

SAN JUAN COLLEGE - PTA PROGRAM SYLLABUS

COURSE #: PTAP 150
COURSE TITLE: Procedures I
OF CREDITS: 4

CATALOG DESCRIPTION: Clinical procedures related to patient care including hand washing, vitals, pain assessment, body mechanics, ROM, bed mobility, and transfers. Application of modalities such as cryotherapy, heat therapy, ultrasound, phonophoresis, and intermittent compression. Study of basic pharmaceuticals and medical testing.

SEMESTER OFFERED: Spring for on-campus program; Summer for online program
PREREQUISITES: Acceptance into the PTA Program

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of a San Juan College degree, the student will be able to:

LEARN (L) - Students will actively and independently acquire, apply and adapt skills and knowledge to develop expertise and a broader understanding of the world as lifelong learners.

THINK (T) - Students will think analytically and creatively to explore ideas, make connections, draw conclusions, and solve problems.

COMMUNICATE (C) - Students will exchange ideas and information with clarity and originality in multiple contexts.

INTEGRATE (I) - Students will demonstrate proficiency in the use of technologies in the broadest sense related to their field of study.

ACT (A) - Students will act purposefully, reflectively, and respectfully in diverse and complex environments.

GENERAL LEARNING OBJECTIVES

Upon successful completion of the course, the student will be able to:

1. Perform hand washing.
2. Obtain vital signs and assess pain.
3. Explain basic postural alignment and body mechanics.
4. Educate mock patients on ROM.
5. Educate mock patients on safe bed mobility.
6. Educate mock patients on safe transfers.
7. Explain the use of basic pharmaceuticals and medical tests.
8. Apply the principles of cold packs.
9. Apply the principles of ice massage.
10. Apply the principles of contrast baths.
11. Apply the principles of hot packs.

12. Apply the principles of paraffin baths.
 13. Apply the principles of ultrasound.
 14. Apply the principles of phonophoresis.
 15. Apply the principles of intermittent compression.
 16. Explain outcome assessment related to course content.
 17. Practice generic abilities related to course content.
 18. Describe basic concepts related to the *APTA Guide to Physical Therapist Practice*.
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SPECIFIC LEARNING OBJECTIVES

Upon successful completion of the course, the student will be able to:

1. Perform hand washing.
 - 1a. Perform hand washing to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
2. Obtain vital signs and assess pain.
 - 2a. Differentiate between normal and abnormal ranges for vital signs such as heart rate, respiration rate, blood pressure, oxygen saturation, and temperature. (L,T)
 - 2b. Measure blood pressure in different positions. (L,T,C,I,A)
 - 2c. Demonstrate competency in obtaining vital signs such as heart rate, blood pressure, and oxygen saturation to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
 - 2d. Verify methods of assessing pain and issues related to pain. (L,T)
3. Explain basic postural alignment and body mechanics.
 - 3a. Differentiate between basic normal and abnormal postural alignment. (L,T)
 - 3b. Demonstrate competency related to body mechanics to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
4. Educate mock patients on ROM.
 - 4a. Recognize types of ROM. (L,T)
 - 4b. Demonstrate equipment used to improve ROM. (L,T)
 - 4c. Demonstrate competency in the application of PROM using anatomical and/or PNF patterns to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
 - 4d. Demonstrate competency in the application of a CPM machine to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
5. Educate mock patients on safe bed mobility.
 - 5a. Describe complications related to immobility and the importance of a turning schedule. (L,T)
 - 5b. Demonstrate competency related to bed mobility to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
 - 5c. Identify pressure relief positions. (L)
6. Educate mock patients on safe transfers.
 - 6a. Demonstrate the types of transfers. (L,T)
 - 6b. Demonstrate competency in transfers to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
7. Explain the use of basic pharmaceuticals and medical tests.
 - 7a. Analyze the use of basic pharmaceuticals. (L,T)
 - 7b. Describe common laboratory tests. (L,T)
 - 7c. Explain common medical imaging including MRI, CT, ultrasound, and X-ray tests. (L,T)
8. Apply the principles of cold packs.
 - 8a. Explain the indications, contraindications, precautions, and physiological response related to cold packs. (L,T,C)
 - 8b. Demonstrate competency in the application of cold packs to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)

9. Apply the principles of ice massage.
 - 9a. Explain the indications, contraindications, precautions, and physiological response related to ice massage. (L,T,C)
 - 9b. Demonstrate competency in the application of ice massage to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
10. Apply the principles of contrast bath.
 - 10a. Explain the indications, contraindications, precautions, and physiological response related to contrast bath. (L,T,C)
 - 10b. Demonstrate competency in the application of contrast bath to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
11. Apply the principles of hot packs.
 - 11a. Explain the indications, contraindications, precautions, and physiological response related to hot packs. (L,T,C)
 - 11b. Demonstrate competency in the application of hot packs to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
12. Apply the principles of paraffin baths.
 - 12a. Explain the indications, contraindications, precautions, and physiological response related to paraffin baths. (L,T,C)
 - 12b. Demonstrate competency in the application of paraffin to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
13. Apply the principles of ultrasound.
 - 13a. Explain the indications, contraindications, precautions, and physiological response related to ultrasound. (L,T,C)
 - 13b. Demonstrate competency in the application of ultrasound to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
14. Apply the principles of phonophoresis.
 - 14a. Explain the indications, contraindications, precautions, and physiological response related to phonophoresis. (L,T,C)
 - 14b. Demonstrate competency in the application of phonophoresis to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
15. Apply the principles of intermittent compression.
 - 15a. Explain the indications, contraindications, precautions, and physiological response related to intermittent compression. (L,T,C)
 - 15b. Demonstrate competency in the application of intermittent compression to meet requirements outlined in the skill check and lab exam. (L,T,C,I,A)
16. Explain outcome assessment related to course content.
 - 16a. Identify equipment and resources necessary for discharge. (L)
 - 16b. Finalize a functional home exercise program including ADLs. (L,T,C,I,A)
 - 16c. Provide input to the supervising physical therapist about outcomes. (L,T,C)
17. Practice generic abilities related to course content. (*Generic Abilities adapted from the Physical Therapy Program, University of Wisconsin-Madison, May et al. Journal of Physical Therapy Education, 9:1, Spring, 1995.*)
 - 17a. *Commitment to Learning* – Demonstrate the ability to self-assess, self-correct, and self-direct. Identify needs and sources of learning. Seek new knowledge and understanding. (L,T,C,I,A)
 - 17b. *Interpersonal Skills* – Demonstrate the ability to interact effectively with patients, families, colleagues, other health care professionals, and the community. Demonstrate the ability to effectively deal with cultural and ethnic diversity issues. (L,T,C,I,A)
 - 17c. *Communication Skills* – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for a varied audiences and purposes. (L,T,C,I,A)
 - 17d. *Effective Use of Time* – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources. (L,T,C,I,A)

- 17e. *Use of Constructive Feedback* – Demonstrate the ability to identify sources and seek out feedback and to effectively use and provide feedback for improving personal interaction. (L,T,C,I,A)
- 17f. *Problem-Solving* – Demonstrate the ability to recognize and define problems, analyze data, develop and implement solutions, and evaluate outcomes. (L,T,C,I,A)
- 17g. *Professionalism* – Demonstrate the ability to exhibit appropriate professional conduct and to represent the profession effectively. (L,T,C,I,A)
- 17h. *Responsibility* – Demonstrate the ability to fulfill commitments and to be accountable for actions and outcomes. (L,T,C,I,A)
- 17i. *Critical Thinking* – Demonstrate the ability to question logically; to identify, generate, and evaluate elements of a logical argument; to recognize and differentiate facts, illusions, assumptions, and hidden assumptions; and to distinguish the relevant from the irrelevant. (L,T,C,I,A)
- 17j. *Stress Management* – Demonstrate the ability to identify sources of stress and to develop effective coping behaviors. (L,T,C,I,A)
- 17k. Use a SOAP note format to document lab skills. (L,T,C)
18. Describe basic concepts related to the APTA *Guide to Physical Therapist Practice*.
- 18a. Integrate basic concepts presented in the APTA *Guide to Physical Therapist Practice* related to course content. (I)
- 18b. Identify the parameters of the scope of practice of the PTA related to course content. (L)
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ASSESSMENT TECHNIQUES USED BUT NOT LIMITED TO:

1. Pre-Test and Post-Test.
 2. Lecture Exams.
 3. Midterm and Final Lab Exams.
 4. Midterm Student Evaluations using Generic Abilities.
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ACCOMODATIONS STATEMENT

Students who need accommodations (i.e., notetaker, interpreter, special seating, etc.) need to provide accommodation notices to the instructor. Students can contact the Students with Disabilities on Campus (SDOC) Coordinator in the Counseling Center, located in the Administration Building, to make arrangements and provide documentation in accordance with the Americans with Disabilities Act of 1990.

ACADEMIC HONESTY RULES

San Juan College expects all students to adhere to the Academic Honesty Rules as posted on our website, <http://www.sanjuancollege.edu/academichonesty>. All Health Sciences Programs have a responsibility to ensure enrolled students and graduates are safe, ethical and competent practitioners. To ensure professionalism, students and faculty must uphold and abide by college and program accreditation specific policies.

NON-DISCRIMINATION STATEMENT

San Juan College will comply with existing federal and state laws and regulations, including the Title VII Civil Rights Act of 1964 and 1990, Executive Order 11246 Section 504 of the 1973 Rehabilitation Act, the Age Discrimination Act of 1967, the Americans with Disability Act of 1990, as amended, and the

