DISCIPLINE: Physical Therapist Assistant
COURSE TITLE: Physical Therapy Fundamentals I

CR.HR: 4.0  LECT HR: 2.5  LAB HR: 3.0  CLIN/INTERN HR: 2.0  CLOCK HR: 0.0

CATALOG DESCRIPTION
Basic patient care skills utilized by the physical therapist assistant in carrying out the plan of care established by the physical therapist. Theory and application of basic treatment modalities used in physical therapy, including indications and contraindications. Field trips

PREREQUISITES
Formal Acceptance into Program

EXPECTED STUDENT OUTCOMES IN THE COURSE (ESO)

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

1. Explain and employ basic safety considerations relevant to the practice of a physical therapist assistant
2. Describe the scientific basis for all treatments covered in class including indications and contraindications (those listed in outline)
3. Explain and demonstrate appropriate and safe patient care skills after reviewing the physical therapist’s plan of care (according to performance checklist) including: consultation with the physical therapist, verbal and non-verbal communication, positioning, draping, standard precautions, bed mobility, body mechanics, transfers, medical equipment handling, passive range of motion, data collection procedures to monitor patient response to treatment: observation, cognition, vital signs, skin condition, sensation, extremity girth and volume, modifies treatment within the plan of care to meet needs of patient status, and time management
4. Explain and demonstrate wound care interventions relevant to the scope of practice of the physical therapist assistant (according to performance checklist): correct application of personal protective equipment, standard precautions, clean vs. sterile technique, removal and application of bandages and dressings, data collection and debridement.
5. Correctly apply selected modalities according to a performance checklist after reviewing the therapist’s plan of care (those identified in syllabus)
6. Demonstrate proper application of massage to increase soft tissue extensibility, reduce swelling and decrease pain and muscle spasm (according to performance checklist)
GENERAL EDUCATION OUTCOMES (ESO)
Specify which general education outcomes, if any, are substantially addressed by the course. Numbers in parentheses identify the Expected Student Outcomes linked to the specific General Education Outcome.

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>(ESO)</th>
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<tbody>
<tr>
<td>1. Communication</td>
<td></td>
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<tr>
<td>A. Listening and Speaking Skills</td>
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<td>6. Demonstrate basic communication skills, both vocally (volume, rate, articulation, variety) and non-verbally (posture, eye contact, use of face and hands)</td>
<td>(3)</td>
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<td>B. Reading Skills</td>
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<td>5. Draw appropriate conclusions</td>
<td>(3)</td>
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<td>6. Make valid generalizations and apply information</td>
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<td>2. Critical Thinking</td>
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<td>B. Define, analyze, and evaluate information, materials and data</td>
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<td>4. Integrate information and see relevant relationships that broaden and deepen understanding</td>
<td>(3)</td>
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<td>5. Natural and Physical Sciences</td>
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<td>B. Evaluate scientific evidence and argument.</td>
<td>(2)</td>
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<tr>
<td>D. Describe and apply current theoretical explanations of the nature, organization and evolution of living systems.</td>
<td>(1,2,4)</td>
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PROGRAM-LEVEL OUTCOMES

CAREER AND TECHNICAL EDUCATION PROGRAM OUTCOMES
Specify which Career and Technical program outcomes, if any, are substantially addressed by the course by completing the “Career and Technical Education template” to show the relationship between course and program outcomes to assessment measures.

1. Communicates effectively (3)
3. Competently implements the physical therapy plan of care. (1-6)

CLASS-LEVEL ASSESSMENT MEASURES
Student accomplishment of expected student outcomes will be assessed using the following measures. (Identify which measures are used to assess which outcomes.)

1. Written examinations and quizzes (1, 2, 3, 4)
2. Competency checks (3,5,6)
3. Practical examinations (3,4)
4. Oral presentation (2)
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.

I. Safety
   A. Safety considerations
      1. Fire safety and fire safety competency quiz
      2. Hazardous materials and MSDS assignment
   B. Standard precautions and standard precautions competency quiz
      1. Infection control and hand washing, PPE competency checkout
      2. Sterile technique
      3. Isolation
   C. Body mechanics and body mechanics assignment
   D. Medical equipment management and medical equipment management quiz
   E. Monitoring a patient’s response to treatment
      1. Observation and posture
      2. Cognition
      3. Interview and pain ratings
      4. Vital signs
      5. Skin
      6. Sensation
      7. Balance (overview)
      8. Girth, volume, and length

II. Basic patient care techniques
   A. Implementation of the plan of care
      1. Medical diagnosis
      2. Physical therapy diagnosis and plan of care
      3. Contraindications and precautions
      4. Implementation by the physical therapist assistant
   B. Treatment preparation
   C. Communication
   D. Positioning
   E. Draping
   F. Bed Mobility: dependent and assisted
      1. Scooting
      2. Rolling
      3. Supine to sit to supine
      4. Techniques for bariatric patients
   G. Transfers
      1. Mechanical Lift
      2. Bed to cart
3. Two man lift
4. Squat pivot
5. Standing pivot
6. Sliding board
7. Toilet transfers
8. Tub transfers
9. Car transfers
10. Techniques for bariatric patients

H. Passive Range of Motion

III. Wound Care
   A. Guidelines for scope of practice for the physical therapist assistant
   B. Prevention
   C. Dressing Removal
   D. Data collection techniques
   E. Debridement
   F. Modalities used in wound care
      1. Whirlpool
      2. Pulsed lavage
      3. Electrical stimulation
      4. Ultrasound
      5. Vacuum assisted closure
      6. Infrared
   G. Dressings, lotions, skin protectants
   H. Bandaging
   I. Wound Care observation and assignment

IV. The rationale and effectiveness of physical therapy treatments
   A. Peer-reviewed professional literature in physical therapy
   B. Common statistical terms
   C. Interpret a research article for clinical implications

V. Modalities
   A. Physiological effects, rules for application, indications and contraindication for modalities listed below:
   B. Cryotherapy
      1. Vapocoolant
      2. Cold pack
      3. Ice massage
      4. Contrast bath
   C. Superficial Heat
      1. Hot moist packs
      2. Fluidotherapy
      3. Hydrotherapy
      4. Paraffin
   D. Deep heat
      1. Ultrasound
      2. Diathermy
   E. Other
      1. Ultraviolet
      2. Intermittent venous compression