

## Crafton Hills College Course Outline

1. **Discipline:**Physical Therapy Assistant
2. **Department:** Allied Health Services
3. **Course Title:**Introduction to Physical Therapy
4. **Course I.D.:**PTA 110
5. **Prerequisite(s):** None  
**Corequisite(s):** None  
**Departmental Recommendation(s):** None
6. **Semester Units:**4
7. **Minimum Semester Hours:**

Method	In-Class Min	Out-of-Class Min
Lecture	48.00	96.00
Lab	48.00	
Activity		
Clinical		
Field		
Work Experience		
Independent		
<b>Total</b>	<b>96.00</b>	<b>96.00</b>

### 8. Need for the Course:

The Crafton Hills College Physical Therapist Assistant Program must comply with the standards of the Committee on Accreditation in Physical Therapy Education (CAPTE) in order to be accredited, as well as standards specified by the Physical Therapy Board of California for licensure. This course is one in a series of courses leading to a Physical Therapist Assistant Associate of Science Degree and will help the student prepare to take the state board exam to obtain a Physical Therapist Assistant license required for employment as a Physical Therapist Assistant Practitioner.

### 9. Goals for the Course:

- A. This course is appropriate to the College's mission in that it is a part of a complete vocational education program leading to employment as a Physical Therapist Assistant.
- B. This course is intended to prepare students to determine solutions to common problems encountered in physical therapy
- C. This course is intended to prepare students to apply principles of safe and effective physical therapy treatment to a variety of situations with modification of treatment application to fit specific patient needs

- D. This course is intended to prepare students to create a safe environment for and complete correct application of modalities and procedures listed in the course content

#### **10. Catalog Description:**

This course will introduce the student to the history and ethics of physical therapy as they relate to the health care system; the development of the team approach and the philosophy of rehabilitation; the use of treatment modalities; terminology and measurement of joint motion; body mechanics and proper handling of patients; vital sign and their relationship to treatment programs.

#### **11. Schedule Description:**

Introduction to the history and ethics of physical therapy in the health care setting. Includes team dynamics, rehabilitation philosophy, treatment options, body mechanics, vital signs and terminology.

#### **12. Entrance Skills:**

##### **A. Requisite Skills:**

**Upon entering this course, students must be able to:**

1. None

##### **B. Recommended Skills:**

**It is highly recommended that students entering this course be able to:**

1. None

#### **13. Student Learning Outcomes:**

**Upon satisfactory completion of the course, students will be able to:**

1. Demonstrate readiness to safely apply selected interventions in a clinical setting.
2. Accurately assess safety and assist levels for mobility, gait and stairs.
3. Determine appropriate and safe progression for bed mobility, transfers, gait, stairs and wheelchair management based on patient performance.
4. Select appropriate mobility interventions based on review of plan of care, PT evaluation and patient record, and with regard to short and long term goals listed by primary physical therapist.
5. Propose sound rationale for physical therapy interventions
6. Identify best practices for applications of physical therapy interventions.
7. Choose safe practices for transfers, gait, and selected physical agents.
8. Choose correct documentation practices and demonstrate basic proficiency with SOAP note format.
9. Analyze roles of patient team members.
10. Choose correct legal and ethical practices and other professional behaviors.
11. Apply critical thinking to solve problems and patient care scenarios.
12. Demonstrate safe application of gait training, transfers, and a selected physical agent.
13. Accurately assess vital signs.
14. Discuss and follow appropriate Aseptic Techniques.
15. Demonstrate safe and effective technique for basic massage and postural drainage.

#### **14. Course Objectives:**

**Upon satisfactory completion of the course, students will be able to:**

1. Define physical therapy
2. Identify the first physical therapist including the year, the place and the need for
3. Explain the need for the American Physical Therapy Association including the year it formed, and the persons instrumental in its formation
4. Explain the need for and the development of the relationship between the American Physical Therapy Association, the American Medical Association, and the California Board of Medical Quality Assurance Physical Therapy Board of California
5. Discuss the need for formalized curriculum development in physical therapy including the name, location, and date of the first school
6. Differentiate between the types of degrees in physical therapy such as Doctor of Physical Therapy, Masters, Bachelors, Certificate and Associate in Arts or Science
7. Trace the development of the assistant programs
8. Describe the different types of in physical therapy practice including rehabilitation, private

practice, acute care, health maintenance organizations, and children's services.

Compare and contrast these differences

9. Analyze the varying aspects of practice and match these to personal employment goals
10. Describe the necessary parts of referral and their importance in Physical Therapy intervention
11. Determine the need for referral based in the Code of Ethics and the California Physical Therapy Practice Act
12. List the responsibilities of the therapist and the assistant to the physician, the patient, the hospital or clinic, and the American Physical Therapy Association
13. Explain the need for licensing, cite the agency responsible, and assess the effect of licensing on patient care
14. State the responsibility for patient care in physical therapy. Evaluate the need for close relationship and effective communication
15. Compare and contrast the roles and responsibilities of the therapist, the assistant and the aide
16. Define the roles of individual health care agencies including differentiation between voluntary, non profit and proprietary agencies. Discuss their impact on physical therapy care
17. List individual services within the hospital setting. Analyze their service to the patient.
18. Describe the determinants of health care costs, explain how these determinants vary and discuss the variances in private, state, and federal insurance programs
19. Apply the principles of proper body mechanics to patient positioning, transferring and gait training
20. Explain and demonstrate the importance of initial patient contact. Recognize own, patient, and family's reaction to disease and disability. Contrast sympathy and empathy and determine their effect on response to treatment. Demonstrate sensitivity to gender, cultural, and ethnic issues that influence patient care
21. Apply the principles of correct positioning including the use of assistive devices to prevent pressure sores. Demonstrate correct positioning in supine, prone, side lying and sitting positions
22. Describe the body's physiological response to heat, cold, and pain. Define the terms indication and contraindication. Recognize blanching, ischemia and hyperemia. Explain what is meant by the pain cycle. Analyze the effects of heat or cold as related to the pain cycle. Describe pain scale usage
23. List the precautionary steps to be taken prior to application of any physical agent
24. Explain correct application. Differentiate between types of heat transfer and select physical agents representative of each type
25. Specify normal limits for pulse, respiration, oximetry and blood pressure for children and adults. Determine factors that influence these vital signs and analyze effects of these variances
26. Describe proper crutch fit. Describe different types of crutches and their use. List the patterns of crutch gaits such as four-point, three-point, two-point, swing to and swing thru. Specify types of patients to whom these patterns are applied. Discuss safe usage of crutches on various levels and stairs. Describe assistance levels
27. Describe proper fit of various canes. Differentiate between their features and describe their usage. Apply principles of gait to cane usage for varying levels and stairs. Describe levels of assistance
28. Describe correct fit of walkers of varying types. Explain safe usage on differing levels. Describe levels of assistance
29. Document interventions accurately using either narrative or SOAP format that complies with the established plan of care
30. Demonstrate isolation garb, hand washing technique, and isolation precautions
31. Communicate with primary physical therapist patient response to interventions, unusual responses, and need for physical therapist reassessment and intervention

**The student will be able to perform the following Laboratory Objectives with 95% accuracy**

1. Demonstrate proper posture in bending, lifting, carrying, transfer, and gait training
2. Position the patient in supine, side lying, prone and sitting position to prevent or reduce contractures and pressure sores. Turn and move the patient from one position to another. Select and apply positioning pillows and devices

3. Transfer the following patients with the correct technique: stroke patient using pivot transfer, paraplegic patient using a sliding board transfer, fracture patient using a non-weight bearing transfer, quadriplegic patient using the mechanical lift, and total hip replacement using a two person technique and a reclining wheelchair. Transfer these patients to commodes, mats and other surfaces
4. Manipulate the parts of a wheelchair. Instruct a patient in safe usage on level, curb and ramps
5. Apply the specified physical agents using the following standards: 1. Introduce self and explain treatment, check for contraindications 2. Position the patient for maximum comfort using sound positioning principles 3. Drape for proper exposure of the part to be treated while maintaining the patient's modesty and warmth of other body parts 4. Prepare for treatment by assembling and positioning all equipment and supplies 5. Administer treatment safely and thoroughly including selection of correct dosage, treatment time, use of protective padding and terminating treatment correctly 6. Clean and return equipment and supplies to appropriate places 7. Report any unexpected changes to primary physical therapist
6. Chart physical agent or intervention including date, treatment given, dosage, time, level of assistance needed, equipment used, patient response to treatment, pain level before, during, after treatment, assessment, level of assistance, plan and signature. Documentation will be thorough, yet concise, using correct spelling and grammar. Report data and response to interventions to physical therapist
7. Take and record radial and carotid pulses, respiration and blood pressure using the correct time intervals. Pulse rate must be accurate within one beat per minute with any unusual rates or rhythms noted. Respiration rate should be accurate and unusual rate or patterns noted. Blood pressure should be accurate within 4 mm/hg. Recognize and report abnormal findings
8. Fit a patient with axillary, forearm or platform crutch, quad cane, hemi cane, straight cane, and walker for both proper length and elbow bend
9. Instruct a patient in sit to stand, gait with varying crutch patterns, stair climbing, and ramp walking. Demonstrate proper safety and spotting techniques. Instruct a patient in falling and rising technique
10. Instruct a patient in self or assisted positioning to drain each lung segment using postural drainage technique. Perform tapotement and vibration in each postural drainage position. Assess and record patient response to treatment including sputum production
11. Drape and position the patient for massage of the back, neck or extremity. Select appropriate medium
12. Demonstrate correct usage of strokes for specific conditions
13. Demonstrate proper hand washing technique. Prepare sterile field. Don and doff protective clothing and gloves
14. Apply sitting and supine cervical traction and supine using proper poundage, time, attachment choices and alignment. Explain intervention to patient
15. Apply compression intervention. Measure a patient for a compression garment. Complete the garment order form correctly

### 15. Representative Texts and Instructional Materials:

Cameron, Michelle (2017). *Physical Agents in Rehabilitation: An Evidenced Based Approach to Practice* (5th/e). Saunders.

Minor, Scott Duestevhaus (2014). *Patient Care Skills* (7th/e). Pearson.

Bircher, Wendy D. (2018). *Documentation For Physical Therapist Assistants* (5th/e). Davis.

### 16. Course Content:

#### Lecture Content

#### A. Introduction

1. Definition of physical therapy
2. History of physical therapy
  - a. Formation of the American Physical Therapy Association

- b. Relationship of the American Medical Association, the American Physical Therapy Association, and the California Board of Medical Quality Assurance Physical Therapy Board of California
    - c. Development of formalized curriculum
    - d. The development of two-year courses
    - e. Types of physical therapy practice
  - 3. Ethics and practice of physical therapy
    - a. Referral
    - b. Responsibility of the physical therapist and the assistant
    - c. Licensing of physical therapist and the assistant
    - d. Working relationship of physical therapist and physical therapist assistant
- B. Health care system
  - 1. Types of health care agencies
  - 2. Hospitals
    - a. Convalescent hospitals
    - b. Outpatient clinic private practice
    - c. Health maintenance organizations
    - d. Home care
    - e. Children's services
    - f. Rehabilitation centers
  - 3. Economics of health care
- C. Patient handling techniques
  - 1. Body mechanics and patient safety
  - 2. Psychological aspects of patient handling
  - 3. Positioning of patient
- D. Introduction to physical agents
  - 1. Employment of individual physical agents
    - a. Hot/cold application
    - b. Diathermy
    - c. Ultrasound
    - d. Paraffin
    - e. Ice
    - f. Ultraviolet
    - g. Topical coolant
    - h. Hydrotherapy
- E. Vital signs
  - 1. Pulse rate including pulse oximetry
  - 2. Respiration
  - 3. Blood pressure
  - 4. Orientation
- F. Gait training
  - 1. Crutch training
  - 2. Gait with cane
  - 3. Gait with walker
  - 4. Wheelchair mobility
  - 5. Parallel bars gait
- G. Standard precautions and infection control
  - 1. Hand washing
  - 2. Sterile field technique
  - 3. Handling infectious materials
  - 4. Preventing spread
  - 5. Standard precautions
- H. Physical therapist/physical therapist assistant communication
  - 1. Plan of care
  - 2. Delegation
  - 3. What and when to ask
  - 4. What and when to communicate
  - 5. Recognizing limitations
- I. Traction
  - 1. Cervical

- 2. Lumbar
- J. Compression garments and interventions
  - 1. Intervention application
  - 2. Garment types, measurement, application

### **Lab Content**

- A. Patient handling techniques
  - 1. Body mechanics
  - 2. Patient positioning
  - 3. Patient transfers
  - 4. Wheelchair choice and management
- B. Physical agent application
  - 1. Heat/cold application
  - 2. Diathermy
  - 3. Ultrasound
  - 4. Hydrotherapy
  - 5. Paraffin
  - 6. Ice
  - 7. Ultraviolet
- C. Documentation
- D. Vital signs
- E. Gait training
- F. Postural drainage
- G. Back and neck massage
- H. Therapeutic touch principles

### **17. Methods of Instruction:**

- A. Lecture
- B. Demonstration
- C. Guest Speakers
- D. Audio Visual Presentations
- E. Computer-aided Instruction
- F. Other: Role playing

### **18. Assignments and Methods of Evaluation:**

Quizzes/Exams/Tests  
 Final Exam  
 Practical applications of skills in lab  
 Situational test to determine application of skills  
 Progress notes

#### **ASSIGNMENTS**

##### **Reading**

- 1. Complete readings from text and handouts as assigned in course syllabus

##### **Writing or Problem Solving or Skill Attainment**

- 1. Complete several progress notes including subjective and objective findings, treatments rendered, assessment and plan
- 2. Complete essay test questions composed of situational problems encountered in physical therapy treatment
- 3. Demonstrate all skills listed on the laboratory skill sheet

##### **Critical Thinking**

- 1. Determine solutions to common problems encountered in physical therapy
- 2. Apply principles of safe and effective physical therapy treatment to a variety of

situations. Modification of treatment application will be adapted to fit specific patient needs

3. Create a safe environment for and complete correct application of modalities and procedures listed in the course content

## **19. Course Enrollment: 20**

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