



COURSE OUTLINE

OPA110

Prepared: Joanna MacDougall/Wendy Smith Approved: Bob Chapman

Course Code: Title	OPA110: PHYSIOTHERAPY CLINICAL SKILLS I
Program Number: Name	3022: OCCUP/PHYSIO/ASSIST
Department:	OTA/PTA ASSISTANT
Semester/Term:	18W
Course Description:	The purpose of this course is to provide the student with the ability to perform basic skills performed by a Physiotherapist Assistant. The student is introduced to essential competencies related to handling skills, therapeutic exercise, measurement of joint motion, bed mobility, transfers and assistive ambulation. The student will be expected to demonstrate competence in areas of safety, guarding, handling skills, set up and fit of assistive devices, as well as effective instruction, cuing and providing feedback to the client.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Prerequisites:	OPA101, OPA103, OPA104, OPA118
This course is a pre-requisite for:	OPA203, OPA205, OPA209, OPA217, OPA228
Vocational Learning Outcomes (VLO's):	<p>3022 - OCCUP/PHYSIO/ASSIST</p> <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 nonjudgmental manner within the role of the therapist assistant.</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	

	<p>#7. Develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant.</p> <p>#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.</p> <p>#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.</p> <p>#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.</p> <p>#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.</p>						
<p>Essential Employability Skills (EES):</p>	<p>#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>#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.</p> <p>#6. Locate, select, organize, and document information using appropriate technology and information systems.</p> <p>#7. Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>#10. Manage the use of time and other resources to complete projects.</p> <p>#11. Take responsibility for ones own actions, decisions, and consequences.</p>						
<p>Course Evaluation:</p>	<p>Passing Grade: 60%, C</p>						
<p>Other Course Evaluation & Assessment Requirements:</p>	<p>As partial fulfillment of the OTA & PTA diploma, Performance Based Evaluations require a minimum of 60% in each category of performance.</p>						
<p>Evaluation Process and Grading System:</p>	<table border="1" data-bbox="505 904 932 1017"> <thead> <tr> <th data-bbox="505 904 721 939">Evaluation Type</th> <th data-bbox="721 904 932 939">Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td data-bbox="505 939 721 973">Evaluation of Theory</td> <td data-bbox="721 939 932 973">50%</td> </tr> <tr> <td data-bbox="505 973 721 1017">Practical Evaluation</td> <td data-bbox="721 973 932 1017">50%</td> </tr> </tbody> </table>	Evaluation Type	Evaluation Weight	Evaluation of Theory	50%	Practical Evaluation	50%
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Evaluation of Theory	50%						
Practical Evaluation	50%						
<p>Books and Required Resources:</p>	<p>Therapeutic Exercise. Foundations and Techniques (2007) by Kisner and Colby Publisher: F.A. Davis Company Edition: 6th</p> <p>Measurement of Joint Motion: A Guide to Goniometry by Norkin, C.C., Publisher: F. A. Davis Company Edition: 4th</p> <p>Clinical Kinesiology and Anatomy (2011) by Lippert, L Publisher: F. A. Davis Company Edition: 5th (from previous semester)</p> <p>Supplies 8 goniometer and incentive spirometer to be purchased from college bookstore, also required to purchase 2 tensor bandages and measuring tape</p>						
<p>Course Outcomes and Learning Objectives:</p>	<p>Course Outcome 1.</p> <p>Demonstrate an understanding of the role of the PT and PTA in the development and implementation of the treatment plan.</p>						

Learning Objectives 1.

Identify the role of the Registered Physiotherapist in the initial and ongoing assessment of a client's condition and the implementation and monitoring of a treatment plan

Identify the role of the Physiotherapist Assistant in assisting the Registered Physiotherapist to implement and monitor the treatment plan

Course Outcome 2.

Demonstrate knowledge of the basic physiological effects of different types of exercise.

Learning Objectives 2.

Define Therapeutic Exercise and describe aspects of Physical Function (balance, cardiopulmonary fitness, coordination, flexibility, mobility, muscle performance, neuromuscular control, postural control and stability)

Define and classify different types of therapeutic exercise: passive, active, active assisted, resistive (isometric, isotonic, isokinetic, eccentric and concentric), endurance, aerobic etc.

Identify common physical impairments managed with therapeutic exercise

Identify and describe impairment training versus functional/purposeful exercise

Identify and describe different therapeutic exercise interventions to address aerobic conditioning, muscle performance (strength, power, endurance), range of motion and stretching (passive, active, active-assisted), neuromuscular control, postural control, stabilization, balance, relaxation, breathing

Course Outcome 3.

Demonstrate knowledge and skill in the implementation, maintenance and monitoring of physiotherapy programs involving therapeutic exercise.

Learning Objectives 3.

Recognize progression in exercise routines and explain the risks of over-loading or under-loading the client's exercises

Describe and demonstrate functional activities that may be used to maintain or improve aspects of Physical Function

Demonstrate to ability to implement and monitor a therapeutic exercise program (ie. range of motion) established by a Registered Physiotherapist

Demonstrate the ability to instruct, cue and provide feedback to a client thereby reinforcing the Physiotherapist's initial instructions to the client

Describe and demonstrate competence in the operation, care and maintenance of equipment such as mobility aids, exercise equipment, assessment tools etc.

Course Outcome 4.

Demonstrate skill in the safe application of therapeutic exercise.

Learning Objectives 4.

Describe and explain grading versus progression in exercise routines
Recognize changes in behaviour patterns: describe signs of distress and identify the actions to be taken (for example, changes in colour, breathing patterns, incontinence)

Identify variances from expected patient performance in exercise completion and ambulation and report these accurately to the supervising Physiotherapist (respiratory distress, complaints of pain, non-compliance, difficult patients)

Describe common data measurement methods used in gathering and reporting to the Physiotherapist

Course Outcome 5.

Demonstrate knowledge of and describe contraindications, precautions, and safety issues in the application of therapeutic exercise.

Learning Objectives 5.

Identify precautions/contraindications to therapeutic exercise

Demonstrate the ability to safely implement patient transfers, assistive ambulation and range of motion exercise.

Course Outcome 6.

Demonstrate an understanding of techniques for instruction of therapeutic exercise to individuals and groups.

Learning Objectives 6.

Identify the key components and structure of a group exercise class

Participate in a therapeutic group exercise class and observe and report on the instructional techniques of the class leader

Observe and report on methods to modify the instructional technique according to the needs of the individual, group or the setting

Course Outcome 7.

Demonstrate skill in the safe use of assistive ambulation devices, transfer techniques and bed mobility in clinical situations.

Learning Objectives 7.

Identify and demonstrate levels of assistance and strategies to improve safety during therapeutic activities, transfers and ambulation

Identify assistive ambulation devices and varying levels of weight bearing

Demonstrate the ability to appropriately select, fit and adjust of crutches, canes and walkers

Demonstrate the ability to instruct a client to employ a variety of assistive ambulation patterns (including ascending and descending stairs), depending on the assistive device, weight bearing status and level of assistance required

Identify environmental and architectural risk factors to ambulation as well as strategies to prevent falls and decrease the risk of injury in a fall

Observe and recognize client response, including significant departures from the expected patterns in patient response to therapeutic activities, mobility and ambulation, and report them accurately to the Physiotherapist

Explain the benefits and purpose of mobility and the consequence of immobilization (pressure ulcers, edema, DVT, contractures)

Describe the management and consequences of short term and long term positioning

Explain and demonstrate preventative exercises (ie. For DVT)

Demonstrate clinical reasoning and skill with respect to patient positioning and bed mobility

Course Outcome 8.

Demonstrate knowledge and skill related to the assessment of joint motion.

Learning Objectives 8.

Define and describe goniometry

Explain the essential components of reliable, valid goniometry

Identify normal ranges of movement and the concepts of end-feel for most synovial joints

Demonstrate the ability to measure joint range of motion using a goniometer

Course Outcome 9.

Demonstrate an understanding of cardio-respiratory conditions and the role of the PTA in the physiotherapy management of these conditions.

Learning Objectives 9.

Identify the impairments of common cardio-respiratory conditions and the goals of treatment in the Physiotherapy management of these

Describe the application of therapeutic exercise and mobility as it relates to the Physiotherapy management of cardio-respiratory conditions

Define and demonstrate: postural drainage, deep breathing and coughing, manual percussion, mechanical vibration, breathing exercises (diaphragmatic, pursed lip)

Recognize signs of respiratory distress and the appropriate management by the PTA

Recognize changes in sputum production and when to report this to the Registered Physiotherapist

Course Outcome 10.

Demonstrate the ability to describe and document physiotherapy interventions carried out by the PTA

Learning Objectives 10.

Describe and draw therapeutic exercises prescribed by the Physiotherapist for use by a client in a home exercise program

Demonstrate the ability to select appropriate exercises from a

database/software program

Produce instructional information for a client's home exercise program, both written and electronically

Date:

Wednesday, January 24, 2018

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