

PHTH 450 INTRODUCTION TO PT CLINICAL PRACTICE

Credits: 3

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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: The course is 5 hours per week: 2 hours of lecture and 3 hours of labs. 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-shirts) in order to expose the area being assess or palpated.

Learning Objectives: With attendance and active participation in class, the students will be actively engaged in developing the following core competencies as they relate to the roles for physiotherapists¹.

Expert

- Acquire knowledge of basic PT clinical practice as described in the course content section.
- Become familiar with the PT Assessment form, its contents and charting.
- Develop observation skills regarding normal posture and gait analysis.
- Understand selective tissue tensioning.
- Develop basic palpation and patient handling skills.
- Implement an effective exercise program, by selecting and applying appropriate exercises for the goals of the patient.

Communicator

- Employ effective and appropriate verbal and nonverbal communication in class, with peers and educators.
- Demonstrate proper documentation and charting skills.

Collaborator

- Establish and maintain interprofessional relationships, which foster effective collaborations.

1 Essential Competency Profile for Physiotherapists in Canada, October 2009

Scholarly practitioner

- Apply principles of self-directed learning through the use of self-evaluation and feedback from classmates and professors.

Professional

- Respect the Code of Professional Conduct for Physical Therapy Students
- Develop respectful behaviors and attitudes during all class interactions
 - Demonstrate professionalism with respect to dressing/undressing during laboratory sessions.
 - Demonstrate professionalism with respect to giving and receiving feedback from peers and instructors.

Course Content: The major topics discussed in this course are outlined below:

Theoretical and Practical Content:

- 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

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

Copyright of course materials: 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 %
Participation	Participation in online polling during lectures and completion of formative mini assignments	5%
Spot Check	Each Student will randomly be selected to demonstrate a practical task	5%
Mid-Term Evaluation	Objective Structured Clinical Examination (OSCE)	15%

Written Assignment	Charting skills and exercise program for patient	10%
Final Evaluation	Written exam: short answers	35%
	Objective Structures Clinical Examination (OSCE)	30%

Special Requirements for Course Completion and Program Continuation:

In order to pass the course, a grade of at least C+ (60%) must be obtained as a total course mark. Please refer to the appropriate sections in the undergraduate calendar on University regulations regarding final and supplemental examinations. 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 Occupational Therapy Course Guides.

Plagiarism/Academic Integrity: McGill University values academic integrity. Therefore, all students must understand the meaning and consequences of cheating, plagiarism and other academic offences under the Code of Student Conduct and Disciplinary Procedures (see www.mcgill.ca/students/srr/honest/ for more information).

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.

Skills Building Attendance Mark: Attendance is mandatory. Students will not be able to miss any of the class activities without a written excuse. If they do, 10% of the total course mark will be removed.

Consequences of not completing assignments as requested: Late submissions will be penalized 5% per day, including weekends.

Dress Code: Professionalism with respect to dressing is encouraged throughout the course of the semester. It is each student's responsibility to have appropriate McGill attire during all class assignments and learning activities. When working with clients or during site visits student must be dressed professionally.

Disability: If you have a disability please contact the instructor to arrange a time to discuss your situation. It would be helpful if you contact the Office for Students with Disabilities at (514) 398-6009 before you do this.

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-term 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 on Mercury, the online course evaluation system. Please note that a minimum number of responses must be received for results to be available to students.

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

Additional policies governing academic issues which affect students can be found in the McGill Charter of Students' Rights. The Handbook on Student Rights and Responsibilities is available at:

[HTTP://WWW.MCGILL.CA/FILES/SECRETARIAT/HANDBOOK-ON-STUDENT-
RIGHTS-AND-RESPONSIBILITIES-2010.PDF](http://www.mcgill.ca/files/secretariat/handbook-on-student-rights-and-responsibilities-2010.pdf)