



COURSE OUTLINE: OPA117 - INTERPERS. REHAB I

Prepared: Andrea Sicoli

Approved: Bob Chapman, Chair, Health

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| Course Code: Title | OPA117: INTERPERSONAL COMMUNICATION IN REHAB I |
| Program Number: Name | 3022: OCCUP/PHYSIO/ASSIST |
| Department: | OTA/PTA ASSISTANT |
| Semesters/Terms: | 21F |
| Course Description: | This course will provide the student opportunities to develop increased self-awareness. Determinants of behavior such as personality, attitudes, values and beliefs will be explored. The importance of appropriate and effective verbal and non-verbal communication as an interpersonal skill will be emphasized. Students will recognize the influence of stress on interpersonal skills and discuss strategies to manage stress and improve well-being. Through discussion, role playing and reflective activities, students will understand and demonstrate qualities that establish rapport and enhance a client-centered therapeutic relationship. |
| Total Credits: | 2 |
| Hours/Week: | 2 |
| Total Hours: | 30 |
| Prerequisites: | There are no pre-requisites for this course. |
| Corequisites: | There are no co-requisites for this course. |
| Substitutes: | FIT101, PNG113 |
| This course is a pre-requisite for: | OPA109, OPA131, OPA214, OPA218, OPA228 |
| Vocational Learning Outcomes (VLO's) addressed in this course: Please refer to program web page for a complete listing of program outcomes where applicable. | 3022 - OCCUP/PHYSIO/ASSIST VLO 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. VLO 2 Participate in the effective functioning of interprofessional health care teams within the role of the therapist assistant. VLO 3 Establish, develop, maintain, and bring closure to client-centred, therapeutic relationships within the role of the therapist assistant. VLO 5 Practice competently in a legal, ethical, and professional manner within the role of the therapist assistant. VLO 7 Develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant. VLO 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. VLO 11 Enable the client's optimal physical function by contributing to the development. |

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2021-2022 academic year.



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| | implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the physiotherapist. | |
| Essential Employability Skills (EES) addressed in this course: | 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. |
| | EES 2 | Respond to written, spoken, or visual messages in a manner that ensures effective communication. |
| | EES 8 | Show respect for the diverse opinions, values, belief systems, and contributions of others. |
| | EES 9 | Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals. |
| | EES 10 | Manage the use of time and other resources to complete projects. |
| | EES 11 | Take responsibility for ones own actions, decisions, and consequences. |
| General Education Themes: | Social and Cultural Understanding | |
| | Personal Understanding | |
| Course Evaluation: | Passing Grade: 60%, C | |
| | A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation. | |
| Books and Required Resources: | Patient Practitioner Interaction (with bind-in access) by Davis, C Publisher: Slack Incorporated Edition: 6th ISBN: 9781630910464 | |
| Course Outcomes and Learning Objectives: | Course Outcome 1 | Learning Objectives for Course Outcome 1 |
| | 1. Demonstrate improved self-awareness and recognize the influence that behaviours and communications have on therapeutic relationships. | 1.1 Describe interpersonal Skills. 1.2 Facilitate self-awareness in order to positively influence verbal non-verbal communication, behaviours and relationships. 1.3 Completion of a Personality Inventory to determine Personality and discuss how it influences interpersonal communication. 1.4 Explore the influence that attitudes, values, beliefs, culture and family history have on behaviours and interpersonal communication. 1.5 Recognize the influence that self-concept, self-esteem and self-efficacy have on interpersonal communication. 1.6 Recognize the influence that perceptions, impressions, stereotypes, beliefs and emotions have on interpersonal communication. |
| | Course Outcome 2 | Learning Objectives for Course Outcome 2 |
| | 2. Demonstrate appropriate and effective interpersonal communication skills. | 2.1 Discuss general principles of appropriate and effective communication and interpersonal relationships. 2.2 Communicate in a professional and collaborative manner that is accurate, credible and respectful. 2.3 Discuss the influence/impact of both verbal and non-verbal communication. 2.4 Define and demonstrate assertive and responsible communication. 2.5 Define and demonstrate active listening. |

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| | | 2.6 Recognize the importance of effective verbal and non-verbal communication with inter-professional health care team and client. | | | | | | | | | | |
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| | Course Outcome 3 | Learning Objectives for Course Outcome 3 | | | | | | | | | | |
| | 3. Explore the impact of stress on interpersonal skills and relationships and strategies to manage stress and improve well-being. | 3.1 Identify sources of stress in personal and professional life. 3.2 Recognize the impact of stress on communication and behavior. 3.3 Discuss and apply appropriate stress management techniques to promote well-being of self and clients. | | | | | | | | | | |
| | Course Outcome 4 | Learning Objectives for Course Outcome 4 | | | | | | | | | | |
| | 4. Develop knowledge of a client-centered therapeutic relationship and describe characteristics of an effective helper. | 4.1 Recognize the difference in a professional therapeutic helping relationship vs. social helping relationship. 4.2 Recognize the importance of maintaining personal and professional boundaries in a therapeutic relationship. 4.3 Describe therapeutic relationships: phases, characteristics, boundaries, roles, responsibilities and goals. 4.4 Discuss and demonstrate characteristics of an effective helper. 4.5 Identify and demonstrate communication strategies to establish rapport and reduce negativity during communications and interactions with others. | | | | | | | | | | |
| | Course Outcome 5 | Learning Objectives for Course Outcome 5 | | | | | | | | | | |
| | 5. Demonstrate qualities that establish rapport and positively influence the therapeutic relationships. | 5.1 Discuss the importance of establishing rapport and building trust with clients. 5.2 Explain the benefits of and demonstrate the following interpersonal skills through role playing and during daily interactions: warmth, respect, empathy, genuineness, self-disclosure, questions, humour and spirituality. | | | | | | | | | | |
| Evaluation Process and Grading System: | <table><tr><th>Evaluation Type</th><th>Evaluation Weight</th></tr><tr><td>1. Assignments</td><td>30%</td></tr><tr><td>2. Midterm Exam</td><td>20%</td></tr><tr><td>3. Participation/Learning Activities</td><td>25%</td></tr><tr><td>4. Final Exam</td><td>25%</td></tr></table> | | Evaluation Type | Evaluation Weight | 1. Assignments | 30% | 2. Midterm Exam | 20% | 3. Participation/Learning Activities | 25% | 4. Final Exam | 25% |
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| Date: | July 21, 2021 | | | | | | | | | | | |
| Addendum: | Please refer to the course outline addendum on the Learning Management System for further information. | | | | | | | | | | | |

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