

**JEFFERSON COLLEGE**

**COURSE SYLLABUS**

**PTA 120**  
**PTA Principles and Procedures I**

3 Credit Hours

Prepared by:  
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## PTA120 PTA Principles and Procedures I

### I. CATALOGUE DESCRIPTION

- A. Prerequisite: Introduction to Physical Therapy with a grade of “C” or better
- B. Credit hour award: 3
- C. Description: This combination lecture-lab course is the first in a series of four designed to provide students with the opportunity to learn and perform patient care skills. Students will study basic physical therapy theories and principles with a hands-on introduction to basic patient care skills and data collection techniques. By course completion, students will demonstrate safety and competency in performing the following: vital signs, anthropometrics, aseptic techniques and wound care, universal precautions, draping, positioning, body mechanics, massage, wheelchair management, transfer techniques, and gait and stair training with various assistive devices. Students will also be introduced to the patient chart and further their documentation skills. (S)

### II. EXPECTED LEARNING OUTCOMES/CORRESPONDING ASSESSMENT MEASURES

(Numbers in parentheses refer to CAPTE performance expectations)

<b>Expected Learning Outcomes</b>	<b>Assessment Measures</b>
Demonstrate appropriate interactions with patients, physical therapists, and other health care professionals in written, verbal, and nonverbal communication. (3.3.2.1.)	Practical Examinations Written Assignments Skills Checks Class Discussion/Activity Summative Written Examinations
Recognize individual and cultural differences and respond appropriately in all aspects of physical therapy services. (3.3.2.2.)	Practical Examinations Class Discussion/Activity Summative Written Examinations Written Assignments
Demonstrate conduct that reflects practice standards that are legal, ethical, and safe as well as reflect a commitment to meet the expectations of those receiving health care services and members of the profession of physical therapy. (3.3.2.3., 3.3.2.4., 3.3.2.5.)	Practical Examinations Skills Checks Class Discussion/Activity
Demonstrate how to implement the plan of care developed by the physical therapist to achieve short and long term goals and intended outcomes, including situations where specialized equipment may be present. (3.3.2.6.)	Class Discussion/Activity Practical Examinations Summative Written Examinations Written Assignments
Demonstrate the difference types of range of motion, muscle contractions,	Skills Checks Class Discussion/Activity

and active exercise. (3.3.2.7.25., 3.3.2.7.27.)	Summative Written Examinations
Demonstrate competence in implementing selected components of interventions, such as functional training, infection control procedures, manual therapy techniques, therapeutic exercise and wound management) identified in the plan of care established by the physical therapist. (3.3.2.7., 3.3.2.7.1., 3.3.2.7.3., 3.3.2.7.5, 3.3.2.7.7-11., 3.3.2.7.24-29.)	Practical Examinations Skills Checks
Demonstrate competence in performance of components of data collection skills, such as vital signs, pain scales, and anthropometrics. (3.3.2.8., 3.3.2.8.1., 3.3.2.8.4., 3.3.2.8.22.)	Practical Examinations Skills Checks
Explain the safety and status of patients while engaged in gait with assistive devices, locomotion, wheelchair management, and wheelchair mobility. (3.3.2.8.9.)	Summative Written Examinations Class Discussion/Activity
Perform the progression of patients while engaged in gait with assistive devices, locomotion, wheelchair management, and wheelchair mobility. (3.3.2.8.9.)	Practical Examinations Skills Checks Summative Written Examinations Written Assignments Classroom Discussion/Activity
Differentiate between those positions and postures that aggravate pain or produce associated skin trauma and those positions and postures that relieve pain or prevent associated skin trauma. (3.3.2.8.12., 3.3.2.8.23.)	Practical Examinations Skills Checks Summative Written Examinations Written Assignments Classroom Discussion/Activity
Identify safety issues and barriers in a variety of physical environments. (3.3.2.8.28., 3.3.2.8.29.)	Written Assignments Summative Written Examinations Classroom Discussion/Activity
Modify interventions within a plan of care established by the physical therapist in response to patient clinical indications and/or changes in patient status and reports this to the supervising physical therapist. (3.3.2.9., 3.3.2.11.)	Classroom Discussion/Activity Written Assignments Practical Examinations Summative Written Examinations
Identify when interventions should not be provided due to changes in the patient's status and reports these changes to the supervising physical therapist.	Classroom Discussion/Activity Written Assignments Summative Written Examinations Practical Examinations

(3.3.2.10.)	
Determine when the direction to perform an intervention is beyond that which is appropriate for a physical therapist assistant and initiate clarification with the physical therapist. (3.3.2.12.)	Classroom Discussion/Activity Summative Written Examinations Practical Examinations
Explain to patients, family members, and caregivers goals and desired outcomes based on the plan of care established by the physical therapist. (3.3.2.13., 3.3.2.14.)	Practical Examinations Skills Checks
Describe appropriate actions to take in an emergency situation. (3.3.2.15)	Classroom Discussion/Activity Written Assignments Summative Written Examinations Practical 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
Describe elements of discharge planning and follow up as directed by the supervising physical therapist. (3.3.2.17.)	Classroom Discussion/Activity Written Assignments Summative Written Examinations Practical Examinations

### III. OUTLINE OF TOPICS

- A. Assessment of Vital Signs
  - 1. Body Temperature
  - 2. Pulse
  - 3. Blood Pressure
  - 4. Respiration (Pulmonary Ventilation)
  - 5. Pain
  - 6. Anthropometrics
- B. Approaches to Infection Control
  - 1. Control of Disease in the Health Care Environment
  - 2. Hand Hygiene
  - 3. Isolation Precautions
  - 4. Application of Protective Garments
  - 5. Removal of Contaminated Protective Garments
- C. Basic Wound Care and Specialized Interventions
  - 1. The Sterile Field
  - 2. Wound Management
  - 3. Wound Dressing

- D. Body Mechanics
  - 1. Lifting Principles and Techniques
  - 2. Pushing, Pulling, Reaching, and Carrying
  - 3. Posture and Body Control
- E. Positioning and Draping
- F. Basic Exercise: Passive and Active
  - 1. Types of Exercise for Range of Motion
  - 2. Preparation for Application of Passive and Active Range of Motion
- G. Massage
  - 1. Indications
  - 2. Precautions
  - 3. Techniques
- H. Features and Activities of Wheeled Mobility Aids
  - 1. Standard Wheelchair Measurements and Components
  - 2. Functional Activities and Mobility
  - 3. General Care and Maintenance
  - 4. Prescriptive Wheelchair
- I. Transfer Activities
  - 1. Preparation
  - 2. Precautions
  - 3. Principles of Mobility Activities for a Bed or Mat
  - 4. Standing, Sitting, Lifting Transfers
  - 5. Mechanical Equipment
- J. Special Equipment and Patient Care Environments
  - 1. Orientation to the Special Intensive Care Unit
  - 2. Types of Beds
  - 3. Life Support and Monitoring Equipment
- K. Incidents and Emergencies
  - 1. Principles and Concepts
  - 2. Emergency Care
  - 3. Support Devices
  - 4. Emergency Care for Specific Conditions
- L. Americans with Disabilities Act and Environmental Assessments
  - 1. General Aspects of the Americans with Disabilities Act
  - 2. Compliance and Implementation of Regulations
  - 3. Assessing the Environment
- M. Ambulation Aids, Patterns, and Activities
  - 1. Preambulation Equipment, Procedures, and Activities
  - 2. Measurement and Fit
  - 3. Safety Considerations and Precautions
  - 4. Parallel Bar Activities
  - 5. Basic Gait Patterns
  - 6. Preambulation Functional Activities
  - 7. Standing and Sitting Activities
  - 8. Ambulation Functional Activities

#### IV. METHOD(S) OF INSTRUCTION

- A. Lecture
- B. Textbook Readings
- C. Supplemental Handouts
- D. Active Learning in the classroom setting
- E. Case Studies
- F. Hands-on interaction during the laboratory portion of course in which the students act as both the patient and the physical therapist assistant to practice skills.

#### V. REQUIRED TEXTBOOK(S)

- A. Pierson, F. & Fairchild, S. (2008). *Principles and Techniques of Patient Care* (4th ed.). St. Louis, MO: Saunders-Elsevier.
- B. Cameron, M. H. & Monroe, L. (2011). *Physical Rehabilitation for the Physical Therapist Assistant* (1<sup>st</sup> ed.). St. Louis, MO: Saunders-Elsevier.
- C. Erickson, M. & McKnight, B. (2005). *Documentation Basics: A Guide for the Physical Therapist Assistant* (1st ed.). Thorofare, NJ: SLACK Inc.
- D. Kisner, C. & Colby, L. (2007). *Therapeutic Exercise* (5th ed.). Philadelphia, PA: F.A. Davis.

#### 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
- C. Appropriate clothing to both lab practice and practical testing experience as defined by student handbook
- D. Equipment for lab to include gait belts, stethoscopes, and blood pressure cuffs
- E. Binder, paper, pens, pencils with erasers

#### VII. SUPPLEMENTAL REFERENCES

- A. Class Handouts
- D. Library Resources
  - 1. Textbooks
    - a. Duesterhaus Minor, M. & Duesterhaus Minor, S. (2010). *Patient Care Skills* (6th ed.). Upper Saddle River, NJ: Pearson.
    - b. O'Sullivan, S. & Schmitz, T. (2007) *Physical Rehabilitation* (5<sup>th</sup> ed.). Philadelphia, PA: F.A. Davis.
    - c. *Guide to Physical Therapist Practice* (1st ed.). (2003). Alexandria, VA: APTA.
  - 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. METHOD OF EVALUATION (basis for determining course grade)

- A. Summative Written Examinations; 30%
- B. Lab Practicals: 30%
- C. Skills Checks: 10%
- D. Written Assignments: 20%
- E. Attendance/Participation: 10%
- F. Grading Scale:
  - A=92-100%
  - B=84-91.9%
  - C=75-83.9%
  - D=65-74.9%
  - F=64.9% and below

IX. ADA 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. Any student who cheats or plagiarizes will be subject to dismissal from the Physical Therapist Assistant program and will be referred to the college for disciplinary action. (See College website, <http://www.jeffco.edu>).

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.