

## 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:

1. Apply the basic human biomechanical principles and kinesiology concepts as related to occupational performance. **(aligns with 2018 ACOTE standard B.1.1)**
2. 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)**
3. Articulate an awareness of global social issues and health and welfare needs of persons, groups, and populations with or at risk for various disabilities and chronic health conditions. **(aligns with 2018 ACOTE standard B.1.3)**
4. Describe the epidemiological factors that impact public health and welfare of populations as related occupational performance and concepts of health and wellness. **(aligns with 2018 ACOTE standard B.1.3)**
5. Explain the role of occupation in the promotion of health and the prevention of disease and disability for the individual, family and society. **(aligns with 2018 ACOTE standard B.3.4)**
6. Identify and articulate the need for and use of compensatory strategies when particular life tasks cannot be resumed. **(aligns with 2018 ACOTE standard B.4.2)**
7. Use sound judgment to ensure the safety of oneself and others when working with individuals with various conditions across the lifespan. **(aligns with 2018 ACOTE standard B.3.7)**
8. 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, review basic sensory testing, 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. **(aligns with 2018 ACOTE standard B.4.13)**
9. Collect, organize, and report on data for evaluation of client outcomes under the direction of an occupational therapy practitioner. **(aligns with 2018 standard B.4.6)**
10. Collaborate with inter- and intraprofessional colleagues to participate and engage in the consultative process with persons, groups, programs, organizations, or communities. **(aligns with 2018 ACOTE standard B.4.19)**
11. Identify and develop effective communication with clients, caregivers, and other members of the interprofessional team in a professional and responsive manner that supports a team approach to the

- promotion of health and wellness. ***(aligns with 2018 ACOTE standard B.4.23)***
12. Demonstrate and apply effective OT/OTA intraprofessional collaboration to understand and explain the role of the OT and OTA in the screening and evaluation process. ***(aligns with 2018 ACOTE standard B.4.24)***
  13. Understand the importance of interprofessional team dynamics to perform effectively in different team roles to plan, deliver and evaluate client and population centered care that are safe, timely, efficient, effective and equitable. ***(aligns with 2018 ACOTE standard B.4.25)***
  14. Develop and apply clinical reasoning skills to identify the effect of occupational therapy intervention and the need for continued or modified intervention in collaboration with the client, caregiver, family and to be able to communicate the identified needs to an OT practitioner. ***(aligns with 2018 ACOTE standard B.4.22)***

#### **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.