

## POTH 633 Function and Activity in Arthritis

- Credits:** 3
- Prerequisites:** Basic knowledge of the rheumatic diseases and clinical experience in the treatment of musculoskeletal conditions.
- Instructors:** Ada Pagnotta  
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[apagnott\\_hjr@ssss.gouv.qc.ca](mailto:apagnott_hjr@ssss.gouv.qc.ca)
- Susan Sofer  
[susansofer@actdriving.com](mailto:susansofer@actdriving.com)
- Class Location:** Jewish Rehabilitation Hospital  
3205 place Alton Goldbloom  
Chomedey, Laval  
H7V 1R2  
Report to front entrance for the first class
- Class Schedule:** 8:30 to 12:00, 1 hour lunch, 13:00 to 16:00  
6 consecutive Sundays except for one Sunday if it should fall during study week
- Office Hours:** Available by appointment only  
Monday to Friday from 8:30 to 12:00  
Jewish Rehabilitation Hospital  
(450) 688-9550 ext. 221

### Course Materials

**Required Manual:** *The Rheumatic Disease Assessment Battery*. Ada Pagnotta and Susan Sofer, Jewish Rehabilitation Hospital Foundation. Cost: \$35.00

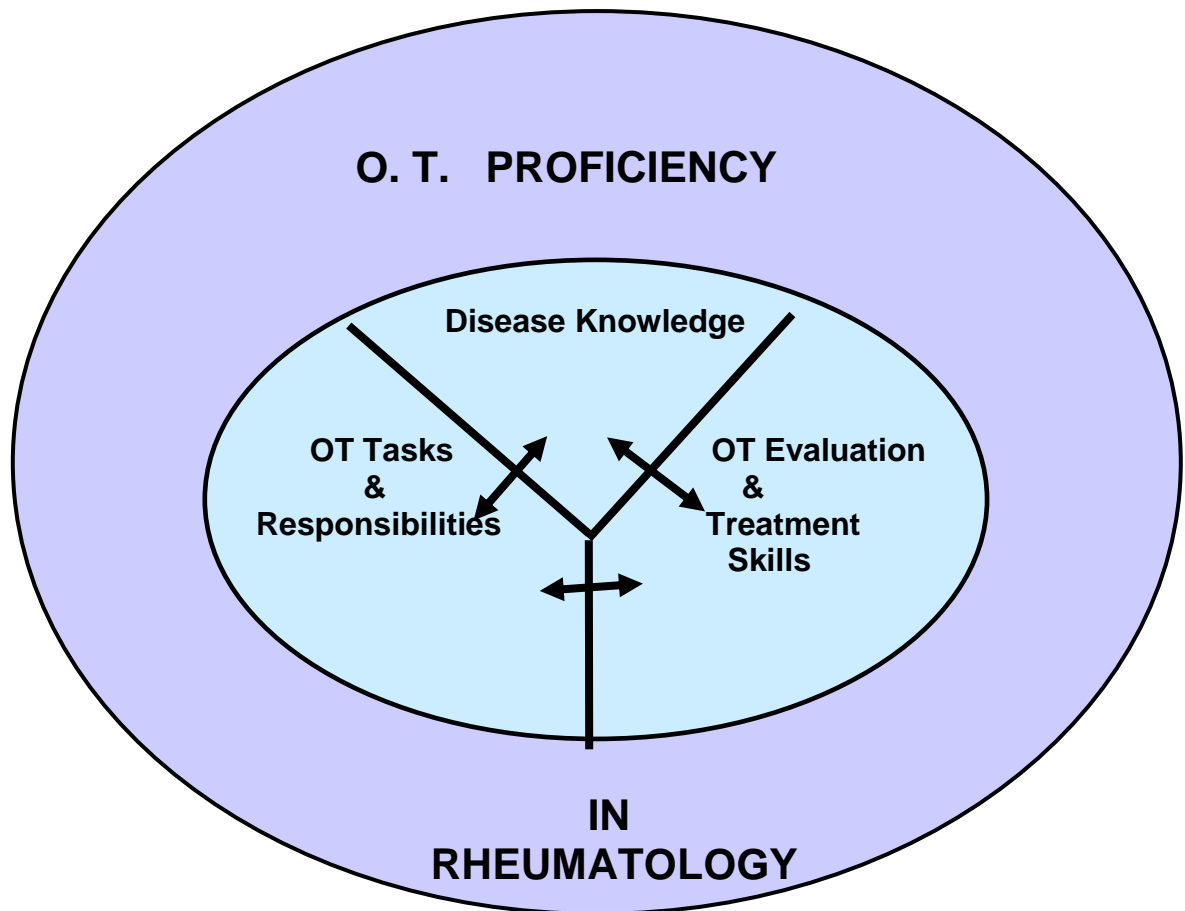
**Recommended Text:** *Rheumatic Disease in the Adult and Child: Occupational Therapy and Rehabilitation*. Jeanne Melvin, edition 3, F.A. Davis Company.

**Suggested Readings:** Several journal articles, pamphlets and prepared handouts are provided for additional reading and for deeper comprehension of the material covered in class but for which the student is not responsible for the final exam.

**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.

**Course Description:** This course is designed for Occupational Therapy students who are interested in developing professional proficiency in the specialized area of rheumatology practice. The course offers a comprehensive review of disease pathology in several common rheumatic diseases, an orientation to specific O.T. tasks and responsibilities in this area of expertise, and opportunities to develop skills in O.T. evaluation and treatment in rheumatology practice.

**Concept Map:**



**Instructional Method:** Active thinking and participation of the students is expected in this course. Conjointly with lecture presentations on the same content and with instructor guidance, the students will engage in small group work for practice in administering evaluations and for practice of critical thinking in case management. Persons with arthritis will be invited on a regular basis to engage in discussions with the students and assist in demonstrations of evaluation procedures. Instructors individually teach different portions of the course.

**Overall Outcomes:** By the end of the course, the student will acquire knowledge and skills necessary to:

1. Evaluate the physical, affective and/or spiritual performance components for various rheumatological conditions throughout the lifespan,
2. Evaluate the physical, institutional, cultural and/or social environmental conditions which are enhancing or limiting optimal occupational performance,
3. Establish client-centered goals, and
4. Plan, initiate, carry out occupational performance-based treatment that is appropriate for individuals of all ages.

**Learning Outcomes:** Upon completion of this course, the student will demonstrate competence in the following areas:

1. Describe the common rheumatic conditions from a multi-system focus of disease process such as disease etiology, pathophysiology and pathomechanics of deformity and describe medical interventions.
2. Discriminate amongst the rheumatic conditions, associated pathologies and medical interventions.
3. Apply the Canadian Model of Occupational Performance and Engagement for a given client in relation to occupational therapy assessment and intervention.
  - a. Develop a comprehensive OT assessment plan for a given client using the tests found in the manual “The Rheumatic Disease Assessment Battery”.
4. Perform hand and foot evaluations, musculoskeletal screening evaluation and joint count assessment for disease activity.
5. Analyze the physical, affective and/or spiritual performance components and the physical, institutional, cultural and/or social environmental

conditions which are enhancing or limiting optimal occupational performance.

6. Synthesize, develop and document the OT problem list, long- and short-term goals and treatment plan that is the 'most appropriate' for a given client including:
  - i. therapeutic activities & modalities
  - ii. strategies to enhance independent living
  - iii. environmental modifications to enable autonomy and security
  - iv. psychosocial interventions to enable health and well-being.
7. Effectively implement Occupational Therapy by identifying:
  - i. use of effective communication
  - ii. choice of the best mode of service delivery
  - iii. adherence to professional standards
8. Students will apply and discuss in group work reflective practice principles.

**Course Content:** Content of the course will include coverage of:

1. Major rheumatic diseases such as:
  - ◆ Polyarthritis :  
Rheumatoid Arthritis  
Juvenile Arthritis  
Ankylosing Spondylitis  
Psoriatic Arthritis  
Reiter's Syndrome
  - ◆ Connective Tissue Disorders :  
Systemic Lupus Erythematosus  
Scleroderma  
Polymyositis and Dermatomyositis
  - ◆ Degenerative Joint Diseases
    - ◆ Other :  
Fibromyalgia  
Osteoporosis  
Lyme's Disease
2. Detailed O.T. assessments in the following areas:
  - Musculoskeletal
  - Self-care
  - Instrumental activities of daily living
  - Hand
  - Foot

3. O.T. treatment interventions in the area of:
  - Patient education.
  - Functional adaptation such as adaptive methods and assistive devices in ADL, IADL, work/play, and leisure.
  - Orthotics.
  - Remedial activities and physical modalities
4. Review of current interdisciplinary practices in rheumatology

**Assignments and Evaluation:** This course falls under the regulations concerning theoretical and practical evaluation as well as individual and group evaluation. Student evaluation will be done in an ongoing format throughout the term and will include lab, oral presentation and written evaluations.

**Mark distribution:**

1. Knowledge based evaluations – 20%

There will be 5 knowledge-based assignments throughout the semester. These will count for 20% of the final grade for the course. These are mini quizzes which will be given at the beginning of each class regarding the previous class material.

2. Assignments – 25%

There will be 3 assignments throughout the semester. Students will be working in assigned groups for 2 assignments.

- ◆ The exploration assignment on the internet site [www.arthritis.ca](http://www.arthritis.ca) is worth a **bonus point** on the final grade.
- ◆ Exploring resources and options in healthy living for people with arthritis: short report (5 to 8 pages), designing a client pamphlet and class presentation; **20 points**
- ◆ Designing a hand or foot home exercise program; **5 points.**

3. Lab Exam -15%

There will be a skill based lab exam on hand and foot evaluation techniques and interpretation.

4. Final examination – 40%

The final examination is a written examination that takes place during a week prior to the university final examination period. This exam will include both short answer and essay-type questions.

A detailed description of these evaluations will be provided as part of the course schedule on the first day of class.

**Class Rules:** Missing class is not tolerated barring a few exceptions (i.e. sickness with medical note or a family tragedy). The professors reserve the right to disqualify from the course any student who does not attend class without substantiated and valid reason(s). If a student will be absent from a class (for reason's identified above), the instructor giving the class must be notified and the marks of the missed quiz will be redistributed. Assignments must be handed in for due dates. Late submissions will be penalized 2% per day, including weekends.

A missed final exam will be recoupable by a term paper if the final exam was not written for substantiated and valid reason(s). The instructors must be notified in writing of this circumstance.

**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/](http://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.

**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.

**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.

**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."

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