PTA 1 Student Learning Objectives

As evidenced by successful performance and completion of written and practical examinations, assignments, research article reviews, lab presentations, and the role playing analysis of clinical scenarios, the student will:

1.0 Interpret and use medical terminology and documentation.
1.1. Recognize medical terminology and medical abbreviations.
1.2. Identify the need for documentation.
1.3. Recognize the components of a MD consult/ prescription.
1.4. Define the components of a physical therapy evaluation.
1.5. Identify the contents of a patient progress notes.
1.6. Identify short and long term goals and the importance of setting and reassessing goals.
1.7. Recognize and define defensive and outcome oriented documentation.
1.8. Identify components of continuous quality improvement.
1.9. Interpret medical technology given MD consult/ prescriptions and physical therapy evaluation.
1.10. Explain the need for documentation.
1.11. Interpret short and long term goals, within the plan of care, in physical therapy evaluations, re-evaluations and progress notes.
1.12. Interpret defensive and outcome oriented documentation.
1.13. Use medical terminology and medical abbreviations in the construction of progress notes.
1.15. Analyze physical therapy documentation considering medical terminology and medical abbreviations, pathological conditions, short and long term goals and psycho-social factors as they relate to the contemporary practice of physical therapy.

2.0 Implement research reviews.
2.1. Identify components of experimental design and the scientific method.
2.2. Given a research article, describe professional literature considering experimental design, analysis of results and applicability to clinical practice.
2.3. Interpret professional literature considering experimental design, analysis of results and applicability to clinical practice.
2.4. Analyze professional literature considering experimental design, analysis of results and applicability to clinical practice.

3.0 Perform extremity range of motion activities including passive and active techniques.
3.1. Identify the principles of therapeutic range of motion activities.
3.2. Differentiate the various modes of range of motion, passive and active.
3.3. Describe the rationale for the selection of range of motion techniques.
3.4. Identify proper technique of range of motion activities.
3.5. Document range of motion activities.
4.0 Perform vital signs monitoring.
4.1 Define vital signs including pulse, blood pressure and respiratory rate.
4.2 List signs and symptoms of abnormal vital signs.
4.3 State precautions to be taken when measuring vital signs.
4.4 Differentiate signs and symptoms of abnormal vital signs given patient scenarios.
4.5 Explain precautions to be taken when measuring vital signs.
4.6 Measure vital signs including pulse, blood pressure and respiratory rate utilizing proper technique and considering precautions.
4.7 Observe and measure changes in vital signs in response to changes in position and level of activity (tilt table, running, etc.).
4.8 Associate abnormal vital signs with common pathologies (discussed in PTA 20) encountered in physical therapy.
4.9 Differentiate normal and abnormal vital signs considering pathological conditions.

5.0 Demonstrate understanding of human posture and body mechanics.
5.1 State the definition of posture and the anatomical/standing position by interpreting body alignment using plumb lines and other basic postural assessment tools.
5.2 Explain the importance of body mechanics as it relates to patient safety, injury prevention and transfer activities.
5.3 Discuss body mechanics and moving and lifting techniques.
5.4 Describe observed posture and anatomical positions using each other as models.
5.5 Perform moving and lifting techniques using proper body mechanics.
5.6 Associate posture and body mechanics with muscular-skeletal structure and function.
5.7 Examine human movement considering principles of body mechanics.

6.0 Use proper body mechanics during transfer activities.
6.1 Identify basic guarding techniques.
6.2 Define concepts of levels of assistance.
6.3 State and describe positioning and draping techniques.
6.4 Identify positioning and draping precautions as it relates to different pathological conditions.
6.5 State bed mobility and transfer techniques.
6.6 Identify how to organize patient transfers to promote a safe environment.
6.7 Identify and explain mechanical transfer equipment.
6.8 Explain body mechanics and moving and lifting techniques as they relate to patient bed mobility, transfers, ambulation and wheelchair activities.
6.9 Discuss basic guarding techniques for transferring patients as they relate to proper body mechanics.
6.10 Interpret levels of assistance as they relate to bed mobility, transfers and activities.
6.11 Explain positioning and draping techniques.
6.12 Describe bed mobility and transfer techniques.
6.13 Discuss how to organize patient transfers to promote a safe environment.
6.14 Perform positioning and draping techniques safely considering pressure and pain relief.
6.15. Perform rolling and bed mobility techniques using sound principles of body mechanics.

6.16. Perform (on a lab partner) the following transfers while utilizing sound body mechanics and proper guarding techniques: supine to sit, sit to supine, sit to stand, and stand to sit using a variety of techniques i.e., stand pivot, and one, two, and three person lifts.

6.17. Teach a lab partner the following transfers while utilizing sound body mechanics and proper guarding techniques: supine to sit, sit to supine, sit to stand, and stand to sit using a variety of techniques i.e., stand pivot, and one, two, and three person lifts.

6.18. Implement concepts of levels of assistance while performing transfers.

6.19. Teach peers to perform transfers to promote a safe environment.

6.20. Delineate patient goals for bed mobility, and transfers and their relationship to different pathologies.

6.21. Perform activity of daily living interventions as they relate to transfers (commode, car, etc.).

7.0 Demonstrate transfers and bed mobility and adaptations to architectural barriers.
7.1. Describe architectural barriers as they relate to activities in daily living.
7.2. Assess and modify architectural barriers.
7.3. Detect architectural barriers.
7.4. Determine the appropriate bed mobility, and transfer given patient pathologies and architectural barriers.
7.5. Administer standardized questionnaires regarding functional status and architectural barriers.

8.0 Demonstrate understanding of human gait.
8.1. Define the characteristics of human gait.
8.2. Explain the significance of normal gait and typical gait patterns.
8.3. Identify normal gait via video presentations.

9.0 Given patient scenarios, implement comprehensive physical therapy treatment.
9.1. Perform therapeutic techniques demonstrating an understanding of the role of the physical therapist assistant in rehabilitation.
9.2. Perform therapeutic techniques appropriately employing universal precautions.
9.3. Perform therapeutic techniques demonstrating an understanding of organizational structure, levels of authority, and fiscal considerations in the health care delivery system.
9.4. Implement sound rationale when performing vital signs and body mechanics and selecting appropriate transfer and bed mobility activities considering specific characteristics of pathological conditions.
9.5. Identify patient progress as it relates to the achievement of short term goals.
9.6. Teach the uses, applications and responses of vital signs, bed mobility and transfer activities, therapeutic exercise and concepts effectively to patient, family and other healthcare workers with emphasis on safety and rationale as directed by the physical therapist.
9.7. Demonstrate the adjunctive nature of vital signs monitoring, body mechanics, bed mobility/draping and transfers by integrating their use in complete treatment applications.
9.8. Implement therapeutic interventions within the plan of treatment considering knowledge of assessment and measurement, pathology, kinesiology, anatomy, vital signs, and functional activity.
9.9 Implement therapeutic interventions within the plan of treatment demonstrating consideration of
time management, therapeutic sequence and procedure selection issues.
9.10 Implement physical therapy treatments for a variety of patient type including: orthopedic,
neurological and general deconditioned patients in a variety of settings.
9.11 Demonstrate appropriate documentation of physical therapy treatments considering patient
response, precautions, treatment parameters, long/short term goals, and effectiveness.
9.12 Perform physical therapy treatments considering influencing factors (psychosocial, cultural,
economic, patient satisfaction, legal/ethical, etc.).
9.13 Describe discharge planning and alternative levels of care decisions.
9.14 Recognize patient response(s) that require the attention of the supervising physical therapist or
immediate intervention such as basic first aid or cardiopulmonary resuscitation.
9.15 Communicate to supervising physical therapist the patient response to vital signs monitoring, bed
mobility/draping and transfer activities.
9.16 Deduce the effectiveness of bed mobility and transfer techniques considering pathological
conditions, attainment of short term goals and the patient’s overall response.
9.17 Assess patient response to treatment and appropriately alter bed mobility and
transfer techniques within the plan of care.
9.18 Verify the effectiveness of his/her teaching behavior by analyzing performance.
9.19 Delineate the beneficial and untoward effects of vital sign monitoring, use of proper body
mechanics, bed mobility and transfer techniques.
9.20 Analyze the relationship of vital signs, body mechanics, documentation, bed
mobility/draping and transfer techniques with principles of kinesiology and pathology as they
relate to the achievement of rehabilitation goals.

10.0 Demonstrate appropriate professional behavior.
10.1 Attend and be on time for class, lab, and scheduled appointments.
10.2 Be prepared for lab activities; attend to tasks assigned.
10.3 Accept constructive criticism and respond and/or follow through appropriately.
10.4 Express self in a clear and easily understood manner.
10.5 Maintain appropriate personal hygiene.
10.6 Treat others with positive regard, dignity and respect.
10.7 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.
10.8 Explain the importance of life long learning.
10.9 Describe how professional development can occur.