PTA 10

INTRODUCTION TO PHYSICAL THERAPY

SYLLABUS AND COURSE INFORMATION PACKET

Spring 2018

3 credits
3 contact hours

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KINGSBOROUGH COMMUNITY COLLEGE
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Physical Therapy Assistant Program

Course Syllabus

PTA 10

Introduction to Physical Therapy

Course Description:
This course introduces the student to the physical therapy profession. Topics include: the history of physical therapy, pertinent laws of practice, code of conduct, the role of the professional association the role of the physical therapist and physical therapist assistant, definition of the rehabilitation population, communication skills and psycho-social aspect of disabilities.

Prerequisite: BIO 11
Co-requisites: PTA 1, PTA 2, PTA 20

Textbook Requirement:


Student Learning Objectives

As evidenced by successful completion of written examinations, assignments and presentations, the student will:

1.0. Demonstrate an understanding of physical therapy and the role of the physical therapist assistant.
   1.1. Identify and describe the history of physical therapy.
   1.2. Define the American Physical Therapy Association, its function and structure and discuss the benefits of membership.
1.3. Define the roles, responsibilities, and functions of the physical therapist, physical therapist assistant and physical therapy aide.
1.4. Interpret the components of the APTA Standards of Ethical Conduct for the Physical Therapist Assistant and laws governing practice.
1.5. Discuss the current changes in health care and the role of the physical therapist and physical therapist assistant.
1.6. Relate the role, responsibilities and functions of the physical therapist and physical therapist assistant in contemporary practice to the changes in health care.
1.7. Differentiates roles of clinical educators including academic coordinator of clinical education, center coordinator of clinical education, and clinical instructors.
1.8. Identifies physical therapists assistants’ role as clinical instructors.

2.0. **Demonstrate an understanding of the health care delivery system and the physical therapist assistant's role within it.**

2.1. Define levels of care within the delivery system (acute, subacute, rehab, skilled nursing, home care, etc.)
2.2. Discuss legal, fiscal and ethical issues that affect the health care delivery system
2.3. Define concepts and principles of continuous quality improvement.
2.4. Define and identify the members of the interdisciplinary team.
2.5. Outline the roles of members of an interdisciplinary team
2.6. Outline principles and concepts of organizational structure including levels of authority and responsibility and the supervisory process.
2.7. Construct a basic continuous quality improvement plan.
2.8. Analyze classes of diagnoses as they relate to levels of care required.
2.9. Analyze the role and responsibilities of members of the interdisciplinary team in the contemporary practice of physical therapy.
2.10. Distinguish the various model of health care delivery and reimbursement including PPO, HMO, point of service, and other models.

3.0. **Demonstrate an ability to effectively communicate with patients, families, peers, and other health care personnel.**

3.1. Identify the role of both non-verbal and verbal communication in physical therapy.
3.2. Identify and explain the importance of patient and family teaching.
3.3. Analyze the effects of patient and family education on physical therapy outcomes.
3.4. Identify non-verbal and verbal communication behaviors.
3.5. Analyze the role of communication on cultural diversity, age diversity, patient privacy, death/dying and body image.
3.6. Identify the varied and simultaneous roles of patients and families as health care seekers, consumers, informants, and knowledge pursuers.

4.0. **Attend to the psycho-social needs of patients and families.**

4.1. Identify and discuss psycho-social aspects of disability that affect clinical practice.
4.2. Identify and discuss the physiology and consequences of aging.
4.3. Outline the components of patient privacy.
4.4. Explain cultural and age diversity present in clinical practice.
4.5. Recognize the diversity in coping mechanisms and the variety of support and advocacy groups available.
4.6. Describe coping mechanisms in death/dying, illness and disability.
4.7. Explain the importance of body image and its relationship to treating patient effectively.
4.8. Determine the effect of psycho-social aspect of disability on patient treatment outcomes.
4.9. Relate cultural and age diversity issues to patient treatment outcomes.
4.10 Analyze psycho-social aspects of disability and the effect on patient treatment outcomes.

5.0. **Given patient scenarios, implement a mock patient interaction emphasizing psycho-social aspects of physical therapy services.**

5.1. Identify the roles of members of an interdisciplinary team.
5.2. Use non-verbal and verbal communication strategies.
5.3. Examine patient and family coping mechanisms related to death/dying, illness and disability.
5.4. Implement ways to handle psycho-social events that interrupt patient intervention.
5.5. Educate a patient and family on the importance of physical therapy and the role of the physical therapist assistant.

6.0 **Demonstrate the ability to express ideas in writing.**

6.1. Perform free writing assignments.
6.2. Summarize and analyze academic experiences.
6.3. Effectively organize thoughts and ideas.

7.0 **Demonstrate appropriate professional behavior.**

7.1. Attends and is on time for class and scheduled appointments.
7.2. Is prepared for class activities, attends to task assigned.
7.3 Accept constructive criticism and respond and/or follow through appropriately.
7.4. Express self in clear and easily understood manner.
7.5. Maintain appropriate personal hygiene.
7.6. Treat others with positive regards, dignity and respect.
7.7. Analyze and examine professional literature considering: specific scientific methods, interpretation of results, and clinical significance in order to foster further personal investigation and clinical effectiveness.
7.8. Explain the importance of lifelong learning.
7.9. Describe how professional development can occur.

Student Assessment
As indicated in the student handbook, to receive a passing grade in this course the student must successfully complete all comprehensive examination and assignments with a grade of “C” or better.

Grade Determination

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Weight</th>
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<tr>
<td>Research Article Paper</td>
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<tr>
<td>Quizzes</td>
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<tr>
<td>Practical Experience Analysis</td>
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<tr>
<td>Role Playing Presentations</td>
<td>10%</td>
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<tr>
<td>Mid-term Examination</td>
<td>20%</td>
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<tr>
<td>Final Examination</td>
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<td>100%</td>
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Research Article Paper
The student summarizes and analyzes two research articles. The first article may be on any topic but must be selected from Physical Therapy. The second article must discuss a current change in health care and may be taken from any peer reviewed health care journal. The articles must be approved by the professor. The format of these papers is distributed in class. The complete research article papers are submitted during the fifth and ninth week of class. The research article papers are worth 10% of the final grade.

In Class and Take Home Quizzes
The student completes a combination of 4-6 in- class and take- home quizzes. The student is required to read and analyze a clinical scenario. The student responds to questions specifically related to the material covered in this and concurrent courses. Quiz topics include: continuous quality improvement, organizational structure, ethical, cultural, communication and teaching, and legal and fiscal issues. Students complete and submit all take home quizzes within 24 hours of receipt. These quizzes are worth 25% of the final grade.
Practical Experience Analysis
The student prepares a 3-5 page paper analyzing their physical therapy volunteer experience. The paper is based on a series of questions related to topics covered in this course as provided by the instructor. The paper is submitted during the eleventh week of class. The paper is worth 15% of the final grade.

Role Playing Presentation
Each group role plays a psycho-social scenario. Special attention is paid to diverse problem solving and communication strategies. The presentation is made during the twelfth week and is worth 10% of the final grade.

Mid – Term Examination
The student takes a cumulative examination covering the first six weeks of the course. The examination includes multiple choice and short essay type questions. The mid-term examination is worth 20% of the final grade.

Final Examination
The student takes a cumulative final examination. The examination is worth 20% of the final grade.

Writing Exercises
This course meets the college’s writing intensive graduation requirement. During the semester you will write informally to express course content in your own words and write at least one formal paper in draft with feedback from your instructor. Your work on writing informal and formal, will compromise at least 30% of the final grade for this course and you can expect to revise some 8-10 pages of formal writing.

Week # 1 ~ Introduction to Physical Therapy
Lecture
Assignments: Dreeben, Chapter 1 pages 3-17

This initial week introduces the student to physical therapy. Topics include: what physical therapy is, the history of physical therapy, and contemporary physical therapy practice. Students are divided into study groups.

Week # 2 ~ Roles, Responsibilities and Current Trends
Lecture
Assignment: Dreeben, Chapter 2 pages 23-30

The introduction to physical therapy continues, emphasizing the role and responsibilities of a therapist and physical therapist assistant. The importance of lifelong learning, learning strategies and continued professional development is presented.

Week # 3 ~ Legal and Ethical Issues
Lecture
Assignments: Research Article Paper #1 – Part one due
Handouts (Practice Act)
Dreeben Chapter 7 and 8
Skinner Chapter 3

The student is instructed in the APTA Standards of Ethical Conduct for the Physical Therapist Assistant and the New York State Practice Act for physical therapists and physical therapist assistants.

**Week # 4 ~ Legal and Ethical Issues con't**
**Lecture**
Assignment: Dreeben Chapter 7 and 8
    - Chapter 1, pages 15-22
    - Chapter 3, pages 39-43
    - Appendix B, C and D
    - Skinner, Chapter 3

Discussion on the Code of Ethics and the Practice Act continues. Current legal issues and issues of malpractice is the focus of this week's lecture. The student is introduced to the American Physical Therapy Association including its structure, functions, national and local chapters and advantages to being a member.

**Week # 5 ~ Current Trends in Contemporary Practice**
**Lecture**
Assignments: Research Article Paper #1 due.
    - Dreeben Chapter 3, pages 49-54
    - Chapter 12, pages 193-196

The health care delivery system is defined and described. Current trends, including continuous quality improvement and managed health care in the health care delivery system and the affect that these changes have on contemporary practice are studied.

**Week # 6 ~ Communication and the Interdisciplinary Team**
**Lecture**
Assignments: Dreeben, Chapter 9
    - Chapter 2, page 27-38
    - Skinner, Chapter 2

Current trends in job opportunities and role/responsibilities of physical therapist and physical therapist assistant continues to be discussed. During this week, verbal and non-verbal communication issues are discussed including the importance of clear communication skills. Other health care professions are introduced and their role in the interdisciplinary team is defined. Examples of interdisciplinary team communications and functions are given.

**Week # 7 ~ The Rehabilitation Population**
**Lecture**
Mid-term Examination
Assignments: Dreeben, Chapter 3, pages 46-48
   Skinner, Chapter 1 and 2

The student is introduced to typical samples of the rehabilitation patient population. The physiology and consequences of aging are discussed as relates to rehabilitation. Emphasis is placed on identifying classes of diagnoses and health care setting placement.

**Week # 8 ~ The Rehabilitation Population con't**
**Lecture**
Assignments:

The rehabilitation population discussion continues. Psycho-social differences between classes of patients are discussed. The rehabilitation population is discussed in relation to the contemporary practice of physical therapy and health care delivery system.

**Week # 9 ~ Introduction to Psycho-social Aspect of Disability**
**Lecture**
Assignments: Research Article Paper #2 due.
   Dreeben, Chapter 6, pages 113-116
   Chapter 7, pages 133-136

The student is introduced to psycho-social aspects of disabilities that affect clinical practical. Cultural and age diversity issues are examined.

**Week # 10 ~ Psycho-social Aspect of Disability con't**
**Lecture**
Assignments:

Discussion of psycho-social aspect of disabilities continues. Topics include: issue of patient privacy and death/dying, illness and disability.

**Week # 11 ~ Psycho-social Aspects of Disability con't**
**Lecture**
Assignment: Practical Experience Analysis paper due

Discussion of psycho-social issues continues. Emphasis this week is placed on issues of body image and how stages of development affect body image and coping mechanisms. The effect of psycho-social issues on patient intervention and outcomes is also discussed.

**Week # 12 ~ Patient and Family Education**
**Lecture**
Assignments: Dreeben Chapter 11, pages 188-189
Student groups present role playing psycho-social scenarios.

The importance and methods of patient and family education are studied as well as their affect on physical therapy outcomes.

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**Academic dishonesty is prohibited in The City University of New York and is punishable by penalties, including failing grades, suspension, and expulsion. Additional information can be found in the College catalog (http://www.kingsborough.edu/sub-registration/Pages/catalog.aspx). Plagiarism is a violation of academic integrity. Plagiarism is the intentional theft(s) of someone else’s intellectual property without attribution (proper credit). Determination and penalty – ranging from grade reduction to course failure – will be decided by the instructor.

***Class attendance is a vital part of the learning experience. A student who has been absent 15% or more of the total instructional hours that a class meets may be considered excessively absent by the instructor. The instructor may consider excessive absences as a factor in the assignment of a student’s grade.

****The course professor utilizes a variety of teaching methodologies to facilitate accomplishment of student learning objectives. These methodologies may include interactive lecturing, supervised group and simulation activities, web-based instruction, use of custom computer based study guides, and active learning strategies.