

Course Syllabus

Course Title: Physical Therapy Aide

Course Number: PHYT 5600

Course Description: Introduction to the profession of physical therapy and the role of the physical therapist assistant. Course includes the application of basic patient handling, functional skills, communication, and selected data collection techniques.

Hours: 110 total (70 classroom and 40 externship)

Course Prerequisite(s): None

Student Learning Outcomes:

1. Describe the history, purpose, and scope of physical therapy.
2. Relate basic anatomy to physical therapy exercises and training
3. Successfully demonstrate essential skills including:
 - a. Taking vital signs
 - b. Performance of range of motion exercises
 - c. Assisting in patient ambulation and transfers
4. Identify the roles and responsibilities of the physical therapist assistant.
5. Describe precautions and treatment exercises for certain diagnostic situations including:
 - a. Hip replacement
 - b. Spinal cord injury
 - c. Amputation
 - d. Traumatic brain injury
 - e. Cerebrovascular accident - stroke
6. Describe principles and techniques of patient handling and functional skills.
7. Demonstrate basic patient handling and functional skills, selected data collection techniques, and communication skills.

Textbook(s): Provided, and will be distributed on the first class day

Withdrawal Policy: See the current *Career Skills Training* catalog for the tuition refund policy.

Collin College Academic Policies: See the current *Collin Student Handbook*.

Americans with Disabilities Act: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal opportunity. It is the student's responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

Meeting Location: Preston Ridge Campus

Attendance Policy: Students must be in attendance for at least 90% in order to pass competencies.

Lesson Plan – by week or session

Session 1: General orientation. Topics: daily aid activities, general aid duties, job description, working conditions, performance standards, policies and procedures, rehabilitation team members. Handout #1: History of Physical Therapy and the Rehabilitation Team

Session 2: Topics: legal terms, ethics rules, Patient's Bill of Rights, types of communication. Handout #2: Medical Ethics, Medical Law, Effective Communication, Patient Bill of Rights, and Communication

Session 3 & 4: Basic Anatomy. Topics: levels of vertebrae, bones of the upper and lower extremities, function of the back muscles, function of the upper body muscles, function of the arm and leg muscles, circulatory system, respiratory system, nervous system, digestive system, urinary system, endocrine system, reproductive system, integumentary system, types of muscles. Handout #3: Review of the Organ System. Handout #4: The Human Skeleton. Handout #5: The Muscles.
Lab: Practice Turning a Patient

Session 5: Range of Motion Exercises. Topics: direction of movement, passive range of motion (PROM), active assistive range of motion (AAROM), active range of motion (AROM), stretching technique.
Lab: Practice Passive Range of Motion

Session 6: Strengthening and Exercise. Topics: types of muscle contractions, concentric contractions, eccentric contractions, active resistance exercise, endurance training, aerobic exercise, exercise equipment. **Quiz #1**.
Lab: Practice use of transfer belt

Session 7: Transfers. Topics: Body mechanics, rules for patient transfer, safety techniques, stand pivot, sit pivot, two-person sit pivot, sliding board transfer, two-person lift, prone cart/stretchers transfers
Lab: Practice patient transfers

Session 8: Ambulation and Gait training. Topics: ambulation, tilt table, standing box, parallel bars, walkers, crutches, canes, adjustment of assistive devices, braces, gait patterns, surfaces for gait practice.
Lab: practice ambulation and gait training

Session 9: Modalities and Vital Signs. Topics: application of various modalities, vital signs, heart rate, blood pressure, patient distress. Handout #6: Taking a Patient's Vital Signs.
Lab: practice obtaining vital signs

Session 10: Abbreviations and Terminology. Topics: common abbreviations and definitions. **Quiz #2**.
Lab: practice passive ROM exercises

Session 11: Total Hip Replacement. Topics: total hip replacement procedure overview, types of joints, total hip precautions, exercise program. Handout #7: Total Hip Replacement.
Lab: practice exercises for total hip replacement patient

Session 12: Amputee Patients. Topics: types of amputations, causes of amputation, range of motion, extremities exercises, ADL training, fitting and training with a prosthesis, common complications, exercise program.
Lab: practice use of walker

Session 13: Spinal Cord Injuries. Topics: spinal column anatomy, effects of spinal cord injury, causes/demographics of spinal cord injury, levels of injury/function, potential complications, evaluation and treatment, range of motion, skin care, weight shifting, bracing/stabilization. Handout #8: The Spine. Handout #9: Spinal Cord Injury.

Lab: practice use of a cane

Session 14: Traumatic Brain Injury. Topics: causes and demographics of TBI, anatomy of the skull and brain, phases of recovery, range of motion, positioning, motor response, sensory stimulation, balance and coordination, activities of daily living, behavior management, cardiovascular training. **Quiz #3**.

Lab: practice use of crutches

Session 15: Cerebral Vascular Accident – Stroke. Topics: description of stroke, common problems following stroke, patient precautions, right hemiplegia, left hemiplegia, synergies, treatment exercises, developmental sequence, equipment for CVA patients, dysphagia. Handout #10: The Brain.

Lab: practice CVA patient exercises.

Session 16: Review for Final Exam.

Session 17: **Final Exam**

Sessions listed are a guideline to indicate all topics that will be covered during your course. Do not plan your personal calendar based on these sessions. Your instructor will give you a calendar for your class that will indicate specific topics, labs, and days.

Method of Evaluation: Students must achieve a minimum of 75% final average and must be in attendance 90% of the class time in order to pass competencies.