



# BROWARD COMMUNITY COLLEGE COURSE OUTLINE

**LAST REVIEW:** 2006-2007  
(i.e. 2003-2004)

**NEXT REVIEW:** 2011-2012  
(i.e. 2008-2009)

**STATUS:** A  
(A, I, D)

**COURSE TITLE:** Introduction to Physical Therapy Lab

**COMMON COURSE NUMBER:** PHT 1200L

**CREDIT HOURS:** 1

**CONTACT HOUR BREAKDOWN**  
(per 16 week term)

**CLOCK HOURS:**  
(Voc. Course ONLY)

Lecture: Lab: 32

Clinic: Other:

**PREREQUISITE(S):**

**COREQUISITE(S):**

**PRE/COREQUISITE(S):** PHT 1200 and PHT 1103L

**COURSE DESCRIPTION** (750 characters, maximum):

Laboratory sessions for Introduction to Physical Therapy (PHT 1200) are designed to allow the students an opportunity to familiarize themselves with the basic fundamentals of patient care. Emphasis is on body mechanic analysis, positioning procedures, transfers, gait training and basic patient preparation skills. Case studies of various medical conditions with emphasis in these areas are completed. Data collection relative to the course content as well as patient and caregiver education are emphasized. Skill checks as well as competency evaluations are completed. Professional behaviors, at the novice level, are assessed.

## UNIT TITLES

- 1.0 *Body Mechanics*
- 2.0 *Vital Signs Review*
- 3.0 *Patient Positioning*
- 4.0 *Bed Mobility*
- 5.0 *Patient Transfers*
- 6.0 *Gait Training Techniques*
- 7.0 *Wheelchair Management*
- 8.0 *Interventions Module*
- 9.0 *Isolation and Bandaging/Dressing Techniques*



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## ASSESSMENT:

Please provide a brief description (250 characters maximum) that details how students will be assessed on the course outcomes.

1. Assessment of reading and online assignments via submission of homework projects;
2. Pre-lab exercises;
3. Participation in Discussion Forums on the WebCT site;
4. Skill Checks and Practical Examinations to assess competency

*\*\*\* Complete the following only if course is seeking general education status \*\*\**

## GENERAL EDUCATION Competencies and Skills \*:

Please highlight in green font all Competencies/Skills from the list below that apply to this course. In the box to the right of the Competency/Skill, enter all specific learning outcome numbers (i.e. 1.1, 2.7, 5.12) that apply.

1. Read with critical comprehension	
2. Speak and listen effectively	
3. Speak and listen effectively	
4. Think creatively, logically, critically, and reflectively (analyze, synthesize, apply, and evaluate)	
5. Demonstrate and apply literacy in its various forms: <i>(highlight in green ALL that apply)</i> ( 1. technological, 2. informational, 3. mathematical, 4. scientific, 5. cultural, 6. historical, 7. aesthetic and/or 8. environmental )	
6. Apply problem solving techniques to real-world experiences	
7. Apply methods of scientific inquiry	
8. Demonstrate an understanding of the physical and biological environment and how it is impacted by human beings	
9. Demonstrate an understanding of and appreciation for human diversities and commonalities	
10. Collaborate with others to achieve common goals.	
11. Research, synthesize and produce original work	
12. Practice ethical behavior	
13. Demonstrate self-direction and self motivation	
14. Assume responsibility for and understand the impact of personal behaviors on self and society	
15. Contribute to the welfare of the community	

*\* General Education Competencies and Skills endorsed by '05-'06 General Education Task Force*



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**Common Course Number: PHT 1200L**

## **UNITS**

### **Unit 1      Body Mechanics**

#### ***General Outcome:***

- 1.0 The student will be able to demonstrate knowledge of proper body mechanics during a variety of clinical scenarios.

#### ***Specific Instructional Objectives:***

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

- 1.1 Restate the benefits of utilizing proper body mechanics in everyday life as well as in the workplace.
- 1.2 Discuss basic concepts of body mechanics.
- 1.3 Review the pelvic tilt and explain its significance.
- 1.4 Understand the implications of improper body mechanics as they relate to the effectiveness and safety of patient interventions.
- 1.5 Analyze body mechanics of peers.
- 1.6 Provide constructive feedback to peers for modification of improper body mechanics.
- 1.7 Integrate proper body mechanics into a simulated patient care experience in which patient education/instruction is provided.



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**Unit 2 Vital Signs Review**

***General Outcome:***

2.0 The student will be able to perform an efficient and accurate assessment of vital signs.

***Specific Instructional Objectives:***

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

- 2.1 Palpate a pulse in numerous locations of the body.
- 2.2 Perform the following measurements with accuracy and in a reasonable amount of time: blood pressure, heart rate, pulse oximetry, and respiratory rate.
- 2.3 Monitor and record changes in vital signs during rest, during activity, and following activity.
- 2.4 Demonstrate an ability to collect relevant data on a patient's vital signs.
- 2.5 Simulate a patient care experience in which patient education/instruction is given related to the significance of vital signs.



**Common Course Number: PHT 1200L**

**Unit 3 Patient Positioning**

***General Outcome:***

- 3.0 The student will be able to perform patient positioning adequately for a variety of patient needs including instruction in bed mobility.

***Specific Instructional Objectives:***

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

- 3.1 Demonstrate proper positioning procedures for supine, prone and sidelying.
- 3.2 Demonstrate various UE and LE positions for the above.
- 3.3 Utilize the appropriate number of pillows, rolls and other appliances to assure proper positioning is maintained.
- 3.4 Demonstrate the ability to explain positioning needs to the patient in a clear and concise manner; adjusting the explanation to the level of the patient's understanding, as necessary.
- 3.5 Demonstrate proper body mechanics while performing the above patient care techniques.
- 3.6 Practice documenting intervention performed.
- 3.7 Analyze peers' positioning techniques.
- 3.8 Provide constructive feedback to peers for modification of technique.



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**Unit 4      Bed Mobility**

***General Outcome:***

4.0      The student will be able to instruct and assist in the intervention of bed mobility.

***Specific Instructional Objectives:***

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

- 4.1      Practice bed mobility techniques, which encourage participation from the patient to the degree that the patient is capable of.
- 4.2      Determine the need for instruction in proper bed mobility activities related to the patient's condition.
- 4.3      Instruct simulated patients in a variety of bed mobility skills.
- 4.4      Demonstrate proper body mechanics while performing bed mobility.
- 4.5      Practice documenting intervention performed.
- 4.6      Analyze peers' bed mobility techniques.
- 4.7      Provide constructive feedback to peers for modification of technique.
- 4.8      Simulate a patient care experience in which patient education/instruction is given related to bed mobility.



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**Unit 5 Patient Transfers**

***General Outcome:***

- 5.0 The student will be able to demonstrate the ability to perform the appropriate transfer technique for a variety of patient conditions.

***Specific Instructional Objectives:***

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

- 5.1 Demonstrate correct body mechanics for all transfer procedures presented.
- 5.2 Demonstrate awareness of patient safety during transfer procedure.
- 5.3 Demonstrate awareness of individual patient needs.
- 5.4 Demonstrate ability to move patient, with and without assistant in the bed, from the bed to stretcher, from bed to wheelchair.
- 5.5 Demonstrate the ability to explain the transfer techniques to the patient in a clear and concise manner; adjusting the explanation to the level of the patients understanding as necessary.
- 5.6 Utilize various safety holding devices for transfer techniques.
- 5.7 Demonstrate ability to pre-assess a patient for specific transfers and perform appropriate data collection for the pre-assessment.
- 5.8 Demonstrate proper body mechanics while performing the above patient care techniques.
- 5.9 State the rationale for choosing one type of transfer technique over another.
- 5.10 Collect relevant data upon which to base the choice of transfer.
- 5.11 Practice documenting intervention performed.
- 5.12 Analyze peers' transfer training techniques.
- 5.13 Simulate a patient care experience in which patient education/instruction is given related to transfer training.
- 5.14 Provide constructive feedback to peers for modification of technique.
- 5.15 Demonstrate procedures for the safe transport and transfer of patients.



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**Unit 6      Gait Training Techniques**

***General Outcome:***

- 6.0      The student will be able to perform all gait patterns and elevation activities with various assistive devices using proper guarding techniques.

***Specific Instructional Objectives:***

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

- 6.1      Demonstrate ability to properly measure assistive devices.
- 6.2      Demonstrate ability to collect appropriate data re: patient's functional ability prior to determining the appropriate assistive device.
- 6.3      Demonstrate proper guarding of patient during gait with a variety of assistive devices.
- 6.4      Demonstrate proper guarding of patient during rise from chair and return.
- 6.5      Demonstrate how patient would approach seat and/or raise self from seated position with an assistive device.
- 6.6      Demonstrate the ability to explain gait patterns with an assistive device to the patient in a clear and concise manner; adjusting the explanation to the level of the patient's understanding as necessary.
- 6.7      Demonstrate proper body mechanics while performing the above patient care techniques.
- 6.8      Discuss environmental hazards present during gait training with an assistive device.
- 6.9      Practice documenting intervention performed.
- 6.10     Analyze peers' gait training techniques.
- 6.11     Simulate a patient care experience in which patient education/instruction is given related to gait training.
- 6.12     Provide constructive feedback to peers for modification of technique.



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**Unit 7      Wheelchair Management**

***General Outcome:***

7.0      The student will be able to demonstrate proper use of a wheelchair and its component parts.

***Specific Instructional Objectives:***

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

- 7.1      Demonstrate ability to propel wheelchair unassisted for variety of disabilities.
- 7.2      Demonstrate ability to dismantle and fold wheelchair properly.
- 7.3      Demonstrate knowledge of wheelchair parts and function of each.
- 7.4      Demonstrate the ability to explain wheelchair management to the patient in a clear and concise manner; adjusting the explanation to the level of the patients understanding as necessary.
- 7.5      Demonstrate proper body mechanics while performing the above patient care techniques.
- 7.6      Clean and check operation of wheelchairs, stretchers, treatment tables, etc.
- 7.7      Demonstrate technique of transporting patients on a stretcher and wheelchair through a department, hallway, doorway, elevator, etc.



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**Unit 8      Interventions Module**

***General Outcome:***

- 8.0      The student will be able to demonstrate knowledge of safe techniques for utilization of the tilt table and gait on uneven surfaces.

***Specific Instructional Objectives:***

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

- 8.1      Demonstrate proper guarding of patient during stair, ramp, and curb climbing.
- 8.2      Demonstrate ability to perform various gait patterns during elevated activities.
- 8.3      Demonstrate proper body mechanics while performing the above patient care techniques.
- 8.4      Discuss environmental hazards present during gait training with an assistive device.
- 8.5      Monitor a simulated patient's response to the tilt table.
- 8.6      Demonstrate safe and proper technique for utilization of the tilt table.
- 8.7      Practice documenting intervention performed.
- 8.8      Analyze peers' techniques for applying specified interventions.
- 8.9      Simulate a patient care experience in which patient education/instruction is given related to various interventions demonstrated in the laboratory setting.
- 8.10     Provide constructive feedback to peers for modification of techniques.



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**Unit 9 Isolation and Bandaging/Dressing Techniques**

***General Outcome:***

- 9.0 The student will be able to demonstrate proper use of aseptic techniques including the application of bandages and dressings.

***Specific Instructional Objectives:***

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

- 9.1 Demonstrate correct procedures for donning isolation gown, gloves, mask, and cap.
- 9.2 Demonstrate correct procedure for above under sterile conditions.
- 9.3 Demonstrate the ability to explain the isolation procedures to the patient in a clear and concise manner, adjusting the explanation to the level of the patient's understanding as necessary.
- 9.4 Demonstrate proper application of sterile and non-sterile bandages.
- 9.5 Demonstrate ability to apply elastic bandages, supports, binders, etc.
- 9.6 Demonstrate the ability to explain the bandaging procedures to the patient in a clear and concise manner, adjusting the explanation to the level of the patients understanding as necessary.
- 9.7 Simulate a patient care experience in which patient education/instruction is given related to isolation and dressing/bandaging interventions.
- 9.8 Demonstrate accuracy in documentation of the objective section of a SOAP note related to dressing/bandaging interventions.
- 9.9 Demonstrate knowledge of medical asepsis and practice procedures such as handwashing and isolation.
- 9.10 Apply infection control techniques designed to prevent the spread of diseases caused by blood borne pathogens to the care of all patients following Centers for Disease Control (CDC) guidelines.
- 9.11 Demonstrate proper body mechanics while performing the above patient care techniques.