

JEFFERSON COLLEGE

COURSE SYLLABUS

PTA 110

Introduction to Physical Therapy

4 Credit Hours

Prepared by:

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PTA110 Introduction to Physical Therapy

I. CATALOGUE DESCRIPTION

- A. Prerequisites: Admission to the Physical Therapist Assistant Program and reading proficiency.
- B. Credit hour award: 4
- C. Description: This course presents foundational information to students beginning this course of study. Students will begin to understand the role, range of work, and professional behaviors required of a physical therapist assistant (PTA). Topics presented include, but are not limited to, the history of the profession, the scope of practice and relationship between the physical therapist (PT) and PTA, the role of the PTA as a part of the health care team, the relationship between the PTA and patient, the American Physical Therapy Association (APTA), the Missouri State PTA practice act, physical therapy documentation, medical and physical therapy terminology, and evidence-based practice. As the medical model begins to emphasize wellness, this course will also present life skills including stress management, fitness, nutrition, avoidance of health risks, and disease prevention strategies. (F)

II. EXPECTED LEARNING OUTCOMES AND ASSESSMENT MEASURES

(Numbers in parentheses refer to CAPTE performance expectations)

Expected Learning Outcomes	Assessment Measures
Define medical terms using common combining forms, prefixes, and suffixes.	Written Assignments Quizzes Summative Written Examinations
Identify function, structures, diseases, and interventions of the various body systems.	Written Assignments Quizzes Summative Written Examinations
Describe ways to maintain physical, mental, and psychological health and coping techniques to manage stress.	Summative Written Examinations Written Assignments
Explain how to best age successfully including how to avoid health risks and to prevent disease.	Summative Written Examinations Written Assignments
Demonstrate appropriate interactions with physical therapists, and other health care professionals in written, verbal, and nonverbal communication. (3.3.2.1.)	Class Discussion/Activity Written Assignments Summative Written Examinations
Recognize individual and cultural differences and respond appropriately in all aspects of physical therapy services. (3.3.2.2.)	Class Discussion/Activity Summative Written Examinations

Explain desired outcomes to the appropriate stakeholders to achieve goals based on the plan of care established by the physical therapist while under the direct supervision of a physical therapist. (3.3.2.13., 3.3.2.14.)	Classroom Activity/Discussion Summative Written Examinations
Produce thorough, accurate, logical, concise, timely, and legible documentation that follows guidelines and specific documentation formats required. (3.3.2.16.)	Written Assignments Summative Written Examinations
Perform health care literature database searches. (3.3.2.18.)	Class Discussion/Activity Summative Written Examinations Written Assignments
Instruct other members of the health care team using established techniques, programs, and instructional materials commensurate with the learning characteristics of the audience. (3.3.2.19)	Classroom Discussion/Activity Summative Written Assignments
Explain the role of the physical therapist assistant to others. (3.3.2.20.)	Written Assignments Classroom Discussion/Activity
Practice with other members of the health care team in patient-care and non- patient care activities. (3.3.2.21.)	Written Assignments Group Project
Demonstrate an awareness of social responsibility, citizenship, and advocacy, including participation in community and service organizations and activities. (3.3.2.26.)	Classroom Discussion/Activity Summative Written Assignments
Identify career development and lifelong learning opportunities. (3.3.2.27.)	Classroom Discussion/Activity Summative Written Assignments

III. OUTLINE OF TOPICS

A. The History of Physical Therapy and the Physical Therapist Assistant

1. The Beginnings of Physical Therapy
2. Development of the Physical Therapist Assistant
3. Current Utilization of the Physical Therapist Assistant
4. Define Health and Disability
 - a. International Classification of Function
 - b. Nagi Framework
5. Physical Therapy Clinical Settings
6. The Beginnings of the American Physical Therapy Association
7. The American Physical Therapy Association Today

8. Opportunities for Physical Therapist Assistant Involvement and Recognition in the American Physical Therapy Association Today
- B. The Preferred Physical Therapist/Physical Therapist Assistant Relationship
 1. Role Delineation and Education
 2. Recognizing Strengths and Tendencies
 3. Communication Styles and Strategies: Planning for Interaction
 4. Parameters for Communication With Others
 - C. Regulatory Requirements for Direction and Supervision of the Physical Therapist Assistant
 1. State Regulation: Practice Acts
 2. Variations in Physical Therapist Assistant Regulations
 3. American Physical Therapy Association Policies Regarding Direction and Supervision
 4. Third-Party Payer Regulation
 5. Supervision of Students
 6. Licensure Requirements for a Physical Therapist Assistant
 - D. Laws Impacting Physical Therapist Practice
 1. Differentiating Between Legal and Ethical Issues
 2. Health-Care Malpractice
 3. Legal Responsibility Within the Physical Therapist/Physical Therapist Assistant Team
 4. The State's Role in Handling Accusations of Practice Act Violations
 5. Risk Management Resources and Strategies
 - E. Ethics and Ethical Behavior in Physical Therapy
 1. Ethics Theory and Terminology
 2. Types of Ethical Problems
 3. Developing Ethical Behaviors
 4. Using an Ethical Decision-Making Model
 5. Ethical Violations
 - F. The Patient-Physical Therapist Assistant Relationship
 1. The Rights of the Patient
 2. Challenges for Patients in Asserting Their Rights
 3. Health Insurance Portability and Accountability Act (HIPAA)
 4. Americans with Disabilities Act (ADA)
 5. Patient Reactions to Illness and Injury
 6. Psychosocial Factors that Affect the Patient-Physical Therapist Assistant Relationship
 7. Advocacy and Accountability
 8. The Role of Communication in the Patient-Physical Therapist Assistant Relationship
 9. Communication: More than Talking
 10. Communication Method for Teaching and Learning
 11. Communication Method for Patient Education
 12. Strategies to Improve Communication in Times of Breakdown

13. The Impact of Culture on Communication
 14. The Impact of Spirituality on Communication
- G. Introduction to Documentation for the Physical Therapist Assistant
1. Documentation Standards and Principles
 2. The Foundation of Progress Notes: The Subjective Objective Assessment Plan Note
 3. Other Documentation Formats and Organizational Styles
 4. Roles of the Physical Therapist and Physical Therapist Assistant in Documentation
 5. Common Problems in Documentation
 6. Reimbursement Basics
- H. Medical and Physical Therapy Terminology
1. Suffixes and Combining Forms Made Easy
 2. Essential Prefixes and More
 3. Diagnostic Procedures and Therapeutic Interventions
 4. Common Physical Therapy Terms Related to Each Body System
- I. Evidence-Based Practice and Research Review Fundamentals
1. The Physical Therapist Assistant's Role in Evidence-Based Practice
 2. Developing the Questions
 3. Finding the Evidence
 4. Sharing the Evidence
- J. Leadership Development of Physical Therapist Assistants
1. Leadership Needs in Physical Therapy
 2. Developing Physical Therapist Assistant Leadership Skills
 3. The First Task: Passing the Licensure Examination
 4. Beyond Patient Care: Other Physical Therapist Assistant Roles in the Clinical Setting
 5. Academia and the Physical Therapist Assistant
 6. Lifelong Learning Opportunities
 7. Achieving and Demonstrating Advanced Skill Development Through American Physical Therapy Association
- K. A Lifetime of Health and Wellness
1. Physical
 2. Psychological
 3. Stress Management
 4. Fitness and Physical Activity Recommendations
 5. Nutrition
 6. Avoiding Health Risks
 7. Disease Prevention

IV. METHODS OF INSTRUCTION

- A. Lecture

- B. Textbook readings
- C. Supplemental handouts
- D. Active learning in the classroom setting
- E. Case studies

V. REQUIRED TEXTBOOKS

- A. Clynch, H. M. *The Role of the Physical Therapist Assistant: Regulations and Responsibilities* (current edition). Philadelphia, PA: F.A. Davis Company
- B. Erickson, M., & McKnight, B. *Documentation Basics: A Guide for the Physical Therapist Assistant* (current edition). Thorofare, NJ: SLACK Incorporated
- C. Chabner, D. *Medical Terminology: A Short Course* (current edition). Maryland Heights, MO: Saunders-Elsevier
- D. Hales, D. *An Invitation to Health* (current edition). Belmont, CA: Wadsworth Cengage Learning

VI. REQUIRED MATERIALS

- A. A computer with internet access and basic software to include Word and Power Point (available through Jefferson College labs)
- B. Course homepage available through Blackboard

VII. SUPPLEMENTAL REFERENCES

- A. Class handouts
- B. Library resources
 - 1. Supplemental Textbooks
 - a. Curtis, K., & DeCelle Newman, P. *The PTA Handbook* (current edition). Thorofare, NJ: SLACK Incorporated.
 - b. Dreeben-Irimia, O. *Introduction to Physical Therapy for Physical Therapist Assistants* (current edition). Sudbury, MA: Jones & Bartlett Learning.
 - 2. Databases including: “Nursing and Allied Health Collection”, “Sports Medicine and Physical Therapy Collection”, and “Medline”
 - 3. Periodicals
 - 4. Videos
- C. Internet Resources
 - 1. On-line references

2. Textbook companion website
3. American Physical Therapy Association (APTA) website

VIII. METHODS OF EVALUATION

- A. Summative Written Examinations: 40%
- B. Quizzes: 20%
- C. Written Assignments: 30%
- D. Professionalism/Participation/Classroom Discussion/Activity: 10%
- E. Grading Scale:
 - A=92-100%
 - B=84-91.9%
 - C=75-83.9%
 - D=65-74.9%
 - F=64.9% and below

IX. ADA AA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library: phone 636-797-3000, ext. 3169).

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook. (See College website <http://www.jeffco.edu>).

All Physical Therapist Assistant (PTA) students are also responsible for complying with PTA Program policies as stated in the PTA Student Handbook distributed at orientation.

XI. ATTENDANCE STATEMENT

Regular and punctual attendance is expected of all students. Any one of these four options may result in the student being removed from the class and an administrative withdrawal being processed: (1) Student fails to begin class; (2) Student ceases participation for at least two consecutive weeks; (3) Student misses 15 percent or more of the coursework; and/or (4) Student misses 15 percent or more of the course as defined by the instructor. Students earn their financial aid by regularly attending and actively participating in their coursework. If a student does not actively participate, he/she may have to return financial aid funds. Consult the College Catalog or a Student Financial Services representative for more details.

XII. OUTSIDE OF CLASS ACADEMICALLY RELATED ACTIVITIES

The U.S. Department of Education mandates that students be made aware of expectations regarding coursework to be completed outside the classroom. Students are expected to spend substantial time outside of class meetings engaging in academically related

activities such as reading, studying, and completing assignments. Specifically, time spent on academically related activities outside of class combined with time spent in class meetings is expected to be a minimum of 37.5 hours over the duration of the term for each credit hour.