JEFFERSON COLLEGE
COURSE SYLLABUS

PTA 120
PTA Principles and Procedures I

3 Credit Hours

Prepared by:
Bridget B. Webb, PT, MPT, CEEAA Physical Therapist Assistant Program Director

October 12, 2011

Elizabeth Check, Dean, Career and Technical Education
Dr. Mary Beth Ottinger, Division Chair
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)

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
</tr>
</thead>
</table>
| 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 |
<table>
<thead>
<tr>
<th>Task</th>
<th>Assessment Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>and active exercise. (3.3.2.7.25., 3.3.2.7.27.)</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>Demonstrate competence in implementing selected components of</td>
<td>Practical Examinations Skills Checks</td>
</tr>
<tr>
<td>interventions, such as functional training, infection control</td>
<td></td>
</tr>
<tr>
<td>procedures, manual therapy techniques, therapeutic exercise</td>
<td></td>
</tr>
<tr>
<td>and wound management) identified in the plan of care established by</td>
<td></td>
</tr>
<tr>
<td>the physical therapist. (3.3.2.7., 3.3.2.7.1., 3.3.2.7.3.,</td>
<td></td>
</tr>
<tr>
<td>3.3.2.7.5, 3.3.2.7.11., 3.3.2.7.24-29.)</td>
<td></td>
</tr>
<tr>
<td>Demonstrate competence in performance of components of data</td>
<td>Practical Examinations Skills Checks</td>
</tr>
<tr>
<td>collection skills, such as vital signs, pain scales, and</td>
<td></td>
</tr>
<tr>
<td>anthropometrics. (3.3.2.8., 3.3.2.8.1., 3.3.2.8.4., 3.3.2.8.22.)</td>
<td></td>
</tr>
<tr>
<td>Explain the safety and status of patients while engaged in gait</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>with assistive devices, locomotion, wheelchair management, and</td>
<td>Class Discussion/Activity</td>
</tr>
<tr>
<td>wheelchair mobility. (3.3.2.8.9.)</td>
<td></td>
</tr>
<tr>
<td>Perform the progression of patients while engaged in gait with</td>
<td>Practical Examinations Skills Checks</td>
</tr>
<tr>
<td>assistive devices, locomotion, wheelchair management, and</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>wheelchair mobility. (3.3.2.8.9.)</td>
<td>Written Assignments</td>
</tr>
<tr>
<td>Differentiate between those positions and postures that aggravate</td>
<td>Practical Examinations Skills Checks</td>
</tr>
<tr>
<td>pain or produce associated skin trauma and those positions and</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>postures that relieve pain or prevent associated skin trauma.</td>
<td>Written Assignments</td>
</tr>
<tr>
<td>(3.3.2.8.12., 3.3.2.8.23.)</td>
<td>Classroom Discussion/Activity</td>
</tr>
<tr>
<td>Identify safety issues and barriers in a variety of physical</td>
<td>Written Assignments</td>
</tr>
<tr>
<td>environments. (3.3.2.8.28., 3.3.2.8.29.)</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>Classroom Discussion/Activity</td>
<td></td>
</tr>
<tr>
<td>Modify interventions within a plan of care established by the</td>
<td>Classroom Discussion/Activity</td>
</tr>
<tr>
<td>physical therapist in response to patient clinical indications and/or</td>
<td>Written Assignments</td>
</tr>
<tr>
<td>changes in patient status and reports this to the supervising</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td>physical therapist. (3.3.2.9., 3.3.2.11.)</td>
<td>Practical Examinations</td>
</tr>
<tr>
<td>Identify when interventions should not be provided due to changes in</td>
<td>Classroom Discussion/Activity</td>
</tr>
<tr>
<td>the patient’s status and reports these changes to the supervising</td>
<td>Written Assignments</td>
</tr>
<tr>
<td>physical therapist.</td>
<td>Summative Written Examinations</td>
</tr>
<tr>
<td></td>
<td>Practical Examinations</td>
</tr>
</tbody>
</table>
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

Practical Examinations
Skills Checks

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.)

Describe appropriate actions to take in an emergency situation. (3.3.2.15)

Classroom Discussion/Activity
Written Assignments
Summative Written Examinations
Practical Examinations

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)


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
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).