

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**

COURSE OUTLINE

PHTA 101 - Fundamental Physical Therapy Skills and Modalities

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**SCHOOL OF SCIENCE, HEALTH, AND PROFESSIONAL STUDIES
Physical Therapist Assistant Program
Revised August 2015**

PHTA 101 - Fundamental Physical Therapy Skills and Modalities

- A. TITLE: Fundamental Physical Therapy Skills and Modalities
- B. COURSE NUMBER: PHTA 101
- C. CREDIT HOURS: 3
- D. WRITING INTENSIVE COURSE: No
- E. COURSE LENGTH: 15 weeks
- F. SEMESTER(S) OFFERED: Fall
- G. HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY: 2
lecture, 3 laboratory
- H. CATALOG DESCRIPTION:
Fall, 3 credit hours
Physical therapist assistant students are introduced to fundamental physical therapy skills and modalities to include preparation of the patient and practitioner for physical therapy care, documentation, body mechanics, positioning, dependent mobility, assisted transfers, basic exercise principles, gait training, aseptic techniques, and thermal modalities. The PTA student begins to learn patient data collection including standard vital signs and level of patient arousal. The student begins to recognize and describe the functional status and progression and safety of patients while engaged in gait, locomotion, wheelchair management and mobility activities.
- I. PRE-REQUISITES/CO-COURSES:
Pre-requisites: Enrolled in the PTA curriculum
Co-requisites: None
- J. GOALS (STUDENT LEARNING OUTCOMES): By the end of this course, the student will:

Course Objective	Institutional SLO
1. Communicate verbally and non-verbally with a surrogate patient and others in an appropriate and capable manner;	#1 Communication
2. Demonstrate principles of safe practice when working with surrogate patients	#3 Prof Comp
3. Begin to communicate an understanding of the plan of care developed by the physical therapist to achieve short and long term goals and intended outcomes .	#2 Critical thinking #3 Prof Comp
4. Demonstrate comprehension of the plan of care through case study implementation.	#3 Prof Comp
5. Demonstrate competence in performing the following interventions: Lab competency and/or lab practical <ol style="list-style-type: none"> a. Bed mobility b. use of assistive/adaptive devices c. gait and locomotion d. transfers e. wheelchair management skills f. cryotherapy 	#3 Prof Comp

<ul style="list-style-type: none"> g. hydrotherapy h. superficial and deep thermal agents i. light therapy j. basic therapeutic exercise 	
6. Demonstrate competence in performing the following data collection skills: <ul style="list-style-type: none"> a. vital signs b. description of the safety, status, and progression of patients while engaged in gait, wheelchair management and mobility activities c. recognition of level of functional status d. Assessment of pain e. recognition of patient's level of arousal 	#3 Prof Comp
7. Demonstrate an understanding of proper body mechanics, posture and back care for self;	#3 Prof Comp
8. Demonstrate an understanding of and skill in using standard precautions in all physical therapy activities;	#3 Prof Comp
9. Recognize need for and implement appropriate adjustments to basic physical therapy interventions to maximize patient safety, comfort, and effectiveness of the intervention.	#2 Critical Thinking #3 Prof Comp
10. Provide appropriate patient/family instruction as related to basic physical therapy skills.	#1 Communication #3 Prof Comp
11. Provide appropriate patient education as related to basic physical therapy skills	#1 Communication #3 Prof Comp
12. Demonstrate an understanding of basic first aid skills and identify appropriate action to take in an emergency situation.	#3 Prof Comp
13. Recognize when a physical/thermal agent or manual therapy technique should not be applied due to patient contraindications.	#2 Critical Thinking #3 Prof Comp
14. Begin to demonstrate accurate, concise and legible documentation.	#1 Communication

K. TEXTS:

Principles & Techniques of Patient Care. 5th Ed. Pierson F.M, Fairchild S.L. Saunders Elsevier, 2012

Modalities for Therapeutic Intervention, 5th Ed. Michlovitz, SL, FA Davis, 2011.

Documentation Basics: A Guide for the PTA. Erickson, M., McKnight, B. Slack, Inc. 2005

L. REFERENCES:

Mobility in Context: Principles of Patient Care Skills, Johansson , C., Chinworth, S.A, F.A. Davis, 2012

M. EQUIPMENT:

Treatment and mat tables and linen supplies, infection control supplies, tape measure, wheelchairs, blood pressure cuff, stethoscope, assistive ambulation devices, curbs, ramps and

stairs, ultrasound machine, hot and cold packs, whirlpool, and paraffin machine.

N. GRADING METHOD:

Student will be assigned a letter grade based on the college grading system A-F

O. MEASUREMENT CRITERIA/METHODS:

Assignments, quizzes, written exams, comprehensive final, laboratory competencies and practicals.

P. DETAILED COURSE OUTLINE:

1. Introduction to Fundamental PT Skills
 - a. Body mechanics
 - b. Posture/Back Care
 - c. Approaches to Infection Control
2. Bed/Mat mobility
 - a. Positioning
 - b. Draping
3. Vital Signs
4. Mobility training
5. Transfer Training
6. Wheeled Mobility
7. Ambulation Aids, Patterns, and Activities
8. Thermal Agents
 - a. Ultrasound
 - b. Hot packs
 - c. Cold packs, Ice Massage
 - d. Contrast Baths
 - e. Paraffin
 - f. Hydrotherapy
 - g. Laser
 - h. Diathermy

Q. LABORATORY OUTLINE :

1. Introduction
 - a. Orientation
 - b. Safety Procedures
 - c. Body Mechanics
 - d. Handwashing
2. Infection Control/Aseptic Techniques
 - a. Sterile field
 - b. Donning/Doffing Apparel
3. Assessment of Vital Signs
4. Basic Patient Care skills
 - a. Positioning/Draping
 - b. Bed Mobility
5. Basic exercise principles
6. Wheelchair Features/Activities
7. Transfers
8. Gait Training
9. Thermal Modalities