

**JEFFERSON COLLEGE**

**COURSE SYLLABUS**

**PTA 220**

**PTA Principles and Procedures II**

3 Credit Hours

Prepared by:

Bridget B. Webb, PT, MPT, CEEAA

Physical Therapist Assistant Program Director

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Revised By: Bridget Webb, PT, DPT, CEEAA

Kenneth Wilson, Division Chair, Health Occupation Programs  
Dr. Dena McCaffrey, Dean, Career and Technical Education

## PTA220 PTA Principles and Procedures II

### I. CATALOGUE DESCRIPTION

- A. Prerequisites: PTA140 with a grade of “C” or better, successful completion of PTA150, and reading proficiency.
- B. Credit hour award: 3
- C. Description: This combination lecture-lab course is the second 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 practice of essential patient care skills including therapeutic exercises and other techniques specific to patients with common cardiopulmonary and musculoskeletal conditions. This course will also address application of documentation techniques and appropriate progression through a plan of care established by a supervising physical therapist and for this patient population. A grade of “C” or better is required in this class to progress to Clinical Experience II. (F)

### II. EXPECTED LEARNING OUTCOMES AND ASSESSMENT MEASURES

(Numbers in parentheses refer to CAPTE performance expectations)

<b>Expected Learning Outcomes</b>	<b>Assessment Measures</b>
List the contraindications and precautions to aerobic and resistive exercise for various cardiopulmonary and musculoskeletal conditions.	Summative Written Examinations Practical Examinations Class Discussion/Activity Written Assignments
Demonstrate how to safely and appropriately progress a patient through an aerobic and a resistive exercise program under the direction and supervision of a physical therapist.	Summative Written Examinations Practical Examinations Class Discussion/Activity Written Assignments
Demonstrate appropriate interactions with patients, physical therapists, and other health care professionals in written, verbal, and nonverbal communication. (3.3.2.1.)	Summative Written Examinations Practical Examinations Class Discussion/Activity Written Assignments
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	Practical Examinations Class Discussion/Activity

profession of physical therapy. (3.3.2.3., 3.3.2.4., 3.3.2.5.)	
Demonstrate how to implement the plan of care developed by the physical therapist to achieve short and long term goals and intended outcomes related to transfers and gait. (3.3.2.6.)	Practical Examinations Written Assignments Class Discussion/Activity
Demonstrate competence in implementing components of the plan of care established by the physical therapist to include therapeutic exercise for aerobic conditioning, range of motion, postural awareness, stretching, strengthening, and reconditioning as they related to patients with cardiopulmonary and musculoskeletal conditions. (3.3.2.7., 3.3.2.7.20., 3.3.2.7.22-27.)	Practical Examinations
Demonstrate competence in performing components of data collection skills essential for carrying out the plan of care to include vital signs responses to positional changes and aerobic activities, pulses, joint integrity, muscle performance, pain, posture, range of motion, self-care, and home management as they relate to patients with cardiopulmonary and musculoskeletal conditions. (3.3.2.8., 3.3.2.8.20., 3.3.2.8.22-27.)	Practical Examinations
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 report 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 report these changes to the supervising physical therapist. (3.3.2.10.)	Classroom Discussion/Activity Written Assignments Summative Written Examinations Practical Examinations
Determine when the direction to perform an intervention is beyond that which is appropriate for a	Class Discussion/Activity Practical Examinations

physical therapist assistant and initiate clarification with the physical therapist. (3.3.2.12.)	
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 Practical Examinations Summative Written Examinations
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 Practical 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. Review of the Cardiovascular and Pulmonary Systems
- B. Airway Clearance Dysfunction
  - 1. Postural Drainage
  - 2. Percussion
  - 3. Vibration
  - 4. Coughing Techniques
  - 5. Breathing Techniques
- C. Special Tests for Cardiovascular System
  - 1. Six Minute Walk Test
  - 2. Two Minute Walk Test
  - 3. Three Minute Step Test
  - 4. YMCA Cardiac Rehabilitation Program
- D. Aerobic Exercise Parameters
  - 1. Intensity
    - a. Borg's Rate of Perceived Exertion
    - b. Borg's Dyspnea Scale

2. Frequency
  3. Duration
  4. Mode
  5. Progression
- E. Therapeutic Interventions for Cardiopulmonary Conditions
1. Respiratory Failure
  2. General Deconditioning
  3. Congestive Heart Failure
  4. Myocardial Infarction
  5. Arrhythmias
  6. Coronary Artery Disease
  7. Intermittent Claudication
  8. Post-Bypass Graft
  9. Post-Heart Transplant
  10. Post-Pacemaker/Defibrillator Placement
- F. Anatomy and Physiology Review of the Musculoskeletal Systems
- G. Connective Tissue Healing
1. Ligaments
  2. Bone
  3. Cartilage
  4. Muscle
  5. Tendon
- H. Special Tests Related to Common Pathologies for Each Body Region
1. Wrist and Hand
  2. Elbow and Forearm
  3. Shoulder
  4. Lumbar, Thoracic, and Cervical Spine
  5. Pelvis and Hip
  6. Knee
  7. Ankle, Foot, and Toes
- I. Mobility and Resistance Exercise Parameters
- J. Applying Mobility and Resistance Exercise Parameters to Each Joint
1. Wrist and Hand
  2. Elbow and Forearm
  3. Shoulder Girdle and Joint
  4. Cervical, Thoracic, and Lumbar Spine
  5. Pelvis and Hip
  6. Knee
  7. Ankle and Foot

#### IV. METHODS 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 TEXTBOOKS

- A. Shankman, G. & Manskie, R. *Fundamental Orthopedic Management for the Physical Therapist Assistant* (current edition). St. Louis, MO: Mosby-Elsevier
- B. Kisner, C. & Colby, L. *Therapeutic Exercise* (current edition). Philadelphia, PA: F.A. Davis
- C. Cameron, M.H. & Monroe, L. *Physical Rehabilitation for the Physical Therapist Assistant* (current edition). St. Louis, MO: Saunders-Elsevier.

#### 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 stethoscope, blood pressure cuff, and goniometer

#### VII. SUPPLEMENTAL REFERENCES

- A. Class Handouts
- B. Library Resources
  - 1. Databases including: “Nursing and Allied Health Collection”, “Sports

- 2. Medicine and Physical Therapy Collection”, and “Medline”
  - 2. Periodicals
  - 3. 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: 35%
- B. Practical Examinations: 35%
- C. Written Assignments: 20%
- 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.