

Northwest Arkansas Community College
Health Professions Division
Physical Therapy Assistant Program

Discipline Code

PHTA

Course Number

2301

Course Title

Physical Therapy Procedures II

Catalog Description

This Health Professions Department course is designed to provide the PTA student with entry-level understanding of the theory and clinical application in the use of hydrotherapy, wound care, massage, chest physical therapy and therapeutic exercise for specialized populations including cardiopulmonary, diabetes and obstetrics.

Prerequisites

A list of required general education courses for each program is available on the PTA website and must be passed with a grade of C or better for students to be considered eligible for acceptance into the PTA program

Credit Hours

1 credit hour

Contact hours

15 lecture contact hours

Load hours

1 load hour

Semesters Offered

Spring

ACTS Equivalent

None

Grade Mode

A-F

Learning Outcomes

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

1. Demonstrate knowledge of infection control principles during hydrotherapy procedures, wound care, massage and exercise with special populations (cardiac, pulmonary, lymphatic, geriatric, diabetes mellitus & obstetric patients)
2. Apply the physical properties of water to basic physiologic responses and exercise in a case scenario.
3. Demonstrate a working knowledge including set-up, safe and effective therapeutic application, indications, contraindications, precautions, patient assessment, patient and caregiver education, and documentation for whirlpool.
4. Demonstrate an understanding of normal wound healing including the wound healing models and the phases of healing.
5. Demonstrate an understanding of delayed/impaired wound healing including the contributing factors, and the visual recognition of delayed/impaired healing.
6. Perform basic wound assessment
7. Document wound assessment and treatment interventions.
8. Differentiate the following characteristics of vascular, pressure, and neuropathic wounds: etiology, pain, location, wound characteristics, typical interventions and home program.
9. Provide appropriate wound management including precautions, application and removal of dressings.
10. Provide appropriate wound management including indications, contraindications, and precautions for wound cleaning and selection of dressings.
11. Describe standard physical therapy interventions for burns.
12. Select physical therapy modalities to augment traditional wound care including HVPC, ultrasound, ultraviolet, normothermia, negative-pressure wound therapy, or pulse diathermy. 13. Utilize the professional literature to access information about wound care and analyze the literature for relevance to clinical practice.
14. Recognize viable and non-viable tissue
15. Demonstrate knowledge of physiological and psychological effects of massage.
16. Demonstrate knowledge of indications, contraindications, precautions, and endangerment sites for massage.
17. Demonstrate knowledge of general massage principles including: professional demeanor, touch, physical environment, topical substances, positioning, draping, and self-care for the PTA.
18. Identify the indications and effects of basic western massage techniques (effleurage, petrissage, friction, tapotement, and vibration).
19. Perform basic massage techniques including effleurage, petrissage, friction, tapotement, and vibration.

20. Demonstrate verbal and non-verbal communication skills with a mock patient during simulated treatments including wound care, massage and exercise with special populations (cardiac, lymphatic, pulmonary, geriatric, diabetes mellitus & obstetric patients)
21. Given a case scenario, recognize individual differences in development of a home exercise program.
22. Exhibits conduct during simulated patient care that is legal, ethical and safe.
23. Given patient information, goals and a plan of care, determine and perform appropriate interventions and adjust interventions according to patient interview concerning various subjective information including: current and prior level of function and general health status. Recognize when this information must be reported to the supervising physical therapist.
24. Recognizes when interventions and/or requests are beyond the scope of a PTA.
25. Sequence modalities, exercise, &/or massage within a treatment session or case scenario.
26. Safely implement and modify common exercise protocols for patient with: Diabetes, Cardiac disease, pulmonary disease, chest or abdominal surgeries.
27. Understand the physiologic effects of diabetes in a way that allows for safe and effective treatment of patients with diabetes.
28. Understand the physiological effects of cardiac disease in a way that allows for the safe administration of exercise techniques.
29. Demonstrate knowledge of surgical procedures of the chest and abdomen, which allows the PTA student to identify precautions, contraindications, and indications specific to each procedure. 30. Given patient scenarios, choose the appropriate medical terminology to describe chest expansion, air sounds, and cough and sputum characteristics.
31. Demonstrate knowledge of chest PT that allows the student to identify proper positioning and techniques for postural drainage, coughing techniques, and breathing exercise/techniques.
32. Understand the physiologic and mechanical changes associated with pulmonary conditions in a way that allows for the safe and effective treatment of patients with various pulmonary conditions.
33. Understand the anatomic and physiologic changes associated with pregnancy, and post pregnancy and alter common treatment techniques to safely and effectively treat the obstetric patient, while staying with in the plan of care.
34. Demonstrate basic infection control practices including hand washing, donning and doffing protective garments
35. Demonstrate knowledge of assessment and treatment of older adults utilizing functional and balance assessments.

General Education Outcomes Supported

- Students develop higher order thinking skills.
- Students can employ a variety of sources to locate, evaluate, and use Information.

- Students gain greater awareness of cultural perspectives.
- Students can write clear, coherent, well-organized documents, substantially free of errors.
- Students develop effective oral communication skills.