Revised 1/2015

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
OCT 207 – THERAPEUTIC SKILLS (3 CR.)

Course Description

Presents techniques used in the treatment of a variety of conditions frequently seen across the life span. Emphasizes the activities of self-care, work, and leisure as they relate to the development/resumption of normal social role functioning. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose

The purpose of this course is to introduce students to various conditions frequently seen across the lifespan and the impact of these conditions on occupational performance. The laboratory portion of the course is designed to teach and allow students to safely apply general therapeutic skills, concepts of kinesiology, and biomechanical principles needed to be an effective OTA.

Course Prerequisites/Corequisites

Prerequisite: Completion of OTA program semester 1 coursework.

Course Objectives

Upon completing the course, the student will be able to:

- Apply the basic human biomechanical principles and kinesiology concepts as related to occupational performance
- Explain the effects of heritable diseases, genetic conditions, disability, trauma, and injury to the physical and/or mental health and occupational performance of the individuals across the lifespan
- Articulate an awareness of global social issues and health and welfare needs of populations with or at risk for various disabilities and chronic health conditions
- Explain the role of occupation in the promotion of health and the prevention of disease and disability for the individual, family and society
- Identify and articulate the need for and use of compensatory strategies when particular life tasks cannot be resumed
- Use sound judgment to ensure the safety of oneself and others when working with individuals with various conditions across the lifespan
- Perform the following foundational therapeutic skills: apply proper body mechanics, perform basic transfer skills, take and record patient vital signs, review range of motion and manual muscle testing of the upper and lower extremities, palpate and locate important bony prominences, apply joint application principles and energy conservation techniques, perform basic gait analysis, apply skin protection and basic positioning techniques related to edema and skin protection management

Major Topics to be Included

- Human biomechanical principles and basic kinesiology as related to occupational performance
- Occupation as related to health promotion and disease/injury prevention
- Effects of different diseases and conditions as related to one’s physical and/or mental health and occupational performance
- Safe, effective, and appropriate application of foundational therapeutic skills
- Incorporation of compensatory strategies when applying therapeutic skills when necessary