

## **Course Description**

### **PHT1201L | Introduction to Physical Therapy Laboratory | 1.00 credit**

This is the laboratory course for PHT1201 Introduction to Physical Therapy. It includes laboratory practice for basic patient care skills and treatment procedures including body mechanics, vital signs, transfers, gait training, ROM, flexibility, manual resistance. Case scenarios to identify proper transfer techniques and gait training patterns are utilized. Principles of effective documentation and data collection are introduced. Prerequisites: BSC2085, BSC2085L, PHY1004, PHY1004L; Corequisites: PHT1102C, PHT1201, PHT1211, PHT1211L

### **Course Competencies:**

**Competency 1:** The student will demonstrate an understanding of procedures related to Patient Communication by:

1. Introducing yourself to the patient and explaining procedures appropriately
2. Giving verbal instructions that are clear and concise
3. Using demonstration and tactile cueing to augment instruction
4. Giving patient feedback as the activity progresses

**Competency 2:** The student will demonstrate an understanding of Patient Positioning by:

1. Appropriately positioning the patient for selected therapeutic activity
2. Providing adequate support
3. Arranging a sequence of treatments to minimize the repositioning required
4. Demonstrating good positioning on a plinth (supine, prone, and side-lying) and in a chair

**Competency 3:** The student will demonstrate an understanding of Body Mechanics by:

1. Maintaining proper alignment during all treatment activities including
2. Administering therapeutic procedures
3. Positioning and transferring a patient
4. Standing and ambulating a patient
5. Teaching proper alignment to his/her patient

**Competency 4:** The student will demonstrate an understanding of Transfers and Mobility training by:

1. Using good body mechanics and demonstrating safe lifting techniques
2. Demonstrating proper bed positioning
3. Transferring a patient (bed to bed, chair to bed, floor to chair, and Hoyer lift)
4. Demonstrating one-person, two-person, and three-person transfers
5. Properly using the Hoyer lift
6. Identifying the "anatomy" of a wheelchair
7. Instructing a partner in propelling a wheelchair on level surfaces, ramps, through doorways, and curbs

**Competency 5:** The student will demonstrate procedures related to the assessment of Vital Signs by:

1. Accurately measuring and recording a patient's vital signs
2. Correctly obtaining the heart rate (radial, carotid, femoral, brachial, popliteal, and pedal)
3. Correctly obtaining the blood pressure
4. Correctly assessing the respiratory rate
5. Identifying parameters that indicate termination of treatment in a simulated case
6. Notifying the supervising therapist of change(s) in the patient's status

**Competency 6:** The student will understand Gait training by:

1. Measuring and appropriately adjusting the height of crutches, canes, and walkers
2. Demonstrating and teaching his/her patient the following gait patterns

3. Demonstrating and teaching his/ her patient non-weight bearing, partial weight bearing, toe touch and weight bearing as tolerated
4. Demonstrating and teaching the correct procedures for ambulation with an assistive device on uneven surfaces
5. Demonstrating safeguarding techniques while gait training a patient

**Competency 7:** The student will understand Therapeutic Exercises by:

1. Demonstrating PROM, AROM, AAROM, and resistive ROM in all joints and all planes of motion
2. Demonstrating appropriate stretching techniques, given a tight muscle
3. Demonstrating and teaching patient resistive exercises, including both manual and mechanical
4. Demonstrating how to progress a treatment program within specified overall treatment goals, in a simulated case study

**Competency 8:** The student will comprehend the Documentation requirements by:

1. Presenting the purpose of documentation
2. Stating what SOAP stands for and giving a brief definition of each acronym
3. Clarifying the information included under each area of a SOAP note
4. Stating the difference between long- and short-term objectives
5. Relating a note's subjective and objective portion to the assessment and plan
6. Identifying the procedures associated with documentation
7. Discussing the general principles of good note writing, including accuracy, brevity, and clarity
8. Discussing the legal issues of documentation
9. Writing a progress note in SOAP format with accuracy, brevity, and clarity given a simulated patient scenario
10. Reviewing the code of Ethics and Professional Regulations governing physical therapy practice and discuss its implications for documentation

**Learning Outcomes:**

- Communicate effectively using listening, speaking, reading, and writing skills
- Solve problems using critical and creative thinking and scientific reasoning
- Create strategies that can be used to fulfill personal, civic, and social responsibilities
- Demonstrate knowledge of ethical thinking and its application to issues in society