

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:

- Demonstrate knowledge of the structure and function of the basic human biomechanical principles and kinesiology concepts as related to occupational performance. ***(aligns with 2018 ACOTE standard B.1.1)***
- 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. ***(aligns with 2018 ACOTE standard B.3.5)***
- Use sound judgment to ensure the safety of oneself and others when working with individuals with various conditions across the lifespan as appropriate to the setting and scope of practice. ***(aligns with 2018 ACOTE standard B.3.7)***
- Perform the following foundational therapeutic skills: apply proper body mechanics, perform basic transfer skills and wheelchair management, take and record patient vital signs to ensure that the client is stable for intervention, 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 with mobility devices, apply skin protection and basic positioning techniques related to edema and skin protection management. ***(aligns with 2018 ACOTE standard B.3.7; aligns with ACOTE standard B.4.13)***
- Engage in the consultative process with persons, groups, programs, organizations, or communities in collaboration with inter- and intraprofessional colleagues. ***(aligns with 2018 ACOTE standard B.4.19)***
- Identify occupational needs with effective communication with patients and members of the interprofessional team in a responsive and responsible manner that supports a team approach to the promotion of health and wellness. ***(aligns with 2018 ACOTE standard B.4.23)***
- Demonstrated effective intraprofessional OT/OTA collaboration to articulate the role of the OTA and OT in the screening and evaluative process. ***(aligns with 2018 ACOTE standard B.4.24)***
- Demonstrate awareness of the principles of interprofessional team dynamics when effectively performing different team roles to plan, deliver, and evaluate patient-centered care safely, timely, efficiently, effectively, and equitably. ***(aligns with 2018 ACOTE standard B. 4.25)***

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 safe, effective, efficient, and equitable interdisciplinary intervention.
- Promotion of the need for effective intraprofessional OT/OTA collaborate and role understanding in the screening and evaluation process.