

# PTA 003: THERAPEUTIC PROCEDURES I

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**Originator**

bkfitzpatrick

**Co-Contributor(s)****Name(s)**

Wilson, Matthew

**Justification / Rationale**

Modifications were necessary to the course description and course content to align with CAPTE standards

**Effective Term**

Fall 2022

**Credit Status**

Credit - Degree Applicable

**Subject**

PTA - Physical Therapist Assistant

**Course Number**

003

**Full Course Title**

Therapeutic Procedures I

**Short Title**

THERA PROCED I

**Discipline****Disciplines List**

Physical Therapy Assisting

**Modality**

Face-to-Face

**Catalog Description**

This course provides hand-on instruction of the principles and procedures of physical therapy interventions most commonly utilized in the inpatient setting, such as bed mobility, transfers, and gait training. Upon completion, the student will be able to demonstrate safe and effective delivery of taught procedures and provide an explanation of the rationale for each treatment. Limitation on enrollment: Admission to the Physical Therapist Assistant (PTA) Program

**Schedule Description**

Introduces principles and procedures for physical therapy interventions commonly utilized in the inpatient setting.

Advisory: ENG 061

Limitation on enrollment: Admission to the Physical Therapist Assistant (PTA) Program

**Lecture Units**

2

**Lecture Semester Hours**

36

**Lab Units**

1

**Lab Semester Hours**

54

**In-class Hours**

90

**Out-of-class Hours**

72

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

Advisory: ENG 061

**Limitation on Enrollment**

Admission to the Physical Therapist Assistant (PTA) Program

**Class Size Maximum**

25

**Entrance Skills**

Identify and employ prewriting activities.

**Requisite Course Objectives**

ENG 061-Use theses to organize paragraphs into coherent analyses.

**Entrance Skills**

Comprehend and summarize readings.

**Requisite Course Objectives**

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Entrance Skills**

Generate, develop, and organize ideas in writing.

**Requisite Course Objectives**

ENG 061-Recognize features of style such as purpose, audience and tone integrate these elements into academic and professional writing.

**Course Content**

1. Bed mobility
2. Transfers
  - a. Lift equipment
3. Gait training
  - a. Assistive devices
    - i. SPC
    - ii. WBQC
    - iii. Hemiwalker
    - iv. Axillary crutches
    - v. Lofstrand crutches
    - vi. 4WW
    - vii. FWW
    - viii. Cardiac walker
    - ix. Bariatric
4. Balance
5. Therapeutic exercise

- a. Draping
- 6. Contraindications to PT
  - a. Vitals
  - b. Labs
  - c. Activity orders
- 7. Precautions
  - a. Weight bearing
  - b. Spinal
  - c. Sternal
  - d. Pacemaker
  - e. Isolation
    - i. COVID
- 8. Lines and Tubes
- 9. Post op protocol

### Lab Content

- 1. Bed mobility
- 2. Transfers
  - a. Lift equipment
- 3. Gait training
  - a. Assistive devices
    - i. SPC
    - ii. WBQC
    - iii. Hemiwalker
    - iv. Axillary crutches
    - v. Lofstrand crutches
    - vi. 4WW
    - vii. FWW
    - viii. Cardiac walker
    - ix. Bariatric
- 4. Balance
- 5. Therapeutic exercise
  - a. Draping
- 6. Precautions
  - a. Weight bearing
  - b. Spinal
  - c. Sternal
  - d. Pacemaker
  - e. Isolation
    - i. Don/doff
- 7. Lines and Tubes
- 8. Post op protocol

### Course Objectives

	<b>Objectives</b>
Objective 1	Explain and demonstrate proper utilization of devices and equipment such as assistive/adaptive devices and prosthetics and orthotics following evidence based practice while educating patients and caregivers.
Objective 2	Illustrate proper patient education on body mechanics and technique when performing functional training in self-care and in domestic, education, work, community, social and civic life while performing in a competent and ethical manner.
Objective 3	Demonstrate effective communication with patient/client caregiver and family to obtain current level of function, health and performing patient education while respecting differences, values, preferences and expressed needs with patient conditions commonly seen in the inpatient setting.
Objective 4	Explain and demonstrate best practice as laid out in the POC for motor function training, therapeutic exercise utilized in the inpatient setting and communicate changes with Physical Therapist and Healthcare team as it pertains to short-term goals, long-term goals, and outcomes.

- Objective 5 Demonstrate effective utilization of measurements of vital signs and responses to positional changes and activities and interpret results to identify when an intervention should not be performed and report changes to physical therapist.
- Objective 6 Demonstrate and describe how to perform measurements for height, weight, length and girth and be able to detect changes in patient's state of arousal, mentation and cognition and evaluate integumentary integrity: detect absent and altered sensation, normal and abnormal integumentary changes, activities, positions and postures that aggravate or relieve pain or altered sensations, or that can produce associated skin trauma and recognize viable versus nonviable tissue as commonly seen in the inpatient setting.
- Objective 7 Interpret finding of muscle performance with manual muscle testing, muscle tone and presence of muscle mass to help determine safety, status, and progression of patients while engaging in gait, locomotion, balance, wheelchair management and mobility.
- Objective 8 Demonstrate and explain use of standardized questionnaires, graphs, behavior scales or visual analog scale for pain and recognize activities, positioning, and postures that aggravate or relieve pain or altered sensations while determining normal and abnormal alignment of trunk and extremities at rest and during activities.
- Objective 9 Participate in the provision of patient-centered interprofessional collaborative care as it relates to the discontinuation of care planning and follow-up processes as directed by the supervising physical therapist for patients in the inpatient setting.
- Objective 10 Demonstrate proficiency in implementing interventions such as airway clearance techniques, breathing exercises, coughing techniques, and secretion mobilization and in administering appropriate tests and measures of ventilation, respiration, and circulation.
- Objective 11 Demonstrate proficiency in implementing selected interventions in wound management including: isolation techniques, sterile techniques, application and removal of dressing or agents, and identification of precautions for dressing removal.

### Student Learning Outcomes

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

- Outcome 1 Understand the indications for the utilization of various assistive devices.
- Outcome 2 Identify precautions commonly encountered in the inpatient setting and analyze how these precautions effect safe, functional mobility.
- Outcome 3 Demonstrate safe and effective techniques for bed mobility, transfers, and gait training utilizing proper body mechanics.

### Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Instructor demonstrations on relevant topics including instructor-led patient protocol practice. Mock consultations conducted between students.
Discussion	Small and large group discussions around learning unit materials and lectures.
Laboratory	Hands-on practice using lab manual. Labs include treatment protocols for physical therapy patients.
Lecture	Interspersed into course material with modules on a variety of therapy treatment protocols.

### Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Mid-term and final evaluations	Mid-term and final exams used to check for learning (100 questions total). Six quizzes given to prepare for mid-term and final (15 questions each).	In Class Only
College level or pre-collegiate essays	Case study write-ups on reading assignments (a minimum of three).	In and Out of Class
Presentations/student demonstration observations	Demonstration of safe and effective mobilization of patients including bed mobility, transfers, and gait	In Class Only

### Assignments

**Grade Methods**

Letter Grade Only

**MIS Course Data****CIP Code**

51.0806 - Physical Therapy Technician/Assistant.

**TOP Code**

122200 - Physical Therapist Assistant

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Not transferable

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Files Uploaded**

**Attach relevant documents (example: Advisory Committee or Department Minutes)**

2017 - Meeting Notes - 05-16-17.pdf

LMI\_Physical Therapy\_Dec2017.pdf

PTA 003 CO Approval Letter.pdf

## Approvals

**Curriculum Committee Approval Date**

03/17/2022

**Academic Senate Approval Date**

03/24/2022

**Board of Trustees Approval Date**

04/22/2022

**Chancellor's Office Approval Date**

05/06/2022

**Course Control Number**

CCC000631402