

Course Syllabus

LEVELLAND CAMPUS

COURSE: PTHA 2435.001 Rehabilitation (4:3:3)
SEMESTER: Fall 2024
CLASS DAYS: T/TH
CLASS TIMES: 9:00-4:00

INSTRUCTOR INFORMATION

Name	Phone Number	Email	Office	Office Hours
Jackie Underwood	806.716.2470	junderwood@southplainscollege.edu	AH 103B	As Posted

“South Plains College improves each student’s life.”

GENERAL COURSE INFORMATION

**It is the responsibility of each student to be familiar with the content and requirements listed in the course syllabus. **

COURSE DESCRIPTION

Comprehensive rehabilitation of selected diseases and disorders.

Describe physical therapy management of patients with selected diseases and disorders; demonstrate rehabilitation techniques for diseases and disorders; and demonstrate communication skills.

PREREQUISITE COURSES: Math 1314, ENGL 1301, HUMA, PTHA 1301, PTHA 1405, PTHA 1413, PTHA 2409, PTHA 1321

COREQUISITE: PTHA 1431, PTHA 1191

STUDENT LEARNING OUTCOMES

At the completion of the semester students will:
<ol style="list-style-type: none"> 1. Demonstrate competency in patient assessment prior to initiating treatment interventions for conditions commonly seen in physical therapy. <ol style="list-style-type: none"> a. Conduct appropriate patient assessments to determine indications/contraindications and precautions for treatment interventions. b. Conduct cognitive assessment for cognition, mentation, and alertness. c. Analyze gait/mobility deficits to direct treatment development. d. Use appropriate communication for patient age and condition. e. Provided appropriate patient education techniques and assess effectiveness through return demonstration. f. Provide appropriate HEP and safety education g. Appropriately documents treatment[s]
<ol style="list-style-type: none"> 2. Competently treating patients with simulated musculoskeletal/orthopedic conditions. <ol style="list-style-type: none"> a. Describe the anatomy and function of the musculoskeletal system. b. Demonstrate development and implementation of treatment session for patients with orthopedic conditions. c. Explain plan for progression/discharge needs of orthopedic patient.
<ol style="list-style-type: none"> 3. Competently apply interventions for patients with simulated amputations commonly encountered in physical therapy. <ol style="list-style-type: none"> a. Demonstrate appropriate education for care of residual limb/foot care, and assess effectiveness of education with return demonstration. b. Demonstrate development and implementation of treatment sessions for patients with amputations.
<ol style="list-style-type: none"> 4. Review the development and function of the nervous system throughout the lifespan. <ol style="list-style-type: none"> a. Describe the anatomy and function of the nervous system.

<ul style="list-style-type: none"> b. Demonstrate sensory assessment using dermatomes and peripheral nerve patterns. c. Demonstrate motor assessment using reflexes. d. Recognize the relationship between nervous system impairment and muscle tone. e. Explain neuroplasticity across the life span. f. Recognize gross motor/fine motor milestones
<ul style="list-style-type: none"> 5. Apply appropriate techniques related to the theories of neurological development. <ul style="list-style-type: none"> a. Describe basic principles of motor learning and motor control. b. Differentiate between common neurological techniques used for neuromuscular reeducation. c. Demonstrate competency using neurological techniques. d. Demonstrate assessment of cognition, arousal, and mentation of patients with neurologic conditions.
<ul style="list-style-type: none"> 6. Competently apply interventions for simulate pediatric patients. <ul style="list-style-type: none"> a. Demonstrate competency in appropriate treatment techniques for patients with a developmental disorder, genetic disorders, birth defects, orthopedic conditions commonly seen in physical therapy.
<ul style="list-style-type: none"> 7. Competently apply interventions for patients with simulated neurologic conditions commonly encountered in physical therapy. <ul style="list-style-type: none"> a. Demonstrate appropriate treatment programs for patients with a cerebral vascular accident (CVA). b. Demonstrate appropriate treatment programs for patients with a traumatic brain injury. c. Demonstrate appropriate treatment programs for patients with a spinal cord injury. d. Demonstrate appropriate treatment programs for patients with an upper motor neuron (UMN) or lower motor neuron (LMN) lesion.
<ul style="list-style-type: none"> 8. Competently apply interventions for patients with simulated debility conditions commonly seen in physical therapy. <ul style="list-style-type: none"> a. Demonstrate appropriate treatment and progression for patients recovering from prolonged bed rest or debilitating conditions such as pneumonia, ARDS, obesity, renal failure, COVID-19. b. Demonstrate appropriate treatment and progression for patients with cardiac and pulmonary conditions.
<ul style="list-style-type: none"> 9. Assess abnormal gait patterns. <ul style="list-style-type: none"> a. Competently develop and apply treatment interventions to decrease functional limitations. b. Access alignment of the trunk and extremities in normal and abnormal gait. c. Explain equilibrium and righting reactions. d. Administer balance assessment tools.
<ul style="list-style-type: none"> 10. Identify the appropriate type of wheelchair related to a given diagnosis. <ul style="list-style-type: none"> a. Demonstrate competency in wheelchair transfers. b. Demonstrate competency in teaching WC mobility and management.
<ul style="list-style-type: none"> 11. Describe the appropriate types of supportive device. <ul style="list-style-type: none"> a. Demonstrate appropriate application of supportive devices while maintaining skin integrity. b. Identify the functional use of orthotics.
<ul style="list-style-type: none"> 12. Explain outcome assessment related to rehab process. <ul style="list-style-type: none"> a. Utilize clinical data collection and appropriate clinical skills performance based on functional limitations. b. Evaluate outcomes of chosen interventions for progression or modification. c. Identify equipment and resources necessary for discharge. d. Finalize a functional home exercise program including ADLs. e. Provide appropriate communication to the supervising physical therapist about outcomes. f. Explain magnitude and effect of changes in cognition, arousal, and mentation of patients for discharge destination.

13. Apply 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.)

- a. Commitment to Learning – Demonstrate the ability to self-assess, self-correct, and self-direct. Seek new knowledge and understanding.
- b. 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.
- c. Communication Skills – Demonstrate the ability to communicate effectively (i.e., speaking, body language, reading, writing, and listening) for varied audiences and purposes.
- d. Effective Use of Time – Demonstrate the ability to obtain maximum benefit from a minimum investment of time and resources.
- e. Use of Constructive Feedback – Demonstrate the ability to identify sources and seek out feedback and to effectively use feedback to prepare for clinical experience and develop entry level clinical skills.
- f. Provide appropriate feedback for improving the performance of others.
- g. Problem-Solving – Demonstrate the ability to recognize and define problems, analyze data, develop, and implement solutions, and evaluate outcomes.
- h. Professionalism – Demonstrate the ability to exhibit appropriate professional conduct and to represent the profession effectively.
- i. Responsibility – Demonstrate the ability to fulfill commitments and to be accountable for actions and outcomes.
- j. Critical Thinking – Demonstrate the ability to question logically; to recognize and differentiate facts, illusions, assumptions, and hidden assumptions; and to distinguish the relevant from the irrelevant.
- k. Stress Management – Demonstrate the ability to identify sources of stress and to develop effective coping behaviors.

OUTCOME ASSESSMENT METHODS

Computer-based exams, written exams, written assignments, quizzes, Lab exams/quizzes, and other assignments and projects as assigned.

FORMATIVE ASSESSMENTS INCLUDE

- ❖ Classroom and Lab participation
- ❖ Weekly assessment
- ❖ Skills checks
- ❖ Clinical Readiness assessment
- ❖ Pop quizzes

SUMMATIVE ASSESSMENTS

- ❖ 4- Lecture exams

GRADING FORMULA

Assignment Totals	Average of all course assignments	10%
Lecture Exam Totals	Average of Lecture Exams + Weekly & Pop quizzes	85%
Professionalism	Score based on Professionalism Rubric	5%
	Total	100%

Percentage	Grade
90-100%	A
80-89%	B
75-79%	C
74.9% and Below	F

Grading Policy

Students who fall below 75% passing requirements will not be allowed to continue in the PTA program.

BELOW 77% at midterm of the semester will result in the development of a learning contract and the student being responsible for meeting established goals

Exam Remediation – If you receive a score of 77% or below on an Exam, you will be required to attend two mandatory tutoring sessions. These sessions will be held from 12:00P-1:00P on two class days within the week following the Exam (see schedule below). You must bring a completed tutoring form to each session and actively participate throughout each session. The retest will only be offered from 12:00P-1:00P exactly one week after the initial Exam (see schedule below), during which you will have the opportunity to complete a different exam over the same material. You will receive the average of the two exams as your grade for that Exam.

Exam Remediation Schedule

Exam Day	Tutoring Session Days	Retest Day
Monday	Tues. & Thurs.	Monday
Tuesday	Wed. & Mon.	Tuesday
Wednesday	Thurs. & Tues.	Wednesday
Thursday	Mon. & Wed.	Thursday

ASSIGNMENT POLICY

All assignments must be completed by the assigned due date. Late and/or incomplete work may be accepted, but with grade deduction per day up to 3 days and a grade of zero will be recorded at that time. Assignments, quizzes, exams, and skills checks missed due to an unexcused absence will be made up only with advanced notification of illness or emergency situation. Assignments are due by the assigned dates and times in Central Standard Time (CST) on the class schedule. Students should contact faculty prior to the due date and time if they anticipate material will be late. Please note contacting faculty will not guarantee the receipt of an extension for the assignment. Please allow enough time for preparation and submission of each assignment prior to the scheduled due date to avoid issues with technology. Failure to complete any assignment by the due date will result in professional point deductions on final grade. Assignments must be uploaded to Ultra as a Word Doc or PDF and labeled with assignment title and student name.

EXAMS POLICY

The lecture exams will be administered via computer to prepare students for the NPTE-PTA exam. Possible pop quizzes may be handwritten which will encourage memory and mastery of the material.

Additionally, many exam questions will be constructed in the same manner as NPTE-PTA, allowing students to prepare for the licensure testing format.

ASSESSMENT USED BUT NOT LIMITED TO:

1. Lecture Exams
2. Mid Term and Final Clinical Readiness Assessments
3. Quizzes
4. Comprehensive final exam

The exam policy includes the following:

- ❖ All summative assessments will be proctored by SPC faculty/Staff
- ❖ Personal belongings are not allowed in the lab during testing.
- ❖ Pencils and scratch paper will be issued to students prior to the exam. These items must be returned prior to the exiting testing area.
- ❖ Cell phones and/or smart watches are not allowed in the lab during testing.
- ❖ Students must adhere to lab rules.
- ❖ Hats or hoodies may not be worn.
- ❖ Talking will not be permitted; questions will be answered by an instructor.
- ❖ Any action interpreted as cheating by facilitating instructor may result in immediate removal from testing lab, a zero recorded for the test grade and possible removal from SPC PTA program.

SPC CAMPUS STATEMENTS

For information regarding official South Plains College statements about intellectual exchange, disabilities, non-discrimination, Title V Pregnancy Accommodations, CARE Team, and Campus Concealed Carry, please visit: <https://www.southplainscollege.edu/syllabusstatements/>

STUDENT CONDUCT

Academic Integrity

It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of any student to present as his or her own any work which he or she has not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offender liable to serious consequences, possibly suspension.

- ❖ **Cheating** - Dishonesty of any kind on examinations or on written assignments, illegal possession of examinations, the use of unauthorized notes during an examination, obtaining information during an examination from the textbook or from the examination paper of another student, assisting others to cheat, alteration of grade records, illegal entry or unauthorized presence in the office are examples of cheating. Complete honesty is required of the student in the presentation of any and all phases of coursework. This applies to quizzes of whatever length, as well as final examinations, to daily reports and to term papers.
- ❖ **Plagiarism** - Offering the work of another as one's own, without proper acknowledgment, is plagiarism; therefore, any student who fails to give credit for quotations or essentially identical expression of material taken from books, encyclopedias, magazines and other reference works, or from themes, reports or other writings of a fellow student, is guilty of plagiarism.
- ❖ Complete honesty is required throughout all aspects of coursework, including quizzes, final examinations, and any assignment/work used to assess knowledge and skill. Any assessment receiving a score of 0 or F due to cheating may result in the student being dropped from the course.

Class/Lab Attendance Policy

Students are expected to attend all classes in order to be successful in a course. The student may be administratively withdrawn from the course when absences become excessive as defined in the course syllabus.

- ❖ When an unavoidable reason for class absence arises, such as illness, an official trip authorized by the college or an official activity, the instructor may permit the student to make up work missed. It is the student's responsibility to complete work missed within a reasonable period of time as determined by the instructor. Students are officially enrolled in all courses for which they pay tuition and fees at the time of registration. Should a student, for any reason, delay reporting to a class after official enrollment, absences will be attributed to the student from the first-class meeting.

http://catalog.southplainscollege.edu/content.php?catoid=47&navoid=1229#Class_Attendance

- ❖ Absence-
 - ❖ If student misses more than 30 minutes of scheduled class time the student will be counted absences.
 - Excessive Absences – >3 with counseling after 2nd absences
 - ❖ Tardy-
 - any time after class starts or returns from break. Notification prior to official class time will be considered on an individual basis.
 - 2 tardy = 1 absence
 - ❖ Any absence from class should be reported to the instructor in advance whenever possible, or as soon as possible after the absence. This allows instructors to provide necessary support and address any missed coursework.

CLINICAL SKILLS

- ❖ **You may not apply clinical skills you are learning to the general public because you are a student PTA and are learning physical therapy techniques.**
- ❖ **You will be practicing these skills on each other when you are in lab under the instructor's supervision.**
- ❖ **If you are presently working in a clinic as a tech, you cannot practice these skills on patients.**
- ❖ **Once you have passed the class, you still cannot practice the acquired skills in a clinic except during official clinical experiences.**
- ❖ **You will only be permitted to apply these skills to the general public under a clinical instructor's supervision once you begin your clinical experiences.**

Additionally, enrollment in this course does not guarantee a passing grade, successful completion of the PTA curriculum, or licensure.

COMMUNICATION

Electronic communication between the instructor and students in this course will utilize the South Plains College “My SPC” and email systems. Text messaging may also be used for communication. The instructor will not initiate communication using private email accounts. Students are encouraged to check their SPC email on a regular basis, ideally daily, and respond to emails and text messages promptly, within 24 hours. Students will have access to assignments, web links, handouts, and other vital course material delivered via Ultra and other electronic means.

- ❖ If any student encounters difficulties accessing the Ultra or their email, they should promptly contact the instructor for guidance. The instructor is committed to working with students to ensure they have access to the necessary class content located on the course website and other electronic platforms.
- ❖ This policy aims to facilitate effective and efficient communication between the instructor and students, promoting a seamless learning experience.
- ❖ If experiencing technical issues, the student can contact the Help Desk by calling 806-716-2600

EMAIL

Students are required to use their official South Plains College (SPC) email addresses for all college-related communications. Official SPC email addresses are provided to each student upon enrollment and are the primary means of communication between students, faculty, and the college.

- ❖ **Email Etiquette:**
 - Students are expected to maintain a professional and respectful tone in all email communications with faculty, staff, and fellow students. Offensive, disrespectful, or inappropriate language in emails is strictly prohibited.
- ❖ **Email Security:**
 - Students should take steps to protect their email accounts. This includes using strong, unique passwords and not sharing email login credentials. If students suspect their email accounts have been compromised, they should report it immediately to the college's IT department.
- ❖ **Check Email Regularly:**
 - Students are encouraged to check their official SPC email accounts regularly. Important announcements, updates, and notices from instructors, administrative departments, and the college as a whole are communicated through these accounts.
- ❖ **SPC Alerts:**
 - Students are automatically enrolled in SPC Alerts, which is an emergency notification system. Students are encouraged to ensure their contact information is up to date in SPC Alerts to receive important safety and emergency notifications.
- ❖ **Email Support:**
 - If students encounter technical issues with their SPC email accounts or need assistance with email-related concerns, they should contact the college's IT support services for assistance. A social media policy for health sciences students should help students understand the responsible and professional use of social media platforms, especially given the sensitive nature of healthcare and patient information. Here is a sample social media policy for health sciences students:

SOCIAL MEDIA

The PTA program has a Facebook page at <https://www.facebook.com/South-Plains-College-PTA-270314052992426/?ref=bookmarks> In addition to the South Plains College website; this Facebook page will be used to keep students up-to-date on program activities, weather delays, South Plains College announcements and will help with program recruitment. “Liking” the South Plains College PTA Facebook page is not mandatory, nor are personal Facebook accounts, to access this page.

- ❖ Clinical site and patient information should not be shared on any social media platform. Sharing this information can lead to dismissal from the PTA program.

CELL PHONE/SMART WATCHES

- ❖ Cellphones must be put away and turned **OFF** or put on **silent** during scheduled class/lab periods unless prior approval has been given by the instructor. Cell phones are to be used **outside** of the classroom while class is in session. This includes text messaging and internet browsing.
- ❖ Students will be dismissed from class/lab and sent home if a phone continuously rings/vibrates or if the student is discovered texting or browsing the internet. If dismissed from class, the student will receive an **absence** for the day.
- ❖ **EMERGENCY MESSAGES:** In the event of an emergency during normal class schedule, the student should notify their family to call the Nursing Office at (806) 716-2391 or (806) 716-2193. Class will not be interrupted unless it

is an emergency, so the family members must identify themselves and state that it is an emergency to get immediate action.

- ❖ For emergencies during clinical rotations, the student should notify their family to call and leave a message or text (identifying who they are and who they need to get in touch with for an emergency) to the number or numbers provided in the clinical course syllabus and/or on the clinical course schedule.

Patient Confidentiality:

- ❖ Students must uphold the highest standards of patient confidentiality. Do not discuss specific patients, cases, or share any patient-related information on social media platforms, even if patient names or identifiers are not disclosed. Be cautious about sharing any content that might indirectly reveal patient information, such as photos or stories taken in clinical settings.

RESOURCES

TEXT AND MATERIALS

TexBook Syllabus Statement

- ❖ This course is part of your TexBook program, which means you don't need to purchase a textbook or access code for this course. TexBook is the required content (either an eBook or online Courseware) for your course, and is provided for you via the Bibliu platform from Day 1 of class.
- ❖ Cost of TexBook: this required content is provided as part of a Program called 'Inclusive Access', which means that content is provided for you at the lowest price available from the publisher. The cost for this is included in your tuition.
- ❖ How to access your digital content via Bibliu: you can access your material via the Bibliu link inside your Blackboard Course, or directly via the Bibliu app. If you have issues with this, please contact your professor, the Bookstore Manager or Bibliu Support (see below).
- ❖ The Bibliu platform: you can use the Bibliu platform to enhance your learning experience, with features including: highlighting, notes and reading text aloud. For more details and support on how to use Bibliu, please visit the [BibliU support pages](#), or contact Bibliu support via the email: support@bibliu.com
- ❖ Opting out: you can Opt-Out of the TexBook Program, up until the Opt-Out deadline, via the banner displayed when you open the Bibliu platform. Remember that Opt-Out deadlines vary by term, and if you choose to Opt-Out you will lose access to this low price option, and will need to purchase the content through a different method. If you opt-Out, the fee will be refunded to your account.

Useful contacts:

Bookstore Manager: Christian Bruno - christian.bruno@bibliu.com
 Bookstore Text Coordinator: Trish Wells - patricia.wells@bibliu.com
 Bibliu Support: email support@bibliu.com

Improving Functional Outcomes in Physical Rehabilitation	O'Sullivan/ Schmitz	978-0-8036-4612-4
PhysioU subscription	https://www.physiou.health/	
Physical Rehabilitation for the PTA	Cameron/ Monroe	978-1-4377-0806-6

COURSE SUPPLIES

- ❖ PTA Kit
- ❖ Lab clothes- Shorts with at least a 7 in inseam, tee shirt
- ❖ Technology and access to internet

COURSE SCHEDULE

ASSIGNMENT CALENDAR PTHA 2435.001 REHABILITATION T/TR 9-4

DATE	READING Physical Rehabilitation for the PTA [PR]	Before Class Please review videos and documents found in the Before Class Folder	Tuesday Small Group Discussions 3:30-4:00	Thursday	Assignment, Reading Quiz, Assignments, DB, Reading Summary - Due Sunday 11:59
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	Improving Functional Outcomes will be your lab text [IFO]				
WEEK1 8/26-9/1	PR Ch 3-4	Before Class	Online -Intro to Course Ortho Review	Online	Complete everything in the After Class Folder
WEEK2 9/2-9/8	PR Ch 5-7	Before Class	Online Orthopedic Rehab	Online	Complete everything in the After Class Folder
WEEK3 9/9-9/15	PR Ch 8-10	Before Class	Online Orthopedic Rehab	Online	Complete everything in the After Class Folder
WEEK4 9/16-9/22	PR Ch 11-12	Before Class	Amputation Small group- Amputee	Amputations Field Trip to LBBK Artificial Limb 9-12	Complete everything in the After Class Folder
WEEK5 9/23-9/29	PR Ch 13	Before Class	CRA Amputee Light Gait presentation	Exam 1-9:00-10:00 Neuro Anatomy Brian Smith	Complete everything in the After Class Folder
WEEK6 9/30-10/6	PR Ch 14-15	Before Class	Pedi Ortho/Neuro Small Group- Pedi 3:30-4:00	BPPV [Steven McDonald] 9-12 Pedi CRA 2:00-4:00	Complete everything in the After Class Folder
WEEK7 10/7-10/13	PR Ch 16	Before Class	CVA Small Group- CVA 3:30-4:00	CVA/Neuro Skills Lab Day	Complete everything in the After Class Folder
WEEK8 10/14-10/20	PR Ch 21	Before Class	TBI Small Group- TBI 3:30-4:00	TBI Guest Sandy /Tanner CVA/TBI CRA Transitional Movements 2:00-4:00	Complete everything in the After Class Folder
WEEK9 10/21-10/27	PR Ch20	Before Class	Exam 2 9-10 AM SCI Small Group- SCI 3:30-4:00	Annual Conference	Complete everything in the After Class Folder
WEEK10 10/28-11/3	PR CH 18-19	Before Class	SCI [Victor]	Other Neuro [Guest Jimmy M.]	Complete everything in the After Class Folder
WEEK11 11/4-11/10	PR Ch 17	Before Class	Other Neuro Small Group- Other 3:30-4:00	9-12 Practice Lab CRA Standing Bal 2:00-4:00	Complete everything in the After Class Folder
WEEK12 11/11-11/17	PR Ch 28 and 31	Before Class	Burns-[Sandy] Exam 3 1:00-2:00 Debridement 2:30-4:00 Mandatory Prep for IPE Watch Pt. eval. and review written eval.	CRA-Gait facilitation 9:00-11:00 Small Group-Burns 11:30-12:00 1:00-2:00 Review case and video for IPE Mandatory IPE meeting 2:00-3:00 3:15-4:00 Debrief	Complete everything in the After Class Folder

WEEK1 3 11/18- 11/24	PR Ch 23-25	Before Class	Treatment Day Sim Center	THUR Cardiopulmonary [Dave Krause] Cardio small group 3:30-4:00	Complete everything in the After Class Folder
WEEK1 4 11/25- 12/1	PR Ch 34	Before Class	Rehab Treatment Day PTA Lab	Thanksgiving	Complete everything in the After Class Folder
WEEK1 5 12/2- 12/8		Before Class	Final CRA 12-5	Make up lab exams	Complete everything in the After Class Folder
WEEK1 6 12/9- 12/15			Final Exam 9-10 AM		

Skill Check off must be completed by 2 classmates and the instructor check will be completed with your CRA submissions. You will check off an Orthopedic Treatment, Amputee Treatment, Pedi treatment, CVA, TBI, SCI, Other Neuro Condition. For this peer check you will **demonstrate** a full treatment for each of these diagnoses.

Small Groups will be held on Assigned days 3:30-4:00; you will participate in a discussion with your classmates based on the material you have prepared for the week. You will be expected to record the highlights of the discussions. **Your preparation and participation is required to pass this class.**

Lecture Exams

CRA

Guest Speaker

“Field Trips”

Testing Policy- If you score below 80% on any lecture exam you will be required to attend mandatory study sessions on the following Monday/Wednesday 12-1:00 [you will need to bring your lunch if you want to eat] and then the following regular class day you will take a retest and the grade will be averaged with your first test for a final test grade. You will be expected to be prepared to actively participate in study sessions, please see the suggested Study Assist Form.