

# INTRODUCTION TO PHYSICAL AND OCCUPATIONAL THERAPY

COURSE #8365/8366

2022-2023

**Instructor Name:** Jennifer L. Bolam, COTA/L

**Contact Information:**

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**Office Location:** B 17

**Office Hours:** Monday-Friday 7:15-7:30 am, 10:30-11:00 am, 2:35-3:00 pm

**Methods of Instruction:** Methods of instruction in this course will be through direct instruction, hands-on activities, classroom discussion, case studies, and projects.

**Course Description:** This course is designed to provide an introduction to the professions of Physical Therapy(PT) and Occupational Therapy(OT). All Introduction to PT/OT students will be required to become American Heart Association Healthcare Provider CPR certified and a participating member of a Student Association(HOSA). Students will explore the principles, procedures and practices of Physical Therapists and Occupational Therapists in the healthcare field. Clinical skills in the areas of PT and OT enable students to gain an understanding of rehabilitative care, which is practiced throughout the continuum of care and across the lifespan of individuals. Students will learn anatomy, examination techniques, therapeutic exercises, use of different assistive devices to help with ambulation, and safe transfer techniques when lifting or moving a patient along with other topics that will be listed on the student competencies. There will be guest speakers coming to New Horizons to talk about their field of specialty and visits to healthcare settings for clinical observation under the direct supervision of a licensed PT or OT. In addition to learning skills for PT/OT, students will develop leadership, interpersonal, and career skills. After successful completion of this course students will sit for the Certification Exam of Physical Therapy Aide, the student may then choose to pursue employment as a Physical Therapy Aide. The student may also choose to seek higher education for specific degrees/licensure for Physical Therapy, Occupational Therapy, Physical Therapist Assistant, Occupational Therapist Assistant.

**Course Textbook(s):**

**Introduction to Physical Therapy 5th Ed**, Michael Pagliarulo, 2016

ISBN: 978-0-323-32835-7

**Introduction to Occupational Therapy 5th Ed**, Jane Clifford O'Brien, 2018

ISBN: 978-0-323-44448-4

**Physical Therapy Aide: A Worktext 3rd Ed**, Roberta C. Weiss, 2009

ISBN: 13:978-1-4180-1317-2

**The Anatomy Coloring Book 4th Ed**, Wynn Kapit/Lawrence Elson, 2014

ISBN: 978-0-321-83201-6

**Course Objectives:** To become a Certified Physical Therapy Aide by following the tasks and competencies established by the Virginia Department of Education (VDOE) and taking the Certified Physical Therapy Aide Exam through American Allied Health.

**Chronology of Course:**

Week 1: Welcome/Introduction and Overview of the Rehabilitation Field

Week 2: Exploring Careers in the Rehabilitation Field/Gaining an Overview of PT/OT

Week 3: Maintaining a Safe Patient Environment

Week 4: Understanding Legal and Ethical Issues Related to PT/OT Professionals

Week 5: Using Effective Communication in the Rehab Environment

Week 6: Understanding the Use of Orthotics and Other Supportive Devices/Understanding the Application of Therapeutic Modalities

Weeks 7-8: Understanding Applied Anatomy/Understanding Disease Process Treated by Rehabilitation Specialists

Weeks 9-10: Lifting and Transferring Patients

Weeks 11-12: Demonstrating Therapeutic Activities

Weeks 13-14: Determining Physical and Physiological Status

Weeks 15-16: Understanding Assistive Technology for Mobility/Understanding Techniques and Assistive Technology Used in Occupational Therapy

Weeks 17-18: Winter Break

Week 19: Basic Anatomy and Concepts

Weeks 20-21: Identifying Anatomy of the Lower Extremity

Weeks 22-23: Identifying Anatomy of the Upper Extremity

Weeks 24-26: Identifying Anatomy of the Head, Neck, and Trunk

Week 27: Preparing for Careers in the Rehabilitation Field

Week 28: Describing the Opioid Crisis

Week 29: Examining the Key Factors of Drug Addiction

Week 30: Understanding Pain Management Protocols

Week 31: Working with Patients and Caregivers

Week 32: Spring Break

Weeks 33-35 : Review for CPTA exam and review for Lab Practical Exam

Week 36-37: Tentative CPTA exam and Lab Practical Exam/Dates

Week 38-39: Research Projects/Lab Practical/Student Presentations

Week 40-41: Student Presentations/Final Topics Review

Week 41: Completers Ceremony

**Course Requirements:** Recommended Algebra I and Biology

**Supplies:**

1. Black pens, Pencils, Colored Pencils
2. 2" 3-ring binder
3. Loose leaf notebook paper
4. 13 Tab Dividers (Labeled as follows):
  - a. Overview of Rehab
  - b. Ethics/Legal
  - c. Communication
  - d. Safe Environment
  - e. Applied Anatomy/Disease Processes
  - f. Lifting/Transferring
  - g. Therapeutic Activities
  - h. Physical Status
  - i. Mobility/AT
  - j. Anatomy
  - k. Careers
  - l. Opioids
  - m. Review
5. Watch with second hand or watch with stopwatch feature
6. Index cards

**Uniform** - Students must purchase a navy blue polo shirt and Khaki pants. The shirt is included in their class fees. Khaki's are to be purchased on your own. Shoes must have a closed toe and back with a good rubber sole to prevent slipping. Uniforms **MUST** be worn on designated class days as well as on field trips.

**Grading/Evaluation Procedures:**

- **Student and Clinical Competencies - 33%**
  - The actual performance of the skills
- **Employability - 34%**
  - Work related behaviors
  - Graded Weekly
- **Related Instruction - 33%**
  - All work except competencies test
  - Included are practice competencies, theory, book work, quizzes, exercises, worksheets, projects

**Grading Scale:**

A: 90-100

B: 80-89

C: 70-79

D: 60-69

F: 59 & below

A grade of **60 or above** is required to successfully complete the course and receive a certificate.

**Evaluation methods:** Students will be evaluated through class participation, tests/quizzes, projects, meeting competencies through lab practicals, homework.

- Homework is given to prepare you to discuss and understand and clarify the subject matter being presented. It is an important part of the learning process

**Late work/Make-up work policy:**

1. All assignments are due on the date scheduled
2. Late work will receive a 2 point deduction each day it is late from the due date. If an assignment is more than 5 school days late, you will receive a "0" for that assignment.
3. If a student is absent on an assigned presentation date, the student will present at the next attending class. If the student does not present at the next attended class, you will be given a "0" for that assignment.
4. Students will be given a daily grade for coming prepared to class (binder, textbooks, black pens, colored pencils), presenting with professional behavior both in class and on field trips, wearing uniform on selected days.

### **Attendance Policy:**

Students will be expected to accept their responsibility for successful completion of course objectives and to demonstrate a sincere interest in professional development through attendance at every scheduled class and lab.

If a student is unable to attend class due to illness, death in the family, etc. that student will be responsible for notifying the instructor prior to the class or lab from which the student will be absent.

Any student absent from class is responsible for:

1. Obtaining all handouts and assignments
2. Acquiring material discussed in the missed class by contacting a classmate before class to assist with notes taken, etc.
3. Test must be scheduled to be made up by the student within 5 day makeup period
4. Understanding that pop quizzes and field trips cannot be made up

**Student Organizations:** HOSA (hosa.org) - Future Health Professionals

### **Credentialing/Licensing:**

- Certified Physical Therapy Aide (CPTA) through American Allied Health
- Basic Cardiac Life Support for Healthcare Providers

### **Class Fees:**

- Student Organization Fee - \$17
- CPR/BLS - \$50
- Program Shirt - \$20
- Anatomy Resource - \$20
- Total Cost - \$107
  - Class fees are due by September 30, 2022 or according to payment plan

### **Clinical or Practical Experiences:**

- Students are required to participate in numerous health related scenarios and “hands-on” activities. Students **WILL** be role playing and are required to act as both the professional and the patient.
- Laboratory Safety - All students enrolled in New Horizons CTE Introduction to Physical and Occupational Therapy Program will, as part of his/her classroom, laboratory, and/or clinical experiences be involved in activities which require safe work habits. An Administrator Referral will be submitted for students whose unsafe behavior repeatedly puts him/herself and others in danger.
- Class participation is a very important element of the learning experience. I expect all students to be actively engaged with this class. I expect each student to contribute to

class discussions and class exercises. Class participation is factored into your employability scores

### **Cell Phone and Electronic devices Policy:**

Students are not permitted to utilize cellular phones in the classroom during instructional hours. The use of electronic devices for instructional purposes during class time is permitted when authorized by the classroom teacher. Any portable communication device brought on school grounds must:

- be secured and not visible inside the building unless the student(s) is participating in a BYOD (bring your own device) session as part of a classroom instructional program.
- be accompanied by Bring Your Own Device form, signed by student, and parent.
- not interfere with the instructional program or activity.

Under no circumstances may students use any device to photograph, video record, or audio record any student, employee, or member of the public on school grounds unless they have permission from both the person(s) being photographed or recorded and a school official

Consequences for policy violations are as follows:

- *First Offense:* The student will receive a verbal warning from the instructor.
- *Second Offense:* The student's cell phone/communication device will be confiscated by school personnel and will be returned at the end of the session.
- *Third Offense:* The student will be referred to an administrator. The student will receive a written warning specifying consequences for further cell phone violations. This warning must be signed by a parent and returned to the administrator by the student.
- *Any further offenses:* A conference will be scheduled with the student and parent. During the conference, the parent and student will be informed that the student may have lost his/her privilege to bring a cell phone to school for the remainder of the year.

Students refusing to relinquish their cell phone/communication device to school personnel upon request will receive a minimum of 3 days of out of school suspension from New Horizons and the student's homeschool for insubordination.

- Students **MUST** follow all policies and rules as stated in the Student Rights and Responsibilities Handbook
- Students **MUST** have ready access to a computer or other internet capable device on a regular basis. Our textbooks have multiple online resources plus your student will have online based assignments. This may require students to use the public or home school computers. Not having access is not an excuse.