



COURSE OUTLINE: OPA123 - OCCP THRPY CLINIC SK

Prepared: Andrea Sicoli

Approved: Rebecca Keown - Dean

Course Code: Title	OPA123: OCCUPATIONAL THERAPY CLINICAL SKILLS I
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Academic Year:	2025-2026
Course Description:	This course introduces the students to skills performed by an Occupational Therapist Assistant. The OT assessment process will be explored, including the role of the OT and OTA during the assessment, treatment planning, treatment implementation and discharge stages. Purposeful activity as a therapeutic intervention will be emphasized. Clinical management and treatment interventions of conditions commonly seen in Occupational Therapy will be explored. Students will understand training in Activities of Daily Living (ADL/IADL) and the use of assistive devices/adaptive equipment to facilitate and encourage safety and increased independence with functioning. The student will be expected to demonstrate competence in the areas of transfers and handling skills. Lab sessions will provide students with an opportunity to practice therapeutic interventions, remedial exercises and training in the use of compensatory aids/strategies. Effective communication during instruction and cuing and when prov
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	OPA119, OPA120
Corequisites:	There are no co-requisites for this course.
Substitutes:	OPA115
This course is a pre-requisite for:	OPA204, OPA214, OPA217
Vocational Learning Outcomes (VLO's) addressed in this course:	3022 - OCCUP/PHYSIO/ASSIST
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
	VLO 2 Participate in the effective functioning of interdisciplinary health care teams to optimize client physical and occupational functions.
	VLO 3 Establish, develop, maintain, and conclude client-centred, therapeutic relationships.
	VLO 4 Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
	VLO 5 Practice in a legal, ethical, and professional manner within the role of a therapist assistant.
	VLO 6 Document client records in a thorough, objective, accurate, and timely manner within the role of the therapist assistant.



	<p>VLO 7 Engage in reflective practice and ongoing professional development activities to maintain and enhance competence.</p> <p>VLO 8 Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.</p> <p>VLO 9 Contribute to the occupational therapist's or physiotherapist's assessment of the client and the development, implementation and modification of intervention/treatment plans.</p> <p>VLO 10 Maximize the client's occupational performance by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the occupational therapist.</p>				
Essential Employability Skills (EES) addressed in this course:	<p>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.</p> <p>EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>EES 3 Execute mathematical operations accurately.</p> <p>EES 4 Apply a systematic approach to solve problems.</p> <p>EES 5 Use a variety of thinking skills to anticipate and solve problems.</p> <p>EES 6 Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p>				
Course Evaluation:	<p>Passing Grade: 60%, C</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p>				
Other Course Evaluation & Assessment Requirements:	<p>As partial fulfillment of the OTA & PTA diploma, Performance Based Evaluations require a minimum of 60% in each category of performance.</p>				
Books and Required Resources:	<p>Early's Physical Dysfunction Practice Skills for the OTA by Mary Elizabeth Patnaude Publisher: Elsevier Canada Edition: 4th ISBN: 9780383530842</p>				
Course Outcomes and Learning Objectives:	<table border="1"> <thead> <tr> <th>Course Outcome 1</th> <th>Learning Objectives for Course Outcome 1</th> </tr> </thead> <tbody> <tr> <td>1. Demonstrate an understanding of the rehabilitation process and the role of the OT and the</td> <td> 1.1 Explore the history of occupational therapy. 1.2 Review general principles and theories related to the scope of practice in occupational therapy. 1.3 Discuss the International Classification of Function. </td> </tr> </tbody> </table>	Course Outcome 1	Learning Objectives for Course Outcome 1	1. Demonstrate an understanding of the rehabilitation process and the role of the OT and the	1.1 Explore the history of occupational therapy. 1.2 Review general principles and theories related to the scope of practice in occupational therapy. 1.3 Discuss the International Classification of Function.
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OTA in Occupational Therapy.	1.4 Review the rehabilitation process. 1.5 Discuss specific responsibilities and professional expectations of an OTA in various settings, including the hospital, pediatric rehab center, community care and long term care.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Demonstrate an understanding of the wholistic approach to Occupational Therapy. Explore the role of the OT and OTA in assessing the client's physical, cognitive, perceptual and psychosocial skills and providing appropriate treatment to improve their function in these areas.	2.1 Define terms related to abnormal posture and tone-flaccid, spastic, ataxic, flexion contractures, extension contractures 2.2 Discuss the assessment of movement and tone-review ROM, grading of muscle strength, co-ordination of movement. 2.3 Review the role of the OTA in during assessments (set up, data collection, assist the registered therapist). 2.4 Discuss and understand the difference between remedial and compensatory treatments and when these treatment approaches are indicated. 2.5 Understand the treatment continuum including selection of adjunctive, enabling, purposeful and/or role performance tasks can be used during the rehab process. 2.5 Demonstrate an understanding of the different neurophysiological treatments (NDT, Brunnstrom, Rood, PNF) and demonstrate the ability to perform treatments for physical dysfunction including abnormal tone, movement and posture. 2.6 Describe and perform interventions for cognitive, perceptual and psychosocial limitations.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Demonstrate an understanding of the skills required to accurately observe, evaluate and assess client safety and function and report client responses/behaviours to the Occupational Therapist.	3.1 Discuss the importance of observation during the client interview, evaluation and assessment to ensure safety and optimize function. 3.2 Define and discuss the importance of clinical reasoning. 3.4 Demonstrate effective verbal and non-verbal communication skills as required during reporting. 3.5 Discuss the use of checklists, charting systems.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Demonstrate knowledge of an activity analysis, and the rationale for activity selection as an intervention.	4.1 Define purposeful activity. 4.2 Describe the principles of an activity analysis. 4.3 Describe the biomechanical and sensorimotor approaches to an activity analysis. 4.4 Demonstrate an understanding of how an OTA would use critical thinking, problem solving and judgment to select, adapt and grade an activity to meet the client's needs and goals. 4.5 Complete an activity analysis.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate an understanding of the assessment and training in activities of daily living (ADL) and instrumental	5.1 Define ADL and IADL. 5.2 Define various ADL and IADL tasks and skill components necessary to perform these tasks. 5.3 Become familiar with the assessment/evaluation of ADL and IADL.

activities of daily living (I-ADL).	5.4 Discuss the role of the OTA in providing safe and effective ADL and IADL training.
Course Outcome 6	Learning Objectives for Course Outcome 6
6.Demonstrate an understanding of the principles of therapeutic interventions and knowledge of therapeutic exercises, equipment and modalities.	6.1 Explore various therapeutic interventions including remedial exercises and compensatory strategies and approaches. 6.2 Discuss the treatment continuum, including adjunctive methods to occupational performance roles. 6.3 Discuss the use of therapeutic equipment in OT, including adaptive equipment and assistive devices. 7.4 Discuss the use of therapeutic exercises including indications, contraindications, procedures and precautions. 7.5 Define therapeutic activity. 7.6 Discuss the use of modalities used in OT.
Course Outcome 7	Learning Objectives for Course Outcome 7
7.Demonstrate skill in training in the use of assistive devices/adaptive equipment and assistive technology to maximize independence and functioning in daily activities.	7.1 Describe the benefits of specific assistive device/adaptive equipment to improve safety and independence with functioning and provide education regarding the appropriate use of the device. 7.2 Explore the ability to modify existing equipment or fabricate a unique assistive device. Presentation and marketing of fabricated device along with an educational brochure to accompany the device. 7.3 Explore assistive technology including software, built in tech features and hardware that increases a client's accessibility and independence.
Course Outcome 8	Learning Objectives for Course Outcome 8
8.Demonstrate the ability to practice and perform safe positioning, bed mobility, handling skills and transfer techniques for clients with functional limitations	8.1 Describe and practice proper positioning, bed mobility and handling skills. 8.2 Discuss the importance of proper body mechanics during transfers. 8.3 Discuss positioning issues related to prevention of contractures and maintenance of skin integrity. 8.4 Describe and practice various safe transfer techniques and levels of assistance (i.e. pivot transfer, sliding board transfer, 2 person assist). 8.5 Describe and practice various transfer techniques related to ADL activities (i.e. toilet transfer, tub transfers, car transfers). 8.6 Discuss special precautions during transfers.
Course Outcome 9	Learning Objectives for Course Outcome 9
9.Demonstrate knowledge of mobility aids including walkers, wheelchairs, and cushions.	9.1 Discuss features in manual and power wheelchairs. 9.2 Demonstrate the ability to safely educate a patient about wheelchair safety-use of breaks, footrest, armrest, positioning, maneuvering. 9.3 Discuss wheelchair and cushion considerations for individuals with specific cognitive, perceptual and physical limitations. 9.4 Review wheelchair and cushion information.
Course Outcome 10	Learning Objectives for Course Outcome 10

	10. Demonstrate skills in general health and wellness training.	10.1 Demonstrate the characteristics and ability to be an effective instructor of health and wellness training skills. 10.2 Demonstrate skill in adapting communication and education to individual/group needs of the clients 10.3 Demonstrate ability to develop rapport and respond to client's questions and concerns using effective listening and communication skills. 10.4 Demonstrate the ability to provide education in the use of assistive devices.
	Course Outcome 11	Learning Objectives for Course Outcome 11
	11. Apply knowledge and skills to occupational therapy services for clients with developmental disorders, neurological conditions and degenerative diseases.	11.1 Apply the International Classification of Functioning, Disability and Health (ICF) model to clinical practice. 11.2 Review the clinical presentation for Developmental Disorders and discuss specific assessment and treatment approaches. These include Sensory Processing Disorders, Autism Spectrum Disorder, ADHD, Cerebral Palsy, Spina Bifida and Down Syndrome. 11.3 Review the clinical presentation and stages of recovery for neurological conditions including, Traumatic Brain Injury (TBI), Cerebral Vascular Accidents, Spinal Cord Injuries and discuss specific assessment and treatment approaches. 11.4 Review the clinical presentation of the following Degenerative Diseases of the Central Nervous System and discuss specific assessment and treatment approaches. These include Multiple Sclerosis, Amyotrophic Lateral Sclerosis (ALS), Alzheimer's Disease and Parkinson's Disease.

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
1. Required Readings	5%
2. Lab Participation	15%
3. Assignment	20%
4. Tests/Exams/Performance Based Evaluations	60%

Date:

December 16, 2025

Addendum:

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

