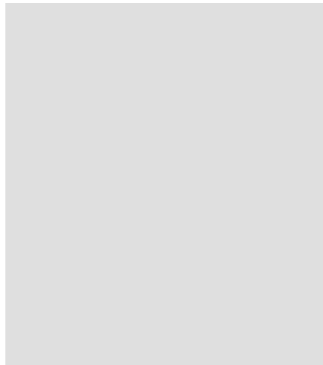
<b>Course Code: Title</b>	OPA110: PHYSIOTHERAPY CLINICAL SKILLS I
<b>Program Number: Name</b>	3022: OCCUP/PHYSIO/ASSIST
<b>Department:</b>	OTA/PTA ASSISTANT
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	The purpose of this course is to provide the student with the ability to perform basic skills performed by a Physiotherapist Assistant. The student is introduced to essential competencies related to handling skills, therapeutic exercise, measurement of joint motion, bed mobility, transfers and assistive ambulation. The student will be expected to demonstrate competence in areas of safety, guarding, handling skills, set up and fit of assistive devices, as well as effective instruction, cuing and providing feedback to the client.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	OPA101, OPA103, OPA104, OPA118
<b>This course is a pre-requisite for:</b>	OPA203, OPA205, OPA209, OPA217, OPA228
<b>Vocational Learning Outcomes (VLO's):</b>  Please refer to program web page for a complete listing of program outcomes where applicable.	<p>#1. Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their families, and significant others, occupational therapists, physiotherapists, other health care providers, and others within the role of the therapist assistant.</p> <p>#2. Participate in the effective functioning of interprofessional health care teams within the role of the therapist assistant.</p> <p>#3. Establish, develop, maintain, and bring closure to client-centred, therapeutic relationships within the role of the therapist assistant.</p> <p>#4. Ensure personal safety and contribute to the safety of others within the role of the therapist assistant.</p> <p>#5. Practice competently in a legal, ethical, and professional manner within the role of the therapist assistant.</p> <p>#6. Document and complete client records in a thorough, objective, accurate, and nonjudgmental manner within the role of the therapist assistant.</p> <p>#7. Develop and implement strategies to maintain, improve, and promote professional</p>



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competence within the role of the therapist assistant.

#8. Perform effectively within the roles and responsibilities of the therapist assistant through the application of relevant knowledge of health sciences, psychosociological sciences, and health conditions.

#9. Perform functions common to both physiotherapy and occupational therapy practices that contribute to the development, implementation and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist and/or physiotherapist.

#10. Enable the client's occupational performance by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist.

#11. Enable the client's optimal physical function by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the physiotherapist.

**Essential Employability Skills (EES):**

#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.

#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.

#6. Locate, select, organize, and document information using appropriate technology and information systems.

#7. Analyze, evaluate, and apply relevant information from a variety of sources.

#10. Manage the use of time and other resources to complete projects.

#11. Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 60%, C

**Other Course Evaluation & Assessment Requirements:**

As partial fulfillment of the OTA & PTA diploma, Performance Based Evaluations require a minimum of 60% in each category of performance.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Final Exam - Written	20%
Lab Assignments	10%
Midterm Exam - Written	20%
Practical Exams	20%
Quizzes	20%
Required Reading	10%



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### Books and Required Resources:

Therapeutic Exercise. Foundations and Techniques (2007) by Kisner and Colby  
Publisher: F.A. Davis Company Edition: 6th

Measurement of Joint Motion: A Guide to Goniometry by Norkin, C.C.,  
Publisher: F. A. Davis Company Edition: 4th

Clinical Kinesiology and Anatomy (2011) by Lippert, L  
Publisher: F. A. Davis Company Edition: 5th  
(from previous semester)

#### Supplies

8 goniometer and incentive spirometer to be purchased from college bookstore, also required to purchase 2 tensor bandages and measuring tape

### Course Outcomes and Learning Objectives:

#### Course Outcome 1.

Demonstrate an understanding of the role of the PT and PTA in the development and implementation of the treatment plan.

#### Learning Objectives 1.

- Identify the role of the Registered Physiotherapist in the initial and ongoing assessment of a client's condition and the implementation and monitoring of a treatment plan
- Identify the role of the Physiotherapist Assistant in assisting the Registered Physiotherapist to implement and monitor the treatment plan

#### Course Outcome 2.

Demonstrate knowledge of the basic physiological effects of different types of exercise.

#### Learning Objectives 2.

- Define "Therapeutic Exercise" and describe aspects of Physical Function (balance, cardiopulmonary fitness, coordination, flexibility, mobility, muscle performance, neuromuscular control, postural control and stability)
- Define and classify different types of therapeutic exercise: passive, active, active assisted, resistive (isometric, isotonic, isokinetic, eccentric and concentric), endurance, aerobic etc.



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- Identify common physical impairments managed with therapeutic exercise
- Identify and describe impairment training versus functional/purposeful exercise
- Identify and describe different therapeutic exercise interventions to address aerobic conditioning, muscle performance (strength, power, endurance), range of motion and stretching (passive, active, active-assisted), neuromuscular control, postural control, stabilization, balance, relaxation, breathing

### **Course Outcome 3.**

Demonstrate knowledge and skill in the implementation, maintenance and monitoring of physiotherapy programs involving therapeutic exercise.

### **Learning Objectives 3.**

- Recognize progression in exercise routines and explain the risks of over-loading or under-loading the client's exercises
- Describe and demonstrate functional activities that may be used to maintain or improve aspects of Physical Function
- Demonstrate to ability to implement and monitor a therapeutic exercise program (ie. range of motion) established by a Registered Physiotherapist
- Demonstrate the ability to instruct, cue and provide feedback to a client thereby reinforcing the Physiotherapists' initial instructions to the client
- Describe and demonstrate competence in the operation, care and maintenance of equipment such as mobility aids, exercise equipment, assessment tools etc.

### **Course Outcome 4.**

Demonstrate skill in the safe application of therapeutic exercise.

### **Learning Objectives 4.**

- Describe and explain grading versus progression in exercise routines
- Recognize changes in behaviour patterns: describe signs of distress and identify the actions to be taken (for example, changes in colour, breathing patterns, incontinence)
- Identify variances from expected patient performance in exercise completion and ambulation and report these accurately to the supervising Physiotherapist (respiratory distress, complaints of pain, non-compliance, difficult patients)



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- Describe common data measurement methods used in gathering and reporting to the Physiotherapist

### **Course Outcome 5.**

Demonstrate knowledge of and describe contraindications, precautions, and safety issues in the application of therapeutic exercise.

### **Learning Objectives 5.**

- Identify precautions/contraindications to therapeutic exercise
- Demonstrate the ability to safely implement patient transfers, assistive ambulation and range of motion exercise.

### **Course Outcome 6.**

Demonstrate an understanding of techniques for instruction of therapeutic exercise to individuals and groups.

### **Learning Objectives 6.**

- Identify the key components and structure of a group exercise class
- Participate in a therapeutic group exercise class and observe and report on the instructional techniques of the class leader
  - Observe and report on methods to modify the instructional technique according to the needs of the individual, group or the setting

### **Course Outcome 7.**

Demonstrate skill in the safe use of assistive ambulation devices, transfer techniques and bed mobility in clinical situations.

### **Learning Objectives 7.**

- Identify and demonstrate levels of assistance and strategies to improve safety during



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therapeutic activities, transfers and ambulation

- Identify assistive ambulation devices and varying levels of weight bearing
- Demonstrate the ability to appropriately select, fit and adjust of crutches, canes and walkers
- Demonstrate the ability to instruct a client to employ a variety of assistive ambulation patterns (including ascending and descending stairs), depending on the assistive device, weight bearing status and level of assistance required
- Identify environmental and architectural risk factors to ambulation as well as strategies to prevent falls and decrease the risk of injury in a fall
- Observe and recognize client response, including significant departures from the expected patterns in patient response to therapeutic activities, mobility and ambulation, and report them accurately to the Physiotherapist
- Explain the benefits and purpose of mobility and the consequence of immobilization (pressure ulcers, edema, DVT, contractures)
- Describe the management and consequences of short term and long term positioning
- Explain and demonstrate preventative exercises (ie. For DVT)
- Demonstrate clinical reasoning and skill with respect to patient positioning and bed mobility

### **Course Outcome 8.**

Demonstrate knowledge and skill related to the assessment of joint motion.

### **Learning Objectives 8.**

- Define and describe goniometry
- Explain the essential components of reliable, valid goniometry
- Identify normal ranges of movement and the concepts of 'end-feel' for most synovial joints
- Demonstrate the ability to measure joint range of motion using a goniometer

### **Course Outcome 9.**

Demonstrate an understanding of cardio-respiratory conditions and the role of the PTA in the physiotherapy management of these conditions.

### **Learning Objectives 9.**

- Identify the impairments of common cardio-respiratory conditions and the goals of treatment in the Physiotherapy management of these



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- Describe the application of therapeutic exercise and mobility as it relates to the Physiotherapy management of cardio-respiratory conditions
- Define and demonstrate: postural drainage, deep breathing and coughing, manual percussion, mechanical vibration, breathing exercises (diaphragmatic, pursed lip)
- Recognize signs of respiratory distress and the appropriate management by the PTA
- Recognize changes in sputum production and when to report this to the Registered Physiotherapist

### **Course Outcome 10.**

Demonstrate the ability to describe and document physiotherapy interventions carried out by the PTA

### **Learning Objectives 10.**

- Describe and draw therapeutic exercises prescribed by the Physiotherapist for use by a client in a home exercise program
- Demonstrate the ability to select appropriate exercises from a database/software program
- Produce instructional information for a client's home exercise program, both written and electronically

**Date:**

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.