

# PTAT-1100: INTRODUCTION TO PHYSICAL THERAPIST ASSISTING

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## Cuyahoga Community College

**Viewing: PTAT-1100 : Introduction to Physical Therapist Assisting**

**Board of Trustees:**

January 2024

**Academic Term:**

Fall 2024

**Subject Code**

PTAT - Physical Therapist Assist

**Course Number:**

1100

**Title:**

Introduction to Physical Therapist Assisting

**Catalog Description:**

History and principles of physical therapy. Role, responsibilities, and supervision of the physical therapist assistant. Survey of physical therapy interventions and services. Emphasizes the legal, ethical responsibilities, as well as professional behaviors relating to physical therapy service. Content also covers communication, cultural diversity, and provides introduction to medical record documentation.

**Credit Hour(s):**

2

**Lecture Hour(s):**

2

**Lab Hour(s):**

0

**Other Hour(s):**

0

## Requisites

**Prerequisite and Corequisite**

ENG-1010 College Composition I, or ENG-101H Honors College Composition I; and MA-1020 Medical Terminology; and departmental approval: admission to program.

## Outcomes

**Course Outcome(s):**

A. Discuss the key events in the history and definition of physical therapy as a profession in general and the development of the physical therapist assistant specifically.

**Essential Learning Outcome Mapping:**

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

**Objective(s):**

1. Trace the history and accomplishments of physical therapy and the physical therapist assistant, including the program at Tri-C.
  2. Define physical therapy as a health care profession. Identify those who are qualified to write an order for physical therapy.
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**Course Outcome(s):**

B. Identify key components of the preferred physical therapist/physical therapist assistant relationship, role delineation and regulatory requirements for direction and supervision.

**Objective(s):**

1. Explain the organizational structure of the physical therapy department, including chain of command, supervisory relationships, and the role of each member.
2. List the educational requirements, licensing requirements, levels of authority and responsibility, and level of supervision required for the physical therapist, physical therapist assistant, physical therapy aide, and athletic trainer.
3. Explain the role and responsibilities of the physical therapist assistant and the scope of their abilities in the delivery of care.

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**Course Outcome(s):**

C. Describe the various organizations, regulatory bodies and state practice acts that influence the scope of practice for physical therapy and the physical therapist assistant.

**Objective(s):**

1. Explain the role of the American Physical Therapy Association and other agencies and governing bodies which support and regulate the profession of physical therapy.
2. Identify and discuss the role and responsibilities of the physical therapist assistant in the delivery of physical therapy based on professional and state guidelines and the development of individual strengths and limitations. Identify those tasks that may only be performed by the physical therapist, regardless of the setting in which they are performed.
3. List the requirements for licensure in the state of Ohio and criteria to maintain licensure.

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**Course Outcome(s):**

D. Discuss the role and responsibility of the physical therapist assistant to establish the patient - therapist relationship while observing patient rights, confidentiality regulations, and adapting for the psychosocial aspects of disability.

**Objective(s):**

1. Define the terms identified in the International Classification of Functioning, Disability and Health (ICF)
  2. Define ethics, professional behavior, negligence, and liability. Discuss the elements of ethics, types of ethical problems, and the process of ethical decision-making. Relate these to the role of the physical therapist assistant and physical therapy.
  3. Identify and discuss patient's rights, confidentiality and informed consent. Discuss Health Insurance Portability and Accountability Act (HIPAA) regulations and identify Protected Health Information and possible ramifications of violation of HIPAA regulations.
  4. Recall the various patient, caregiver, and family reactions and coping mechanisms to disease and disability. Discuss the variation in treatment approach and patient interaction required for various patient profiles
  5. Explain the importance of effective oral, written, and non-verbal communication with patients, families, health care providers, and the public. Describe how time and distance awareness may impact interaction.
  6. Demonstrate an understanding of the importance and recognition of cultural and socioeconomic differences, and alternative lifestyles on the interaction with patients, families, and health care professionals.
  7. Use communication skills that are sensitive, affirmative, reflect a positive attitude, and display dignity for all people. Demonstrate these skills during classroom activities. Design a plan to implement these skills in both professional and personal interactions.
  8. Demonstrate the development of professional behaviors as identified in the Professional Behaviors Assessment at the beginning level in all program related activities including the Preventative Care Centers. These professional behaviors include but are not limited to the following:
    - a. Good communication and interpersonal skills
    - b. Demonstration of problem solving/critical reasoning skills
    - c. Honesty, integrity, and ethical behavior
    - d. Dependability and responsibility
    - e. Positive response to feedback and the ability to interpret and follow through on feedback
    - f. Ability to work as a team member
    - g. Demonstration of initiative and self-directedness.
  9. Explain the Americans with Disabilities Act (ADA) and outline the concepts and requirements of this legislation and its impact specifically on physical therapy.
  10. Identify the legislation regarding patient advanced directives for care and discuss the role and responsibilities of the health professional regarding patient advanced directives.
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**Course Outcome(s):**

E. Describe the various practice settings and specialties in which physical therapists and assistants are employed and the unique features and interventions performed in those settings.

**Objective(s):**

1. Explain the effects of illness and disability as they relate throughout the life span and the effects of illness and disability on the patient's family.
2. Outline the various types of health care delivery systems and their function in total patient management.
3. Explain the role and qualifications of other health care workers. List and define the medical specialties commonly encountered.
4. List the members who may comprise the "rehab team" and explain the concept and benefits of team management in patient care.
5. List the various settings where physical therapy is utilized, the physical agents that are used in physical therapy, and the general role of each.
6. List the goals of physical therapy and discuss some of the treatment forms utilized to obtain these goals.
7. List some of the areas of specialization in physical therapy and some of the diseases and injuries that require physical therapy services.

**Course Outcome(s):**

F. Describe the appropriate response and documentation of patient emergencies that may occur in the physical therapy setting.

**Objective(s):**

1. Appraise unsafe patient situations and take appropriate action, including environmental and mechanical hazards. Develop an awareness to situations that may be potentially harmful or dangerous to the health care worker.
2. List and identify changes in patient's physiological condition, behavior, or response, which are to be reported to the supervising physical therapist or other health care workers.
3. Summarize the various types of emergencies that may occur in a health care facility and the physical therapy department specifically. List various emergency situations in physical therapy and appropriate reactions.
4. Compare and contrast patient signs and symptoms. Discuss the signs and symptoms of syncope, seizure, fractures, and angina. Describe the proper response to be taken in these and other patient care responses and emergencies.
5. List some signs and symptoms that should alert the health care provider that a possible change in patient status may be occurring that requires their intervention.
6. Explain the importance of the accurate and timely completion of incident reports. List key items that should be included in the report. List situations when an incident report should be completed.

**Course Outcome(s):**

G. Describe the significance of documentation in patient care and the role and the responsibilities of the physical therapist assistant in the provision of this documentation.

**Objective(s):**

1. Explain the importance of effective oral, written, and non-verbal communication with patients, families, health care providers, and the public. Describe how time and distance awareness may impact interaction.
2. List the components of the patient's medical chart. Extract information from these components that are pertinent to physical therapy management of the patient.
3. List the components of the physical therapy referral and evaluation.
4. Identify through the evaluation process of the impact of the patient's disability on all aspects of his/her life including family, job, leisure, and activities of daily living.
5. Discuss the various responses of society to people with disabilities.
6. Identify and accurately employ medical terminology and medical abbreviations.
7. Utilize abbreviations and terminology as outlined in the Guide for Physical Therapist Practice.
8. Identify the originator and the theory of the problem oriented medical record style of record keeping.
9. Discuss the advantages and rationale for the problem oriented method of medical record keeping versus the source oriented method.
10. Discuss the components of the problem oriented medical record.
11. List the components of the Subjective, Objective, Assessment, and Plan (SOAP) format progress note.
12. Write a progress note using the SOAP format.
13. Distinguish between the SOAP and narrative style of progress note.
14. Write a narrative style progress note.
15. Identify the purpose of the patient note, including its value regarding third party reimbursement.

16. Describe what important factors need to be included in the progress note and document relevant aspects of patient treatment.
17. Compare and contrast Medicare and Medicaid. Identify some factors that must be considered for both when documenting in the medical record.
18. Explain the role of reimbursement as it impacts health care in general and physical therapy treatment specifically.
19. Summarize the role of the physical therapist assistant in patient and family education regarding utilization of physical therapy services and payment for those services.

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**Course Outcome(s):**

H. Discuss evidence-based practice, research, outcome measure and the impact of health policy and health care disparity on the future of physical therapy.

**Objective(s):**

1. Explain the effects of illness and disability as they relate throughout the life span and the effects of illness and disability on the patient's family.
2. Explain the ramifications of the Prospective Payment System on reimbursement for physical therapy services, and for providing physical therapy services in a managed care environment.
3. Explain the need for the delivery of quality care in a capitation delivery system, and list skills required to act as a patient advocate in the health care delivery system.
4. Explain the operational needs of the physical therapy department on a daily basis, including policies, procedures, and fiscal considerations.
5. Explain the role of physical therapy and the assistant specifically in the provision of prevention and wellness services, including screening and health promotion.
6. Identify the need for involvement in community outreach and the development of community support systems to enhance physical therapy services.
7. Summarize health literacy and recognize the importance in physical therapy services.

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**Course Outcome(s):**

I. Discuss the importance of stress management, lifelong learning and advanced skill development on the future of the physical therapist assistant.

**Objective(s):**

1. Define stress, stressor, body image and self-esteem. Relate each of these to the psychological mechanisms leading to the patient's acceptance of illness or disability.
2. Explain the effects of illness and disability as they relate throughout the life span and the effects of illness and disability on the patient's family.
3. Develop the ability to read and interpret professional literature.
4. Design a plan of self-directed learning that recognizes the need for a lifetime commitment to continuing professional and personal growth.
5. Design a plan of education to acquire the skills and professional behaviors necessary to effectively represent the roles and responsibilities of the physical therapist assistant.
6. List opportunities to participate in the development of knowledge and skills, including the review of professional literature.
7. Demonstrate utilization of technology services available at the College, including use of supplemental websites and Ohio Link.
8. Define "burn out" and list symptoms. Explain the effects of stress on the health care professional. Explain interventions for prevention of "burn out" and methods for dealing with it, with co-workers, and self.
9. Identify attitudes and behaviors that are predictors of successful or unsuccessful completion of the clinical education experience.

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**Methods of Evaluation:**

1. Written test, midterm and final examinations
2. Announced and unannounced quizzes
3. Review of professional literature article
4. Professional and ethical conduct in all course activities
5. Participation in supplemental web site activities including discussion board
6. Case studies

**Course Content Outline:**

1. History of physical therapy and the physical therapist assistant
  - a. The beginnings of Physical Therapy
  - b. Development of PTA and program at Tri-C
  - c. Guide to Physical Therapist Practice
  - d. International Classification of Functioning, Disability and Health (ICF)
2. Regulatory requirements
  - a. Educational requirements, Commission on Accreditation in Physical Therapy Education (CAPTE), Federation of State Boards of Physical Therapy (FSBPT)
  - b. State Practice Act, Occupational Therapy, Physical Therapy and Athletic Trainers Board (OTPTAT)
  - c. Licensure requirements, renewal, disciplinary actions
  - d. Third-party payer regulations
  - e. Levels of supervision
3. American Physical Therapy Association
  - a. International Classification of Functioning, Disability and Health (ICF) and terminology
  - b. Standards of Ethical Conduct
  - c. Vision statement for 2020
  - d. Core values
  - e. Certification and Advanced Proficiency
  - f. Opportunities for Physical Therapy Association involvement
4. The preferred physical therapy/physical therapist assistant (PT/PTA) relationship
  - a. Role delineation and education
  - b. Delegation and supervision
  - c. Components for preferred relationship
  - d. Parameters for communication
  - e. Practice settings
  - f. Evidence-based practice
5. The law and physical therapy
  - a. Patient's rights
  - b. Confidentiality, HIPAA
  - c. Malpractice, breach of duty, fraud
  - d. Suspected abuse, sexual misconduct
  - e. Informed consent
  - f. Direct access
  - g. Americans with Disabilities Act
6. Practice settings
  - a. Health care systems
  - b. Preventative Care Center, Wellness
  - c. Lifelong learning, career building
  - d. Health care disciplines
7. The patient-clinician relationship
  - a. Professional behaviors
  - b. Therapeutic helping relationship
  - c. Verbal, written, and non-verbal communication
  - d. Listening skills
  - e. Cultural diversity, language, spirituality
  - f. Health care disparities
8. Self-concept, stress, and stress responses
  - a. Burn out
  - b. Resolving conflict
  - c. Ethical decision making
  - d. Working with multiple therapists and disciplines
9. Safety and Emergency situations
  - a. Incident report
  - b. Falls, seizure activity
  - c. Observation of the patient
  - d. Maintenance of safe environment
10. Introduction to Documentation
  - a. Purposes of documentation
  - b. Abbreviations, standards, and principles
  - c. Formats and organizational styles
  - d. Electronic Health Record
  - e. The Subjective, Objective, Assessment, and Plan (SOAP) note
  - f. Third-party payer documentation

## Resources

Bircher, W. *Documentation for Physical Therapist Assistants*. 6th ed. Philadelphia: F.A. Davis, 2021.

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Barrett, C. *Dreeben-Irimia's Introduction to Physical Therapist Practice for Physical Therapist Assistants*. 3rd ed. Sudbury: Jones Bartlett Learning, 2021.

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Davis, C. *Patient Practitioner Interaction: An Experiential Manual for Developing the Art of Health Care*. 6th ed. Thorofare: Slack, 2016.

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APTA. *APTA Guide to Physical Therapist Practice 4.0*. 4th ed. American Physical Therapy Association, 2023.

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"The American Physical Therapy Association. Physical Therapy Journal. Selected articles"

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## Resources Other

**APTA Standards of Ethical Conduct for the Physical Therapist Assistant:** <https://www.apta.org/apta-and-you/leadership-and-governance/policies/standards-of-ethical-conduct-for-the-physical-therapist-assistant>

**APTA Core Values for the Physical Therapist and Physical Therapist Assistant:** <https://www.apta.org/apta-and-you/leadership-and-governance/policies/core-values-for-the-physical-therapist-and-physical-therapist-assistant>

**Laws & Rules Regulating the Practice of Physical Therapy**

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