Introduction to Physical and Occupational Therapy Aide I: 8365

Pacing Guide for Tasks/Competencies

****Tasks/Competencies are subject to date and material changes as needed****
Tasks/Competencies

Sept 7-10
• Introduction and ice breaker activities
• Procedures of Classroom, Student Handbook, Virtual learning, Syllabus, Competencies
• Employability Skills
• Overview of the Rehabilitation Field: types of clients, healthcare team, therapeutic settings

Sept 13-17
• Exploring Careers in the Rehabilitation Field:
  • Differences between Physical Therapist (PT), Physical Therapist Assistant (PTA), Physical Therapist Aide (CPTA),
  • Occupational Therapist (OT), Occupational Therapist Assistant (OTA or COTA)
  • Licensure and credentialing in PT and OT
• Gaining Overview of Physical and Occupational Therapy:
  • Chapter 1 in both: Introduction to Physical Therapy and Physical Therapy Aide Textbooks, Quizlet

Sept 20-24
• Understanding Ethical and Legal issues related to Physical and Occupational Therapy Professions
  • Chapter 3: PT aide textbook,
  • Chapter 5: Laws, Regulations and Policies Intro to PT textbook
  • Quizlet

Sept 27-Oct 1
• Using Effective Communication in the Rehabilitative Dept.
  • Documentation, Medical Terminology
  • Chapter 7: Intro to PT book
  • Chapter 4: PT Aide Textbook
  • Quizlet
  • PPT
Tasks/Competencies

- Maintain a Safe Patient Environment
- Understanding the Use of Orthotics and Other Supportive Devices
- Understanding the Application for Therapeutic Modalities
  - Chapter 8: Intro to PT book

- Understanding Applied Anatomy
- Understanding Disease Processes Treated by Rehabilitation Specialists
  - Applied Educational Systems Software
  - Chapter 9, 10, in Intro to PT book
  - Visible Body Courseware

- Lifting and Transferring Patients
  - Chapter 10, 11, 13 PT aide textbook
  - Chapter 8: Principles and Techniques of Patient Care
  - MedBridge Patient Education Home Exercise Program
  - Flipgrid

- Demonstrating Therapeutic Activities
  - Chapter 8, Intro to PT textbook
  - MedBridge Patient Education, Flipgrid, Quizlet
  - Chapter 6: Basic Exercise, Passive and Active ROM: Principles & Techniques of Pt Care
Tasks/Competencies

Nov 15-23

• **Determining Physical and Physiological Status**
  • Vital signs: BP, Pulse, Respiration, O2 Saturation
  • Assessing body composition
  • Assessments used by rehab professionals
  • **AES Modules, Practical labs when appropriate**

Nov 29-Dec 17

• **Understanding Assistive Technology for Mobility**
• **Understanding Techniques and Assistive Technology Used in Occupational Therapy**
  • MedBridge HEP, Quizlet
  • Chapter 9: Principles and Techniques of Pt Care
  • Chapter 14 PT aide textbook
  • Practical labs when appropriate
  • Carissa Worm OTR guest speaker
Introduction to Physical and Occupational Therapy Aide II: 8366

Pacing Guide for Tasks/Competencies

****Tasks/Competencies are subject to date and material changes as needed****
• Basic Anatomy Concepts
  • Skeletal System
  • Anatomical positions
  • Joints of the body
  • Muscle Morphology
  • Functional Role of Muscle
  • Origins, insertions, actions muscles
  • Visible Body Educational Courseware, Quizlet, Kahoot

• Identifying Anatomy of the Lower Extremity (LE)
  • Origins, insertions, actions, innervations, functions of LE musculature
  • Structure and Function of LE musculature and Lumbosacral Plexus
  • Arterial Supply to the LE
  • Visible Body Educational Courseware

• Identifying Anatomy of the Upper Extremity (UE)
  • Origins, insertions, actions, innervations, functions of UE musculature
  • Structure and Function of UE musculature and Brachial Plexus
  • Arterial Supply to UE
  • Visible Body Courseware

• Identifying Anatomy of the Head, Neck & Trunk
  • Origins, insertions, actions, innervations, functions of head, neck and trunk musculature
  • Identify the normal curves of the vertebral column from the lateral view.
  • Structure and function of an intervertebral disc.
  • Anatomical features of the cervical, thoracic, and lumbar vertebrae that enable identification of these vertebrae.
  • Function of the abdominals in inspiration and expiration.
  • Four major muscles of mastication.
  • Aging and injury on the structure and function of the vertebral column.
  • Musculoskeletal structures of the head, neck, and trunk.
  • Aging and injury on the structure and function of the upper UE’s & LE’s.
  • Visible Body Courseware
• **Preparing for Careers in the Rehabilitation Field**
  • *PowerPoint lectures*

• **Describing the Opioid Crisis**
  • Describe the history and current state of the opioid crisis in the United States and Virginia.
  • Define the pharmacological components and common uses of opioids.
  • *PowerPoint lectures*
  • *Revive Training*

• **Examining the Key Factors of Drug Addiction**
  • Examine the science of addiction.
  • Explain prevention and early intervention strategies.
  • Identify addiction and its behavioral elements, as defined by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).
  • Describe the treatment models of addiction therapy.
  • Describe the medication management antidote used to prevent fatal opioid overdoses.

• **Understanding Pain Management Protocols**
  • Explain the science of physiological and mental pain.
  • Describe the diagnostic tools used in developing pain management plans.
  • Describe pain treatment options available to various populations of patients.
  • Describe the effects of opioid dependency on the human body systems.
  • Explain the mechanism and physical effects of opioids on the human body.
  • Explain the use of opioids in practice settings, the role of opioids in pain management, and risk factors associated with the use of the medication.
  • Describe the withdrawal and tapering side effects of opioid use.
  • Describe storage and disposal options for opioids.
  • Explain community resources for education about opioid use.
• **Working with Patients and Caregivers**
  • Describe key communication topics involving opioids for patients.
  • Describe communication topics for caregivers and family members.

• **Spring Break!!!**
Tasks/Competencies

• Comprehensive Review for National Physical Therapy Aide Certification Exam
• Comprehensive Review for Lab Practical Exams: Modalities, Gait Training, Transfer Training, Range of Motion, Therapeutic Exercise

• Tentative dates for National Physical Therapy Aide Exam

• Tentative dates for Lab Practical Exams

• Research for projects topics for Physical or Occupational Therapy
• Lab Practical Exams
Tasks/Competencies

- Finish Lab Practical Exams
- Students Presentations of Physical or Occupational Research Projects

- Student Presentations of Physical or Occupational Research Projects Continue

Topics/Competencies that need to be revisited

- Possible date for Completers Ceremony!