

PHTH 450 INTRODUCTION TO PT CLINICAL PRACTICE**Credits:** 3**Instructor:** Frangiska Xenopoulos, MCISc., FCAMPT, PhtEmail : Frangiska.xenopoulos@mcgill.ca

Virtual office hours : Available by appointment

Communication Plan: please send an email request for any questions or if you would like to schedule a meeting through zoom. Emails will be responded to within 24hrs.

Course Description: In this course, students will be introduced to clinical skills applicable to various physiotherapy domains of practice. They will learn the basic principles of physiotherapy and the contents of a physical therapy evaluation. Emphasis will be placed on the subjective evaluation, charting, observation, palpation and patient handling skills. Through clinical skills laboratories, self-directed learning, and interactive learning sessions, students will develop communication skills, observation skills, and start working on clinical reasoning skills.

Course Structure:Weekly: 5 hours total

2 -hour lecture

3 -hour combined clinical skills labs & clinical reasoning workshops (CRW)

During the labs, a variety of formats will be used, such as practical sessions, small group discussions and case presentations. Students are expected to dress appropriately for the labs (shorts and t-shirt) in order to expose the area being assessed or palpated.

Instructional Method: *Remote Course Delivery (2020-21)*

The course will be conducted in a hybrid format. All lectures and CRWs will be online using the zoom platform through myCourses. The lab component of the course will require the students to be present on campus to practice assessment and treatment techniques. Most of the lectures will be asynchronous, with a synchronous meeting every week to provide students with the opportunity to ask questions or get clarifications. The CRW will be fixed/synchronous and done with breakout rooms to get maximal student participation. For students unable to attend fixed sessions, content will be recorded and made available on myCourses. Students are also encouraged to make use of the myCourses Discussion Forums for peer- and instructor-support. Technologies students will be expected to use in the course include Zoom and myCourses. Students requiring additional technological support can find instructions and tutorials through *McGill's Remote Learning Resources*:

<https://www.mcgill.ca/tls/students/remote-learning-resources>.

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Recordings of Sessions: All fixed/synchronous sessions will be recorded to accommodate students who are unable to participate in those sessions for reasons such as time zones, inadequate Internet bandwidth, and caregiver responsibilities. Recordings will be made available to students on myCourses, which limits access to students registered in the course. Students must consent to being recorded if they are attending a lecture or participating in a component of a course that is being recorded. Students will be notified through a 'pop-up' box in Zoom if a lecture or portion of a class is being recorded. By remaining in sessions that are recorded, you agree to the recording, and you understand that your image, voice, and name may be disclosed to classmates. You also understand that recordings will be made available in myCourses to students registered in the course.

Course Content (theoretical and practical):

Topics include, but are not limited to:

- 1) Introduction to physical therapy terminology
- 2) Introduction to the PT Assessment Form
- 3) Introduction to charting, SOAPIER notes
- 4) Introduction to postural assessment*:
 - a. Postural observation (normal and abnormal)
 - b. Elements of postural control
 - c. Analysis of posture in sitting, lying, & standing
- 5) Introduction to gait analysis*
- 6) Integration of the notions of planes of movement to PT practice
- 7) Introduction to normal range of motion (ROM)
- 8) Introduction to concepts and the practice of passive, active assisted, active and resisted movements*
- 9) Introduction to concepts of muscular contractions (such as, isometric, isotonic, concentric and eccentric)*
- 10) Introduction to selective tissue tensioning*
- 11) Palpation of anatomical landmarks*
- 12) Functional anatomy linked to specific static body positions and active movements
- 13) Introduction to flexibility testing and stretching techniques (static, dynamic)*
- 14) Introduction to balance and Proprioceptive techniques*
- 15) Basic treatment techniques and practice*

*Topic will be introduced, with additional information presented in PHTH 550 and PHTH 560.

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Specific Learning Outcomes based on Essential Competencies & Entry-to-Practice Milestones:

With attendance and active participation in class, the students will be actively engaged in developing core competencies as they relate to the roles for physiotherapists. This course will cover essential competencies and milestones related to the domains of physiotherapy expertise, communication, collaboration, scholarship, and professionalism. Upon completion of this course, the student will be able to:

Physiotherapy Expertise:

- Employ a client centered approach. More specifically students will:

Learning objectives	Milestones
Interact with the patient/client to ensure the clients best interest and goals.	1.1.1; 1.1.5; 1.1.6

- Ensure physical and emotional safety of the client. More specifically students will:

Learning objectives	Milestones
Ensure proper body mechanics and patient positioning during client assessments and interventions.	1.2.2; 1.2.3; 1.2.4
Assure safe patient handling.	1.2.2; 1.2.3; 1.2.4

- Conduct a client Assessment. More specifically students will:

Learning objectives	Milestones
Become familiar with performing a subjective exam, interviewing clients and screening for red flags	1.3.1; 1.3.2; 1.3.4; 1.3.5;
Develop observation skills regarding normal posture and gait analysis.	1.3.7
Perform an objective exam assessing posture, gait, ROM and RISOM	1.3.7
Learn palpation of common anatomical landmarks (bones, tendons and muscles)	1.3.7
Develop basic palpation and patient handling skills.	1.3.7

- Establish a diagnosis and prognosis. More specifically students will:

Learning objectives	Milestones
Understand basic selective tissue tensioning	1.4.1, 1.4.3
Identify basic prognostic indicators for physiotherapy	1.4.4
Create a problem list and identify body structure and function impairments, activity limitations and participation restrictions	1.4.2

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- Develop, implement, monitor and evaluate an intervention plan. More specifically students will:

Learning objectives	Milestones
Develop physiotherapy goals based on the problem list	1.5.1
Implement an effective exercise program, by selecting and applying appropriate exercises for the goals of the patient	1.5.2; 1.5.3; 1.5.5; 1.5.7

Communication

- Use oral and non-verbal communication effectively. More specifically students will:

Learning objectives	Milestones
Employ effective and appropriate verbal and nonverbal communication in class, with peers and clinical instructors	2.1.1; 2.1.2; 2.1.3;
Adapt communication approach to context	2.3.1; 2.3.2; 2.3.3; 2.3.5

- Use written communication effectively. More specifically students will:

Learning objectives	Milestones
Demonstrate proper documentation and charting skills	2.2.1; 2.2.2; 2.2.3
Become familiar with the PT Assessment form, its contents and charting	2.2.1; 2.2.2; 2.2.3
Become familiar with physiotherapy terminology and with SOAP/PIER notes/notetaking	2.2.1; 2.2.2; 2.2.3

Collaboration

- Facilitate collaborative relationships. More specifically students will:

Learning objectives	Milestones
Establish and maintain interprofessional relationships, which foster effective collaborations.	3.2.4; 3.2.5
Contribute to effective teamwork during the in class assignment and throughout the laboratory sessions	3.3.1; 3.3.2; 3.3.3; 3.3.4; 3.3.5

Scholarship

- Integrate self-reflection and external feedback to improve personal practice. More specifically students will:

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Learning objectives	Milestones
Use an evidence-informed approach to practice	6.1.1; 6.1.2; 6.1.4
Apply principles of self-directed learning through the use of self-evaluation and feedback from classmates and professors.	6.3.1; 6.3.3

Professionalism

- Comply with legal and regulatory requirements. More specifically students will:

Learning objectives	Milestones
Respect the Code of Professional Conduct for Physical Therapy Students	7.1.1; 7.1.2; 7.1.3

- Behave ethically and act with professional integrity. More specifically students will:

Learning objectives	Milestones
Develop respectful and ethical behaviors and attitudes during all class interactions	7.2.1; 7.2.2; 7.2.3; 7.4.1; 7.4.2; 7.4.3; 7.4.4; 7.4.5; 7.4.6; 7.4.7
Demonstrate professionalism with respect to dressing/undressing during laboratory sessions.	7.4.1; 7.4.2; 7.4.3; 7.4.4; 7.4.5; 7.4.6; 7.4.7
Demonstrate professionalism with respect to giving and receiving feedback from peers and instructors.	7.4.1; 7.4.2; 7.4.3; 7.4.4; 7.4.5; 7.4.6; 7.4.7

Course Materials:

Required textbook:

1. Biel A. (2010) *Trail Guide to the body* (4th edition), Books of Discovery, Boulder, CO.

A list of suggested and required readings, handouts and lecture notes will be posted on MyCourses.

Reference Texts:

1. Magee D.J. (2014). *Orthopedic Physical Assessment* (6th edition), Saunders (Elsevier), St. Louis, MO.
2. Dutton M. (2008). *Orthopedic Examination, Evaluation, and Intervention* (2nd edition), McGraw Hill Companies Inc. USA.

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- Quinn L., Gordon J. (2016). *Documentation for Rehabilitation* (3rd edition), Elsevier, Maryland Heights, MO.

Copyright: Instructor generated course materials (e.g., handouts, notes, summaries, exam questions, etc.) are protected by law and may not be copied or distributed in any form or in any medium without explicit permission of the instructor. Note that infringements of copyright can be subject to follow up by the University under the Code of Student Conduct and Disciplinary Procedures.

Student Assignment and Evaluation:

Student evaluation will be done in an ongoing format throughout the term and will include both formative and summative evaluations.

Assignment/ Evaluation	Description	Percentage %	Milestones
Participation	Participation in online polling during online lectures and completion of formative mini assignments	5%	1.3.1;1.4.1; 1.4.2; 1.4.3; 1.4.4; 1.5.1; 1.5.2; 2.2.1; 2.2.2;
Spot Check	Each Student will randomly be selected to demonstrate a practical task	5%	1.2.2; 1.2.3; 1.2.4; 1.5.3; 1.5.5; 2.1.1; 2.1.2; 2.1.3; 2.1.4; 2.3.1; 2.3.2; 2.3.3; 6.3.1; 6.3.3; 7.4.1; 7.4.2; 7.4.3;7.4.4; 7.4.5; 7.4.6;
Mid-Term Evaluation	Objective Structured Clinical Examination (OSCE)	15%	1.2.2; 1.2.3; 1.2.4; 1.5.3; 1.5.5; 2.1.1; 2.1.2; 2.1.3; 2.1.4; 2.3.1; 2.3.2; 2.3.3; 6.3.1; 6.3.3; 7.4.1; 7.4.2; 7.4.3;7.4.4; 7.4.5; 7.4.6;
Written Assignment	Group work: Charting skills and exercise program for patient	15%	1.4.1; 1.4.2; 1.4.3; 1.4.4; 1.5.1; 1.5.2; 2.2.1; 2.2.2; 2.3.2; 3.2.1; 3.2.4; 3.2.5; 3.3.1; 3.3.2; 3.3.3; 3.3.4; 6.1.1; 6.1.2; 6.1.4; 6.3.1, 7.4.1; 7.4.4; 7.4.5

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Assignment/ Evaluation	Description	Percentage %	Milestones
Final Evaluation	Written exam: short answers	30%	1.3.4; 1.3.7; 1.4.1; 1.4.2; 1.4.3; 1.4.4; 1.5.1; 1.5.2; 2.2.1; 2.2.2; 2.3.2; 6.1.1; 6.1.4
	Objective Structures Clinical Examination (OSCE)	30%	1.2.2; 1.2.3; 1.2.4; 1.5.3; 1.5.5; 2.1.1; 2.1.2; 2.1.3; 2.1.4; 2.3.1; 2.3.2; 2.3.3; 6.3.1; 6.3.3; 7.4.1; 7.4.2; 7.4.3; 7.4.4; 7.4.5; 7.4.6;

Online Polling Sessions: Polling will be used in this course to enhance engagement, interactivity and will contribute to the student’s participation marks.

- During a class with polling questions, you will respond to questions from the instructor from a personal device (smartphone, tablet, or laptop).
- Students should come to class with their devices charged and [connected to the Internet](#).
- Polling will be available through www.mcgill.ca/polling or through Zoom polling
- **For your responses to be connected to your username for participation grading, you MUST first register for an account by clicking on “Register Your Account” at www.mcgill.ca/polling and logging in with your McGill username and password.**
- For any technical problems with polling, please contact the IT Service Desk: <http://www.mcgill.ca/it/get-started-it/need-help>.
- If you do not have a phone, tablet, or laptop to use to respond to polling questions, please contact the instructor immediately in order for appropriate arrangements to be made.
- To maintain a safe and respectful classroom environment, please ensure that any polling responses you submit are appropriate and relevant to the question asked. Please note that unless the poll is labelled as anonymous, your responses are identifiable to the instructor. Please see the [Code of Student Conduct and Disciplinary Procedures](#).

Since polling records may be used to compute a portion of course grades, **responding as someone other than yourself is considered an academic offense**. During class, possession of more than one response device or using the credentials of another student will be interpreted as intent to commit an academic offense. Please refer to McGill’s policy on Academic Integrity and Code of Conduct.

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Special Requirements for Course Completion and Program Continuation: In order to pass the course, a grade of at least C+ (60%) must be achieved in both the theoretical and practical evaluation components individually, as well as in the overall course. This course falls under the regulation concerning individual and group evaluation. Please refer to the section on marks in the Rules and Regulations for Student Evaluation and Promotion of the Physical Therapy Course Guides.

Plagiarism/Academic Integrity: McGill University and the Faculty of Medicine value academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the [McGill University Code of Student Conduct and Disciplinary Procedures](#) and the [Faculty of Medicine Code of Conduct](#).

L'université McGill attache une haute importance à l'honnêteté académique. Il incombe par conséquent à tous les étudiants de comprendre ce que l'on entend par tricherie, plagiat et autres infractions académiques, ainsi que les conséquences que peuvent avoir de telles actions, selon le [Code de conduite de l'étudiant et des procédures disciplinaires](#)

Dress Code: Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate attire during all class assignments and learning activities.

Attendance: Students who have missed more than 15% of laboratory or small group sessions, or who miss any required professional workshop or seminar, without prior approval, will receive 0/5 for participation in the course. If a course does not have a participation mark, then the final course mark will be deducted by a 10% mark. This rule applies to labs and to all required workshops, seminars or professional activities.

Right to submit in English or French written work that is to be graded: In accord with McGill University's Charter of Students' Rights, students in this course have the right to submit in English or in French any written work that is to be graded.

Consequences of Not Completing Assignments as Requested: An individual who does not complete a required assignment and does not have a university recognized reason for deferral would receive a 0 in that portion of the evaluation.

Course Accessibility: As the instructors of this course we endeavor to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with us and/or the [Office for Students with Disabilities](#), 514-398-6009. The *University Student Assessment Policy* exists to ensure fair and equitable academic assessment for all students and to protect students from excessive workloads. All students and instructors are

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encouraged to review this Policy, which addresses multiple aspects and methods of student assessment, e.g. the timing of evaluation due dates and weighting of final examinations.

Technology in Class: Your respectful attentive presence is expected, therefore while you are permitted to use your laptop in class, it is understood that you will not be using your laptop or cell-phone for social purposes during class time (e.g. email, msn, sms). Your cell phone should be on silence during class time and phone calls should only take place during the break or after class.

Course evaluations: End-of-course evaluations are one of the ways that McGill works towards maintaining and improving the quality of courses and the student's learning experience. You will be notified by e-mail when the evaluations are available. Please note that a minimum number of responses must be received for results to be available to students.

Additional policies governing academic issues which affect students can be found in the [Academic Rights and Responsibilities](#)

In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change.

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