

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY
SAULT STE MARIE, ON



COURSE OUTLINE

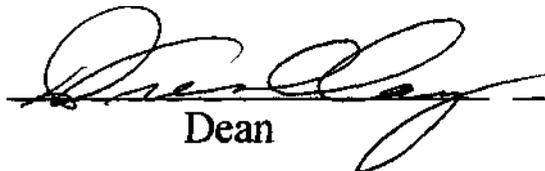
Course Title: Physiotherapy I
 Therapeutic Skills/Clinical Supprt

Code No.: RSP107 Semester: 2

Program: Rehabilitation Assistant

Author: Multi-Discipline Team

Date: May/98 Previous Outline Date May/97

Approved:  , / X ^ ff < / ^
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Total Credits: 3 Prerequisite(s): RSP104, RSP101

Concurrent: RSP105

Length of Course: 5Hrs/Wk Total Credit Hours: 45

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For additional information, please contact Donna Tremblay, School of Health Sciences, Human Sciences
and Teacher Education, (705) 759-2554, Ext. 690.*

COURSE NAME**CODE NO.****I. COURSE DESCRIPTION:**

Students will learn basic skills which are performed by a physiotherapy assistant. The focus will be on the areas of mobility, exercise and ambulation. Lab sessions will provide students with the opportunity to practise handling skills related to bed mobility, more complex transfers, ambulating and an introduction to other modalities. Students will gain an appreciation for the rationale for and use of therapeutic exercise, and learn the necessary skills for providing assistance with this type of treatment. Patient/client and staff safety and hygiene will be stressed at all times.

H. LEARNING OUTCOMES:

Upon successful completion of this course the student will be able to:

1. Demonstrate responsibility in maintaining the knowledge, skills and attitudes required from Semester I courses, specifically:
 - maintaining medical asepsis
 - maintaining client rights to be treated with respect and dignity
 - ability to keep all client information confidential
 - maintain safe handling skills with client, self
 - maintains CPR, First Aid and WHMIS
2. Demonstrate skill in maintaining and monitoring exercise programmes for individuals and small groups established by the physiotherapist.
3. Demonstrate skill in assisting with ambulation safety (including gait aids).
4. Identify variances from expected patient performance in exercise completion and ambulation and report these accurately to the supervising physiotherapist.
5. Explain and follow therapist direction for client's safe use of various transfer techniques, hydro modalities and care and maintenance of equipment, medicine and aids.
6. Demonstrate postural drainage, deep breathing and the sequence of coughing for pulmonary conditions.
7. Identify basic indications and contraindications to completion of physiotherapy treatment.

COURSE NAME

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H. LEARNING OUTCOMES (Continued)

8. Provide accurate and timely reports of observations, orally and in writing, to the Registered Physiotherapist.
9. Participate fully in all practicum settings using sound knowledge base acquired to date, carrying out skills safely and with a positive attitude within the accepted role of Rehabilitation Assistant.

HI. TOPICS:

1. Review of appropriate/required knowledge/skills and attitudes from Semester I:
 - Confidentiality
 - Body Mechanics
 - Respect and Dignity for Each Client
 - Medical Asepsis
2. Range Of Motion and Exercise Programs for Individual Clients and Groups
3. Ambulation and Mobility Aids
4. Introduction to Therapeutic Modalities:
 - Lifts and Transfers
 - Hydrotherapy
 - Care of Equipment, Mediums, Aids
5. Respiratory Skills for Pulmonary Clients
6. Communication Skills: Observing and Reporting Skills
 - Indications/Contraindications for Clients Completing Therapy
7. Practicum Experiences

IV. LEARNING ACTIVITIES:

A: Review of Semester 1 Skills

1. Review course material required as prerequisites.
RSP101 RSP103
RSP104 RSP100
RSP102

IV. LEARNING ACTIVITIES (Continued)

2. Demonstrate responsibility in maintaining the knowledge skills/attitudes required as Rehabilitation Assistant:
 - a) maintains confidentiality
 - b) maintains medical asepsis
 - c) maintains respect and dignity of each client
 - d) demonstrates safe handling skills (Body mechanics, safe transfers, positioning):
 - assist exercise, position in bed or chair, assist gross motor function

- B: Maintaining and Monitoring Exercise Programs**

3. Explain/demonstrate risk management in the work environment (fire, disaster safety, unusual incidents).

4. Explain the benefits and purposes of exercise, range of motion and stretching, and the environments where these activities may take place.(i.e. strength, mobility, relaxation)

5. Define and demonstrate the types of exercises: active, active assisted and passive; and isometric, isotonic, isokinetic, eccentric and concentric (application of each relevant to all joints). Able to set up, prepare and monitor exercises.

6. Recognize progression in exercise routines and explain the risks of over-loading or under-loading the client's exercises. Ex. Cardiac Client Step Down Exercises, Cardiac Stress Testing)

7. Identify precautions/contraindications to exercise, range of motion (active and passive), and stretching. Eg. Precautions after surgery, support hose, helmets, clients with seizures)

8. Demonstrate functional activities that may be used to increase strength.

9. Identify and demonstrate assistive devices and equipment used in exercise programs/ facilitation techniques.

10. Describe the principles of work hardening activities. Be able to apply correct body mechanics to ensure increasing strength and endurance.

IV. LEARNING ACTIVITIES (Continued)

11. Explain the types of tone and the effects of improper handling techniques on their presence.
12. Demonstrate skill in maintaining a ROM (Range of Motion) program established by a physiotherapist.
13. Demonstrate skill in supervising general strengthening and ROM (Range of Motion) exercise established by a physiotherapist.
14. Under the supervision of the physiotherapist, modify appropriately the acquired skills according to the needs of the individual, the group or the setting.
15. Demonstrate ability to structure and lead a group exercise class.
16. With therapist direction, adapt the activity and the handling for clients with specific conditions, and for elderly and young clients.

C: Ambulation and Mobility

17. Explain the benefits and purpose of mobility.
18. Demonstrate the normal functional sequences of ambulation and going up and down stairs, and recognize simple, abnormal patterns.
19. Identify and demonstrate levels of assistance and safety procedures that may be required for therapeutic activities and forms of mobility (shoes, surfaces, risks of falling, clients with IV s, ostomy bags, urinary drainage bags, etc)
20. Demonstrate an understanding of the difference between gait re-education, walking to increase endurance, and walking to maintain functional ability; and identify the items to be observed in each of these instances.
21. Demonstrate skill in assisting with ambulation.

IV. LEARNING ACTIVITIES (Continued)

22. Recognize changes in behaviour patterns. Describe signs of distress and identify the action(s) to be taken. Ex. Changes in colour, breathing patterns,
Ex. Incontinence
23. Identify basic indications and contraindications to completion of physiotherapy treatment.
24. Identify the care/consideration of portering a client safely between departments.
 - a) safe transfers
 - b) taking and giving verbal report
 - c) monitoring client responses
25. Identify ambulatory aids, levels of weight bearing, and environmental and architectural risk factors to ambulation. Note modifications for disabling conditions.
 - appropriate aids - selection, fit, adjust, cutting (crutches, canes, walkers, braces, orthotics,
 - preventative foot care and foot exercises,
 - decreased vision, decreased balance, declining memory, etc.)
26. Demonstrate how to teach crutch walking - non weight bearing and partial weight bearing, including stairs.
27. Demonstrate how to reinforce the therapists instructions.
(Practice alternate ways of teaching the same exercise)
28. Demonstrate basic skills in completion of stump bandaging for above-knee and below-knee amputees -pre-prosthesis, post prosthesis.
29. Describe basics of stump care for amputees.
-gather equipment, check skin condition, application of prosthesis

D: Introduction to Therapeutic ModalitiesTransfers

29. Demonstrate basic bed mobility handling skills.

IV. LEARNING ACTIVITIES (Continued)

30. Complete safe transfers, one person and two person, with patients, adjusting for varying physiotherapist requests appropriately.
31. Identify and explain biomechanical techniques for safe transfer of clients:
 - Hoyer lifts -Continuous Passive Motion machine
 - Traction Apparatus -Casting - Balkan Frames -Application of tensors
32. Demonstrate skill in use of springs/slings/weights.
33. Assist therapist/client in selection, instruction, preparation and application of transfer techniques.

Care of Pulmonary Clients:

34. Describe the anatomy and function of the lungs as they pertain to pulmonary patients.
35. Identify and demonstrate the use of devices that may be used in bronchial hygiene.
36. Recognize the changes in sputum production and when to report this to the Physiotherapist.
37. Define and demonstrate: postural drainage, deep breathing, and the sequence of coughing/clapping vibrations, sitting positions, lip pursing...
38. Recognize signs of distress that may arise in bronchial hygiene treatments, and when to report these to the Physiotherapist and/or the Registered Nurse.
39. Recognize different oxygen delivery systems in different settings, hospital, home....

Care of Equipment, Mediums

40. Demonstrate competence in the operation, care and maintenance of equipment and mediums such as mobility aids and exercise equipment, testing tools.

IV. LEARNING ACTIVITIES (Continued)

E: Communication Skills: Observing and Reporting

41. Identify variances from expected patient performance in exercise completion and ambulation and report these accurately to the supervising physiotherapist.
Ex. How to measure Blood Pressure, report changes in BP,
Reporting C/O pain - Confrontational, abusive talk

42. Describe common data measurement methods used in gathering and reporting for O.T./P.T. and demonstrate how to record statistics correctly.

F: Practicum Experience

43. Safely and accurately carry out specific tasks related to exercise, ambulation, transfers and hydrotherapy, as specific by the physiotherapist.

44. Observe and recognize significant departures from the expected patterns in patient response to exercise and ambulation, and report them accurately to the physiotherapist.

45. Demonstrate understanding of the indications, contraindications and benefits of exercises and activities as studied.

46. Demonstrate support activities:
- maintain clean/tidy work environment -set up assessment rooms
- ordering supplies -help prepare client for therapy
- taking inventory
- reception/clerical duties

47. Demonstrate organizational skills to:
- manage time
- reduce stress in the work environment

48. Demonstrate basic computer skills in practicum as allowed.

COURSE NAME**CODE NO.****V. EVALUATION PROCESS/GRADING SYSTEM:**

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

All tests/exams are the property of Sault College.
Grading symbols used are those established by the College.

A+	=	90-100%
A		80-89%
B		70-79%
C		60-69%

VL REQUIRED STUDENT RESOURCES;

- see Semester 2 booklist

VH. ADDITIONAL RESOURCE MATERIALS:

Available in the College Library. See teacher resources - booklets in class.

PHYSIOTHERAPY I

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RSP107

COURSE NAME

CODE NO.

Vm. SPECIAL NOTES:

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations with the instructor and/or contact the Special Needs Office so that support services can be arranged for you.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the needs of students.

IX. PRIOR LEARNING ASSESSMENT

Students who wish to apply for advanced credit in the course should consult the instructor.