



Western Technical College

# 10524139 Physical Therapist Assistant Patient Interventions

## Course Outcome Summary

### Course Information

<b>Description</b>	An introduction to basic skills and physical therapy interventions performed by the physical therapist assistant.
<b>Career Cluster</b>	Health Science
<b>Instructional Level</b>	Associate Degree Courses
<b>Total Credits</b>	4
<b>Total Hours</b>	126

### Textbooks

*Biophysical Agents: Theory and Practice*. 4th Edition. Copyright 2021. Behrens, Barbara J. Publisher: F. A. Davis Co. **ISBN-13:** 978-0-8036-7667-1. Required.

### Learner Supplies

2-year Physical Therapist Assistant Access Code by PhysioU. **Vendor:** Campus Shop. Required.

### Success Abilities

1. Cultivate Passion: Enhance Personal Connections
2. Cultivate Passion: Increase Self-Awareness
3. Refine Professionalism: Participate Collaboratively
4. Refine Professionalism: Practice Effective Communication

### Program Outcomes

1. Function under the supervision of a physical therapist in a safe, legal, professional, and ethical manner to ensure the safety of patients, self, and others throughout the clinical interaction
2. Demonstrate clear and collaborative communication with patients, families, and health care team
3. Exhibit behaviors and conduct that reflect respect and sensitivity according to physical therapy practice standards
4. Produce documentation to support the delivery of physical therapy services
5. Demonstrate critical thinking skills to implement and modify treatment within a plan of care under the direction and supervision of a physical therapist
6. Perform data collection essential for carrying out the plan of care under the direction and supervision of the physical therapist
7. Perform technically competent, evidence-based physical therapy interventions under the direction and supervision of the physical therapist
8. Educate patients, families, and other health providers

## Course Competencies

### 1. Apply assistive devices to meet patient needs

#### Assessment Strategies

- 1.1. by answering questions in one or more exams
- 1.2. through a skill demonstration
- 1.3. through a case study or scenario

#### Criteria

*Your performance will be successful when:*

- 1.1. you fit assistive device
- 1.2. you select appropriate assistive device
- 1.3. you perform all critical steps in the right order
- 1.4. you position yourself correctly
- 1.5. you follow safety procedures
- 1.6. you measure the device in static and dynamic positions
- 1.7. you demonstrate correct guarding technique
- 1.8. your explanation presents sound reasoning as you describe the decisions you make throughout the process

#### Learning Objectives

- 1.a. Identify purpose and function of varying assistive devices as they pertain to patient abilities and diagnoses.
- 1.b. Fit assistive devices to various patients based in height and conditions.
- 1.c. Demonstrate safe and proper positioning of self and patient while fitting for an assistive device.

### 2. Demonstrate techniques to maintain asepsis

#### Assessment Strategies

- 2.1. through a skill demonstration
- 2.2. through a case study or scenario
- 2.3. by answering questions in one or more exams

#### Criteria

*Your performance will be successful when:*

- 2.1. you implement standard precautions
- 2.2. you evaluate potential causes and methods of transmitting infection
- 2.3. you demonstrate proper hand washing technique
- 2.4. you demonstrate proper procedure for use of PPE

#### Learning Objectives

- 2.a. Identify components of the chain of infection.
- 2.b. Identify common isolation precautions.
- 2.c. Demonstrate proper hand washing technique adhering to guidelines.
- 2.d. Identify proper timing for use of gloves.
- 2.e. Demonstrate proper donning, doffing and disposal of gloves.

### **3. Demonstrate positioning techniques**

#### **Assessment Strategies**

- 3.1. through a skill demonstration
- 3.2. through a case study or scenario
- 3.3. by answering questions in one or more exams

#### **Criteria**

*Your performance will be successful when:*

- 3.1. you perform positioning to achieve comfort and alignment and protect vulnerable areas
- 3.2. you recognize and modify positioning for different patient needs
- 3.3. you correctly position for administration of therapeutic interventions
- 3.4. your explanation presents sound reasoning as you describe the decisions you make throughout the process

#### **Learning Objectives**

- 3.a. Identify reasons for positioning.
- 3.b. Identify bony prominences susceptible to skin breakdown.
- 3.c. Position a patient for prevention of skin breakdown.
- 3.d. Identify common contracture sites.
- 3.e. Position a patient correctly for prevention of contractures.
- 3.f. Position a patient for comfort and for therapeutic interventions.
- 3.g. Drape patients appropriately.
- 3.h. Document patient position.

### **4. Demonstrate transfer techniques**

#### **Assessment Strategies**

- 4.1. through a skill demonstration
- 4.2. through a case study or scenario
- 4.3. by answering questions in one or more exams

#### **Criteria**

*Your performance will be successful when:*

- 4.1. you transfer following safety criteria
- 4.2. you demonstrate the proper sequence of steps for a transfer
- 4.3. you utilize correct body mechanics with transfer
- 4.4. you modify transfer as needed
- 4.5. your explanation presents sound reasoning as you describe the decisions you make throughout the process

#### **Learning Objectives**

- 4.a. Instruct a patient in the correct sequencing for a transfer.
- 4.b. Demonstrate correct sequencing and positioning of patient, self and the wheelchair including inspection and use of physical spaces.
- 4.c. Demonstrate safe and proper positioning of patient, self and the wheelchair during transfers for patients with varying assist levels.
- 4.d. Demonstrate safe transfers adhering to all safety guidelines.
- 4.e. Use corrective cues to correct any necessary components of the transfer.
- 4.f. Document the transfer activity.

### **5. Demonstrate bed mobility procedures**

#### **Assessment Strategies**

- 5.1. through a skill demonstration
- 5.2. through a case study or scenario
- 5.3. by answering questions in one or more exams

## Criteria

*Your performance will be successful when:*

- 5.1. you instruct patient in bed mobility techniques
- 5.2. you safely apply bed mobility techniques
- 5.3. your explanation presents sound reasoning as you describe the decisions you make throughout the process
- 5.4. you position yourself correctly

## Learning Objectives

- 5.a. Instruct a patient in correct sequencing for independent and assisted bed mobility skills.
- 5.b. Demonstrate correct sequencing and positioning of patient and self for safe, effective bed mobility skills.
- 5.c. Demonstrate safe and proper positioning of patient and self during bed mobility skills for patients with varying assist levels.
- 5.d. Demonstrate bed mobility skills adhering to all safety guidelines.
- 5.e. Use corrective cues to correct any necessary components of the bed mobility skill.
- 5.f. Document the bed mobility activity.

## 6. Demonstrate patient ambulation techniques

### Assessment Strategies

- 6.1. through a skill demonstration
- 6.2. through a case study or scenario
- 6.3. by answering questions in one or more exams

## Criteria

*Your performance will be successful when:*

- 6.1. you correctly demonstrate gait patterns
- 6.2. you instruct patient in gait pattern
- 6.3. you demonstrate safety throughout ambulation instruction
- 6.4. you modify and progress ambulation as needed
- 6.5. your explanation presents sound reasoning as you describe the decisions you make throughout the process

## Learning Objectives

- 6.a. Demonstrate patient instruction in varying ambulation patterns.
- 6.b. Demonstrate correct sequencing and positioning of patient and assistive devices during ambulation activities on flat surfaces and steps.
- 6.c. Demonstrate safe positioning of patient, self and assistive device during ambulation activities on flat surfaces and steps.
- 6.d. Use corrective cues to correct faulty ambulation patterns.
- 6.e. Identify guidelines for progression of ambulation activities.
- 6.f. Document the ambulation activity.

## 7. Instruct patient in wheelchair management skills

### Assessment Strategies

- 7.1. through a skill demonstration
- 7.2. through a case study or scenario
- 7.3. by answering questions in one or more exams

## Criteria

*Your performance will be successful when:*

- 7.1. you measure and fit a wheelchair
- 7.2. you instruct patient in management of wheelchair components
- 7.3. you instruct patient in safe wheelchair mobility
- 7.4. your explanation presents sound reasoning as you describe the decisions you make throughout the process

## Learning Objectives

- 7.a. Identify wheelchair components.
- 7.b. Manipulate wheelchair components.

- 7.c. Instruct in proper manipulation of wheelchair components.
- 7.d. Identify wheelchair fitting criteria.
- 7.e. Fit a patient for a wheelchair.
- 7.f. Identify safety considerations for wheelchair mobility.
- 7.g. Instruct in proper wheelchair propulsion.
- 7.h. Document wheelchair mobility activities.

## 8. Perform vital signs measurements

### Assessment Strategies

- 8.1. through a skill demonstration
- 8.2. through a case study or scenario
- 8.3. by answering questions in one or more exams

### Criteria

*Your performance will be successful when:*

- 8.1. you perform blood pressure, pulse, and respiration
- 8.2. you accurately record vital signs
- 8.3. you select correct equipment and supplies
- 8.4. your explanation presents sound reasoning as you describe the decisions you make throughout the process

### Learning Objectives

- 8.a. Demonstrate safe and proper positioning of patient, self and equipment for effective assessment of vitals.
- 8.b. Demonstrate safe and proper technique for assessing vitals.
- 8.c. Document the vitals correctly.
- 8.d. Identify norms for vitals.
- 8.e. Demonstrate palpation of various pulse sites on the body.
- 8.f. Teach self assessment of pulse to a patient.

## 9. Apply body mechanics principles

### Assessment Strategies

- 9.1. through a skill demonstration
- 9.2. through a case study or scenario
- 9.3. by answering questions in one or more exams

### Criteria

*Your performance will be successful when:*

- 9.1. you demonstrate techniques for proper body mechanics
- 9.2. you instruct in proper body mechanics
- 9.3. you apply proper body mechanics with all therapeutic activities

### Learning Objectives

- 9.a. Demonstrate proper body mechanics during lab activities.
- 9.b. Identify proper and improper body mechanics.
- 9.c. Modify your mechanics to suit a patient care scenario.
- 9.d. Teach proper body mechanics principles.

## 10. Apply superficial heating agents

### Assessment Strategies

- 10.1. through a skill demonstration
- 10.2. through a case study or scenario
- 10.3. by answering questions in one or more exams

### Criteria

*Your performance will be successful when:*

- 10.1. you demonstrate application of superficial heat
- 10.2. you adhere to safety precautions with superficial heat application
- 10.3. you select correct equipment

- 10.4. you perform all the critical steps in the right order
- 10.5. your explanation presents sound reasoning as you describe the decisions you make throughout the process
- 10.6. you assess integumentary integrity

#### **Learning Objectives**

- 10.a. Identify indications, contraindications, precautions and effects of the modality.
- 10.b. Demonstrate safe and proper positioning of patient, self and modality device during patient treatment.
- 10.c. Describe and demonstrate correct sequencing for application of the modality.
- 10.d. Adjust intervention within the established plan of care by the physical therapist.
- 10.e. Assess treatment effectiveness.
- 10.f. Document the parameters of the treatment correctly.
- 10.g. Recognizes when intervention should not be provided due to changes in the patient's status and reports this to the supervising physical therapist.

### **11. Apply cryotherapy interventions**

#### **Assessment Strategies**

- 11.1. through a skill demonstration
- 11.2. through a case study or scenario
- 11.3. by answering questions in one or more exams

#### **Criteria**

*Your performance will be successful when:*

- 11.1. you demonstrate appropriate cryotherapy modalities
- 11.2. you select correct equipment
- 11.3. you perform all the critical steps in the right order
- 11.4. your explanation presents sound reasoning as you describe the decisions you make throughout the process
- 11.5. you adhere to safety precautions with cryotherapy application
- 11.6. you assess integumentary integrity

#### **Learning Objectives**

- 11.a. Identify indications, contraindications, precautions and effects of the modality.
- 11.b. Demonstrate safe and proper positioning of patient, self and modality device during patient treatment.
- 11.c. Describe and demonstrate correct sequencing for application of the modality.
- 11.d. Adjust intervention within the established plan of care by the physical therapist.
- 11.e. Assess treatment effectiveness.
- 11.f. Document the parameters of the treatment correctly.
- 11.g. Recognizes when intervention should not be provided due to changes in the patient's status and reports this to the supervising physical therapist.

### **12. Apply soft tissue mobilization techniques**

#### **Assessment Strategies**

- 12.1. through a skill demonstration
- 12.2. through a case study or scenario
- 12.3. by answering questions in one or more exams

#### **Criteria**

*Your performance will be successful when:*

- 12.1. you demonstrate soft tissue mobilization techniques
- 12.2. you select correct equipment
- 12.3. you perform all the critical steps in the right order
- 12.4. your explanation presents sound reasoning as you describe the decisions you make throughout the process
- 12.5. you adhere to safety precautions when performing soft tissue mobilization techniques
- 12.6. you assess integumentary integrity

#### **Learning Objectives**

- 12.a. Identify indications, contraindications, precautions and effects of the modality.
- 12.b. Demonstrate effleurage, petrissage and friction massage.

- 12.c. Demonstrate safe and proper positioning of patient, self and modality device during patient treatment.
- 12.d. Describe and demonstrate correct sequencing for application of the modality.
- 12.e. Adjusts intervention within the established plan of care by the physical therapist.
- 12.f. Assess treatment effectiveness.
- 12.g. Document the parameters of the treatment correctly.
- 12.h. Recognizes when intervention should not be provided due to changes in the patient's status and reports this to the supervising physical therapist.

### **13. Establish therapeutic relationship**

#### **Assessment Strategies**

- 13.1. through a skill demonstration
- 13.2. by answering questions on one or more exams

#### **Criteria**

*Your performance will be successful when:*

- 13.1. you greet patient
- 13.2. you introduce yourself to the patient
- 13.3. you obtain informed consent to treat
- 13.4. you establish rapport with patient
- 13.5. you explain purpose and rationale for intervention
- 13.6. you ask patient for feedback throughout and after the treatment

#### **Learning Objectives**

- 13.a. Explore proper way to greet patients.
- 13.b. Introduce yourself correctly as a student PTA.
- 13.c. Explore the components of informed consent.
- 13.d. Explain the rationale and purpose of interventions.
- 13.e. Identify how feedback is used during intervention to maintain positive relationship.
- 13.f. Define patient rapport.