

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY

SAULT STE. MARIE, ONTARIO



Sault College

COURSE OUTLINE

COURSE TITLE: Mental Health Conditions and Rehabilitation Techniques
CODE NO. : OPA202 **SEMESTER:** 3
PROGRAM: Occupational Therapist Assistant/Physiotherapist Assistant
AUTHOR: Joanna MacDougall, Andrea Sicoli
DATE: Sept. 2004 **PREVIOUS OUTLINE DATED:** N/A
APPROVED:

DEAN

DATE

TOTAL CREDITS: 2
PREREQUISITE(S): OPA106, PSY204, OPA107, OPA108, OPA 109, OPA110,
OPA111, OPA112, OPA113, OPA114
HOURS/WEEK: 2

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*For additional information, please contact the Dean,
School of Health and Human Services
(705) 759-2554, Ext. 603/689*

I. COURSE DESCRIPTION:

The purpose of this course is to introduce the student to common mental health and psychosocial disabling conditions which are managed by occupational therapists and physiotherapists. The student will become familiar with the conditions, their course and intervention, either as a primary or secondary diagnosis. Basics of intervention will be discussed, treatment strategies/techniques will be covered. The student will gain insight into the role of the OTA/PTA in assisting the OT/PT in their management of each condition covered and will develop strategies for working with clients with each condition.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

In general, this course addresses Learning Outcomes of the Program Standards in: communication skills (1, 2, 3, 8P, 8O), safety (1, 2, 4, 8P, 8O), professional competence (1, 2, 4, 5, 7, 8P, 8O), documentation skills (1, 4, 5) and application skills (1, 2, 4, 8P, 8O). It addresses all of the Generic Skills Learning Outcomes, with the exception of mathematical skills(4).

Upon successful completion of this course, the student will:

1. Demonstrate an understanding of the pathology of mental health and psychological conditions which are managed by occupational therapists and physiotherapists.

Potential Elements of the Performance:

- Define mental illness
- Discuss the theoretical perspectives of mental health conditions
- Review the history of mental health conditions and treatment approaches

2. Demonstrate knowledge of the mental health and psychological conditions, their course and intervention.

Potential Elements of the Performance:

- Review the DSM classification of mental health conditions
- Discuss the treatment approaches to mental health conditions
- Discuss issues related to medication compliance
- Review the following mental health conditions, including the pathophysiology, etiology, clinical presentation and clinical intervention:
 - Pervasive Developmental Disorder-Autism, Tic Disorder-Tourette's Syndrome
 - Cognitive Impairment Disorders-Dementia, Alzheimer's Disease

- Describe the following mental health conditions, including the pathophysiology, etiology, clinical presentation and clinical intervention:
 - Alcohol Abuse- Alcoholism, Korsakoff's Syndrome
 - Schizophrenia
 - Affective or Mood Disorders-Depression, Depression in the Elderly, Bipolar Disorder
 - Personality Disorder
 - Anxiety Disorders-Generalized Anxiety Disorder, Panic Disorder, Phobic Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder
 - Somatoform Disorders-Somatization Disorder, Conversion Disorder, Pain Disorder, Hypochondriasis, Munchausen Syndrome, Munchausen Syndrome by Proxy
 - Gender Identity Disorders
 - Sleep Disorders-Insomnia, Parasomnias, Narcolepsy, Sleep Apnea
 - Eating Disorders-Anorexia Nervosa, Bulimia Nervosa

3. Demonstrate an understanding of and describe various treatment settings and the roles of other professionals in the management of such conditions.

Potential Elements of the Performance:

- Discuss the Mental Health Act and legislation related to mental health issues
- Explore the various in-patient and out-patient treatment settings as well as community support available for individuals with mental health conditions
- Review the roles and responsibilities of members of the health care team, including the psychiatrist, psychologist, psychiatric nurse, social worker, OT, PT, OTA and community support worker

4. Demonstrate an understanding of common responses of the client with mental health and psychological conditions.

Potential Elements of the Performance:

- Demonstrate an understanding of the clinical presentation, signs and symptoms of a client with a mental health condition
- View the movie "A Beautiful Mind" and discuss the cognitive, emotional and physical responses of the client

5. Demonstrate an understanding of how individuals and society react to mental health issues.

Potential Elements of the Performance:

- Discuss the stigmatization and stereotyping of clients with mental health conditions
- Explore how the media portray individuals with mental health conditions

6. Demonstrate an understanding of how a mental health condition impacts the client, their social support and their environment.

Potential Elements of the Performance:

- Discuss how mental health conditions affects the client as well as the family
- Explore the influence of cultural on mental health

7. Demonstrate an understanding of the general/specific goals of the occupational therapist/physiotherapist as they relate to the condition, in individuals and groups.

Potential Elements of the Performance:

- For each of the mental health conditions described above, discuss the goals and objectives of the OT, PT and OTA/PTA

8. Demonstrate an understanding of the specific role of the OTA/PTA in carrying out assigned treatment established by the OT/PT in each condition.

Potential Elements of the Performance:

- For each of the mental health conditions described above, discuss the role of the OT, PT and OTA/PTA in helping the client meet identified goals and objectives

9. Demonstrate knowledge of and apply intervention and safety strategies for working with clients with disabling conditions.

Potential Elements of the Performance:

- Review behavioural intervention strategies
- Discuss safety considerations for health care professionals & clients
- Review the "Mental Health Act"
- Review physician's "Duty to Inform"

III. TOPICS:

1. Definition, history, classification and treatment approaches to mental health conditions
2. Pathophysiology of Mental Health Conditions:
 - Alcohol Abuse- Alcoholism, Korsakoff's Syndrome
 - Schizophrenia
 - Affective or Mood Disorders-Depression, Depression in the Elderly, Bipolar Disorder
 - Personality Disorder
 - Anxiety Disorders-Generalized Anxiety Disorder, Panic Disorder, Phobic Disorder, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder
 - Somatoform Disorders-Somatization Disorder, Conversion Disorder, Pain Disorder, Hypochondriasis, Munchausen Syndrome, Munchausen Syndrome by Proxy
 - Gender Identity Disorders
 - Sleep Disorders-Insomnia, Parasomnias, Narcolepsy, Sleep Apnea
 - Eating Disorders-Anorexia Nervosa, Bulimia Nervosa

3. The role of health care professionals in various treatment settings
4. Responses of the client with a mental health condition
5. Responses of society towards a client with a mental health condition
6. The role of the OT, PT and OTA/PTA in the treatment of mental health conditions
7. Safety considerations for health care professionals and clients

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

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

Hansen, RI, and Atchiso, B. (1993). Conditions in OT Effects on Occupational Performance. Williams & Wilkins.

SUGGESTED TEXT:

Hirama, H. (1986). Occupational therapy assistant: A primer. Baltimore, MD: CHES Publications, Inc.

V. EVALUATION PROCESS/GRADING SYSTEM:

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.
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 per day for every school day late with the permission of an extension. This means that if you requested an extension for 5 school days (1 week), 5 percentage points will be deducted from the final grade.
6. A supplemental exam may be written by students who meet the following criteria. The student must achieve at least a grade of 45% in the course. The student must have attended at least 80% of the classes. The supplemental exam will then cover the entire course and will be worth 100% of the student's final mark.

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%	
B	70 - 79%	3.00
C	60 - 69%	2.00
D	50 – 59%	1.00
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: 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:

Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you.

Retention of Course Outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other post-secondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course Outline Amendments:

The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean’s secretary. Students will be required to provide a transcript and course outline related to the course in question.