



# COURSE OUTLINE

## OPA203

Prepared: Joanna MacDougall    Approved: Bob Chapman

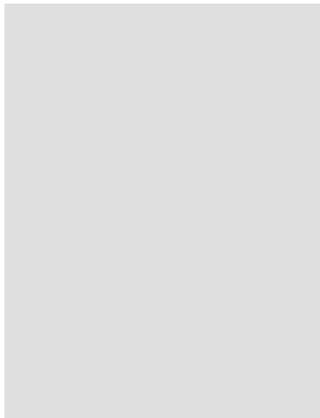
<b>Course Code: Title</b>	OPA203: PHYSIOTHERAPY CLINICAL SKILLS II
<b>Program Number: Name</b>	3022: OCCUP/PHYSIO/ASSIST
<b>Department:</b>	OTA/PTA ASSISTANT
<b>Semester/Term:</b>	17F
<b>Course Description:</b>	This course will enable the student to develop critical thinking skills required to implement, monitor and progress a treatment plan as prescribed by and under the supervision of a Registered Physiotherapist. Exploring a variety of clinical conditions/cases, the student will develop essential competencies required in the role of a PTA to safely and efficiently support the physiotherapist. Labs will focus on the application of therapeutic exercise, handling skills and facilitation of ambulation, bed mobility, transfers, and the physiotherapy management of respiratory conditions. Students will gain familiarity with standardized tests including, but not limited to the Berg Balance test, the Timed Up and Go test and the Functional Reach test.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	OPA107, OPA109, OPA110, OPA130, OPA131
<b>This course is a pre-requisite for:</b>	OPA208, OPA210, OPA211, OPA212, OPA213, OPA225, OPA226, OPA227
<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</p>



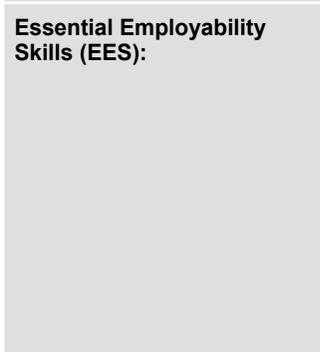
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- nonjudgmental manner within the role of the therapist assistant.
- #7. Develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant.
- #8. Perform effectively within the roles 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.



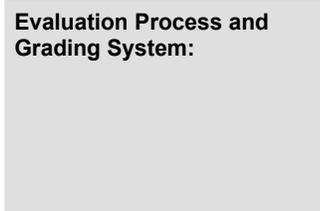
**Essential Employability Skills (EES):**

- #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.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #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.
- #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
- #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- #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



**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight
Final Written Exam	20%
Midterm Written Exam	20%
Performance Based Evaluations	30%
Quizzes	15%



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	Term Project   15%
<b>Books and Required Resources:</b>	<p>Neurorehabilitation for the Physical Therapist Assistant (2006) by Umphred, Darcy          Publisher: SLACK Incorporated</p> <p>Treat Your Own Back by McKenzie, R.          Publisher: Ortho Books Edition: 9th</p> <p>Therapeutic Exercise. Foundations and Techniques (2007) by Kisner and Colby          Publisher: F.A. Davis Company Edition: 5th          (from previous semester)</p> <p>Clinical Kinesiology for Physical Therapist Assistants by Lippert, L          Publisher: F.A. Davis          (from previous semester)</p> <p>Measurement of Joint Motion. A Guide to Goniometry (2003). by Norkin, C. and White, D          Publisher: F.A. Davis Company Edition: 4th          (from previous semester)</p>
<b>Course Outcomes and Learning Objectives:</b>	<p><b>Course Outcome 1.</b></p> <p>Demonstrate an understanding of the clinical presentation of common disabling conditions managed in a physiotherapy setting.</p> <p><b>Learning Objectives 1.</b></p> <ul style="list-style-type: none"> <li>• Describe common signs and symptoms, mobility issues and other impairments addressed by Physiotherapy</li> <li>• Identify different aspects of physical function (range of motion, balance, cardiopulmonary fitness, coordination, flexibility, mobility, muscle performance, neuromuscular control, postural control and stability) and describe the potential impact of certain conditions on these factors.</li> </ul> <p><b>Course Outcome 2.</b></p> <p>Demonstrate the ability to enable the client's optimal physical function by contributing to the development, implementation, and modification of therapeutic exercise and mobility programs as identified in the intervention/treatment plan.</p>



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### **Learning Objectives 2.**

- Apply knowledge of the various types and use of exercise programs for different conditions and disorders as identified in the intervention/treatment plan
- Describe and/or competently implement, monitor and progress physiotherapy interventions that address (but are not limited to) range of motion, aerobic conditioning, muscle performance (strength, power, endurance), flexibility, balance, relaxation, respiration/coughing and task-specific functional training
- Design and construct patient handouts, both handwritten and with the use of computer software and the internet to communicate with clients and their families.
- Appraise and adapt therapeutic exercise and mobility programs according to the needs of the individual, group or the setting, and within the scope of the PTA

### **Course Outcome 3.**

Demonstrate the ability to perform functions that contribute to the development, implementation and modifications of intervention/treatment plans under the supervision of and in collaboration with a Registered Physiotherapist.

### **Learning Objectives 3.**

- Describe the roles of the Registered Physiotherapist and the Physiotherapist Assistant in the rehabilitation process (referral, assessment, development, implementation, (patient monitoring and re-assessment), modification, discharge and documentation of intervention/treatment plans
- Describe standardized assessment tools commonly used by Physiotherapists
- Describe and competently perform and document the measurement of joint range of motion, selecting appropriately from a variety of techniques (goniometry, tape measure etc)
- Explain the essential components of reliable, valid goniometry
- Recognize normal ranges of movement for most synovial joints
- Describe different categories of interventions such as functional activity training, impairment training, hands-on guidance by the therapist, and somato-sensory retraining
- Describe how the PTA may identify progress or change in patient performance

### **Course Outcome 4.**



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Demonstrate skill in observing and communicating with the client, the Physiotherapist and other members of the interprofessional health care team.

### **Learning Objectives 4.**

- Describe significant departures from the expected patterns in patient response (eg. signs of distress) and identify the actions to be taken
- Describe signs of change in progression (better or worse) of an exercise program
- Identify safety concerns, precautions and contraindications, adverse reactions related to physiotherapy interventions and the role/actions of the PTA
- Discuss methods of verbal and written reporting used to monitor progress and record clinical observations
- Describe methods of communication that help reinforce the Physiotherapist's instructions (alternate ways of teaching the same exercise, motivating patients)

### **Course Outcome 5.**

Demonstrate the safe application and maintenance of assistive devices used to optimize physical function in Physiotherapy clients.

### **Learning Objectives 5.**

- Describe the rationale for selection and use of assistive ambulation devices and equipment
- Demonstrate skill in the selection, set-up, and provision of client instructions regarding the safe use of assistive ambulation devices
  - Demonstrate skill in the operation, care and maintenance of equipment such as mobility aids, exercise equipment, assessment tools etc.
  - Demonstrate skill in the selection and performance of safe transfers, accommodating different impairments and levels of assistance required
  - Recognize safety concerns for therapeutic and mobility related activities (shoes, surfaces, client's with IV's, ostomy bags, catheters etc.)

### **Course Outcome 6.**

Demonstrate safe and appropriate handling skills in common disabling conditions.



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### **Learning Objectives 6.**

- Explain and demonstrate handling, positioning and transferring principles related to common neuromusculoskeletal disabling conditions
- Describe and demonstrate appropriate handling skills related to bed mobility, transfer techniques and ambulation training

**Date:**

Wednesday, August 30, 2017

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