

# PHYSICAL THERAPIST ASSISTANT PROGRAM



## PROGRAM INFORMATION BOOKLET

For Admission: Fall 2009



**SPOKANE FALLS COMMUNITY COLLEGE**  
**PHYSICAL THERAPIST ASSISTANT**  
**ASSOCIATE IN APPLIED SCIENCE DEGREE**

## **PROGRAM INFORMATION**

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Physical therapy means the assessment, evaluation, treatment and prevention of physical disability, movement dysfunction, and pain resulting from injury, disease, disability, or other health related conditions. Physical therapist assistants work under the supervision of a physical therapist in the delivery of physical therapy services. Their duties include assisting the physical therapist in implementing treatment programs according to the plan of care, training patients in exercises and activities of daily living, conducting treatments, using special equipment, administering modalities and other treatment procedures, and reporting to the physical therapist on the patient's responses.

Physical therapy practitioners work with the entire spectrum of the patient population and are employed in a wide variety of settings including: hospitals and medical centers, rehabilitation centers, pediatric facilities or school systems, private physical therapy clinics, home health care agencies, convalescent centers and extended care facilities.

Spokane Falls Community College offers a two-year associate in applied science (A.A.S.) degree program to prepare physical therapist assistants for immediate employment. The program includes study in anatomy and physiology, social science, technical physical therapy courses, and clinical education in area health care facilities.

Spokane Falls Community College is accredited by the Commission on Colleges of the Northwest Association of Schools and Colleges. The PTA program is accredited by the Commission on Accreditation in Physical Therapy Education of the American Physical Therapy Association.

## **WHEN CAN NEW STUDENTS ENROLL?**

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The next physical therapist assistant program (PTA) courses begin Fall Quarter, 2009. Admission into the program is limited and requires a special application process. Please be aware that the admission process is competitive. The completion of all requirements does not ensure admission into the program. The program is designed to be completed in seven full-time academic quarters. PTA courses must be taken in sequence and are only offered to students accepted into the PTA program. Students are encouraged to complete general education requirements and related coursework prior to entering the PTA program or during the summer quarter between the first and second year of the program.

## **WHERE CAN I GET MY QUESTIONS ANSWERED?**

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PTA Program Application Booklets are available from **Loren Pemberton**, PTA counselor, 533-3503, Building. 17, Room 212 or the Dean's Office, Building 19, Room 103.

**THE DEADLINE FOR SUBMITTING ALL  
APPLICATION MATERIALS FOR FALL 2009 IS:  
NOON, MONDAY, APRIL 13, 2009 (or postmarked April 10, 2009).**

## PHYSICAL THERAPIST ASSISTANT PROGRAM INFORMATION

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The PTA faculty organizes the materials for admission, but does not select students. However, the PTA Advisory committee evaluates the applicants and determines eligibility for the program. Qualified applicants will be rated by points given for grades earned in prior coursework •math and writing competence •demonstration of previous experience in physical therapy or related medical fields. (Please refer to the PTA Program Course Work Summary Sheet.) Applicants will then be rank-ordered by points for acceptance into the program.

Applicants will be notified of the accepted, alternate, or not accepted status by the Office of Professional/Technical Education no later than 30 days after the advisory committee meets. Applicants who are accepted into the PTA program and then withdraw or decline acceptance are not guaranteed priority consideration in future classes.

### ADDITIONAL STUDENT FEES/SPECIAL REQUIREMENTS

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In addition to the usual tuition and fees charged at SFCC, the PTA student will be responsible for some additional costs.

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| Required PTA textbooks                     | Based on approximate costs of textbooks for PTA technical courses \$1,000.                             |
| Name badge                                 | Included in Lab Fee.   |
| Watch with second hand or Digital watch    | \$30 (approximately, to be purchased by student)   |
| Liability insurance                        | \$5 per quarter available through college  |
| Injury Insurance                           | \$46 per quarter through college <u>or</u> student may have private insurance                          |
| APTA student membership                    | \$80 (optional but recommended)  |
| CPR Certification for Health Professionals | \$39 + \$15 textbook — Available through college or student may take privately                         |
| Medical Physical Exam                      | Student to complete with own physician   |
| Immunizations                              | Current TB test and proof of immunity to tetanus/diphtheria, poliomyelitis, measles, mumps and rubella |
| Hepatitis B Immunization                   | or signed Informed Waiver  |
| Chickenpox Immunization                    | or signed Informed Waiver  |
| Lab Fees                                   | \$50 per Lab course  |
| Drug Testing                               | \$15 fee at the Pathology Associates Laboratories  |

**Information on financial aid is available in the Financial Aid Office.**

## ADMISSION PREREQUISITES/REQUIREMENTS:

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A.A.S. Degree: SFCC

### Admission Prerequisites/Requirements:

- Volunteer experience at Physical Therapy facilities (Diverse settings highly recommended to promote understanding of the breadth of the profession.)
  - Apply for Admission to SFCC.
  - Completion of the Physical Therapist Assistant Supplemental Application Booklet available at the SFCC Counseling Center, Building 17, Second, Floor.
  - Applications are accepted during the winter quarter for entry into the program the following Fall.
  - Biology 160 or permission of instructor to enter Biology 241
  - Biology 241
  - Completion of or eligibility for Math 92 or 96 and Engl 101 (The COMPASS test must be taken to determine eligibility.)
  - Minimum GPA of 2.0 in all prerequisites
  - Documentation/Verification of either paid or volunteer experience in a physical therapy setting (minimum of 40 hours).
  - Preference given to students who have completed Math 92 or 96, Engl 101, and Psyc 100
  - If student is accepted, then they will be informed of documentation needed for current immunizations, and passing of physical examination, drug screening and Washington State Patrol criminal background check.
1. The PTA program incorporates a selective process for admission. This admission process uses a point system based on relevant coursework completed at the time of application and verification of paid or volunteer experience in a physical therapy setting. Please be aware that the completion of all prerequisites does not ensure admission to the program.
  2. It is strongly recommended that students take the other general education requirements prior to entering the program. These include Psyc 100, Math 92 or 96 or equivalent algebra, and Engl 101 or equivalent English composition.
  3. The courses are primarily offered only during the day.

## SPECIAL REQUIREMENTS

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Because the PTA program requires each student to complete approximately 550 hours of clinical education in clinic facilities, there are several special requirements:

1. Students are required to have access to reliable transportation. Clinic sites will be located throughout the greater Spokane area and perhaps beyond. Students may also be required to be on campus the same day. Bus service will not accommodate transportation needs, and car pools are rarely feasible, as it is unusual for more than one student to be assigned to a site.
2. Students are required to have health insurance during the quarters that they are in clinics which begins spring quarter of the first year. Medical insurance is available through the college although any private health insurance is acceptable.
3. Students are also required to have malpractice/liability insurance. This is purchased through the college on a quarterly basis for \$5, to be paid at registration.
4. Must pass mandatory drug testing at students own expense.

## SPECIAL REQUIREMENTS (con't)

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5. Health care workers are required to have current TB tests, immunizations and CPR training. These are necessary prior to entering the program and will be explained in detail at the student orientation.
6. The PTA Program complies with the "Child/Adult Abuse Information Act," RCW 43.43.830 through 43.43.840. Each PTA student is required to participate in an investigation for criminal history information prior to entry into the program.
7. Dress and grooming will be appropriate for professional settings.
8. Spring quarter of the second year involves full-time clinical affiliations. Students will pay tuition and receive training in clinical sites 40 hours per week. It is nearly impossible to work at a paid job during this time. Please plan ahead for this financial consideration.

## REQUIREMENTS FOR SUCCESS FOR THE PTA PROGRAM

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The following information is provided to assist you in achieving a better understanding of the sensory, physical, communication, cognitive, behavioral, social and professional skills necessary to successfully work as a PTA. These criteria are identified as being **essential job functions** for physical therapist assistants and as such, closely match the abilities needed to successfully complete the clinical and laboratory components of the PTA program at SFCC. Students must be able to meet these minimum standards throughout the program, with or without reasonable accommodation, for successful completion of the program requirements.

It is the policy of Spokane Falls Community College to provide reasonable accommodation to qualified students with disability so that they can meet these required standards. If you are disabled and need some special accommodations, please contact the program supervisor of disability support services program at 533-4166.

1. **SENSORY/PHYSICAL SKILLS** The student must be able to:
  - 1) Provide general and emergency treatment to patients, including CPR.
  - 2) Execute actions which require strength and coordination of both gross and fine motor movements, balance and functional use of the senses of touch and vision.
  - 3) Observe and interpret patient movement, non-verbal communication, skin condition including changes in appearance or color, anatomical structure, etc.
  - 4) Read and interpret equipment dials, graphs, patient charts, professional literature, and notes from physicians and other professionals.
  - 5) Lift, carry, and push adult and pediatric patients safely, heavy equipment and wheelchairs utilizing proper body mechanics, avoiding injury to self or patient/classmate.
  - 6) Lift 50 pounds and occasionally 100 pounds.
  - 7) Manipulate equipment including bolsters, pillows, plinths, mats, assistive devices, to aid in positioning, moving or treating a patient effectively.
  - 8) Respond to a patient calling from behind a curtain, warning calls from anyone (patient, staff, etc.), bells, alarms/signals.

## REQUIREMENTS FOR SUCCESS FOR THE PTA PROGRAM (cont'd)

### **2. COMMUNICATION** The student must be able to:

- 1) Provide patients with clear instructions that are adapted to their cognitive levels and communication needs.
- 2) Communicate effectively, compassionately and respectfully with patients and their families, including perception of non-verbal communication.
- 3) Document clear and legible progress notes in patient charts, written home programs and instruction to patients and family members.
- 4) Interact respectfully and effectively with many professionals including members of a multidisciplinary team and convey essential information for safe and effective care.
- 5) Deliver clear oral presentations to classmates and health care professionals.

### **3. COGNITIVE DEMANDS** The student must be able to:

- 1) Concentrate and attend to detail amidst a variety of environmental distractions.
- 2) Prioritize multiple tasks and carry out complex sequence of instructions.
- 3) Read, measure, calculate, reason, and analyze information from a variety of sources accurately, thoroughly and quickly.
- 4) Use problem-solving skills to promote safety and to transfer learning from one situation to another and make appropriate decisions in a timely manner.
- 5) Interact effectively and appropriately with patients of various ages, behaviors, cognitive abilities, cultures and ethnic backgrounds.

### **4. BEHAVIOR, SOCIAL AND PROFESSIONAL SKILLS** The student must be able to:

- 1) Effectively adapt to frequent changes in work environment and patient/client population.
- 2) Tolerate emotionally stressful workloads effectively.
- 3) Comply with legal and ethical standards set forth by the APTA Standards of Ethical Conduct for the PTA, The Guide to Physical Therapist Practice, and the laws of Washington State regarding physical therapy.
- 4) Adapt treatment styles to effectively work with a variety of different supervisors.
- 5) Possess emotional stability in order to provide safe and effective care.
- 6) Acknowledge and respect individual values, beliefs and opinions to successfully foster harmonious working relationships with fellow students, patients and other professionals.
- 7) Self evaluate capabilities, needs and performance.
- 8) Maintain personal appearance and hygiene appropriate to classroom and clinic settings..

## **DOES THE PROGRAM TRANSFER TO A BACCALAUREATE INSTITUTION?**

The technical courses for the physical therapist assistant program are not designed to transfer to four-year institutions. Students who are planning to earn a master's or doctorate degree in physical therapy should consult with an adviser from the four-year institution to plan an appropriate selection of classes to ensure that all requirements are met.

## **EMPLOYMENT OUTLOOK**

Regionally and nationally, job placement of graduates of physical therapist assistant programs is excellent. The PTA profession is rated by the United States Department of Labor Bureau of Labor Statistics as one of the fastest growing professions, and current projections indicate that this trend will continue. Graduates of SFCC's PTA program can expect to be hired immediately, though relocation may be necessary. There are many job opportunities for both men and women and career opportunities for pursuit of specialty interests in rehabilitation, orthopedics, geriatrics and pediatrics. Starting salaries vary in range depending on demand and usually include benefits. Complete information on practice acts and regulations can be obtained from state licensing boards.

# PHYSICAL THERAPIST ASSISTANT PROGRAM INFORMATION

## COURSE SEQUENCE — FIRST YEAR

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|               |          |                                     |           |
|---------------|----------|-------------------------------------|-----------|
| Prerequisite: | Biol 160 | Biology (prerequisite for Biol 241) | 5 credits |
|               | Biol 241 | Human Anatomy & Physiology          | 5 credits |

**SUMMER** (It is possible to do this the summer between the 1<sup>st</sup> and 2<sup>nd</sup> year. However, preference is given to students who complete this before entry.)

|                   |                            |           |
|-------------------|----------------------------|-----------|
| ENGL 101          | English Composition        | 5 credits |
| PSYC 100          | Introduction to Psychology | 5 credits |
| Math 92 or 96     | Elementary Algebra         | 5 credits |
| TOTAL: 15 credits |                            |           |

### FALL

|                   |                                  |           |
|-------------------|----------------------------------|-----------|
| PTA 101           | Introduction to Physical Therapy | 3 credits |
| PTA 102           | Physical Therapy Terminology     | 1 credit  |
| PTA 106           | Regional Anatomy & Physiology    | 5 credits |
| PTA 110           | PTA Procedures I                 | 7 credits |
| TOTAL: 16 credits |                                  |           |

### WINTER

|                   |                              |           |
|-------------------|------------------------------|-----------|
| PTA 103           | Applied Anatomy              | 6 credits |
| PTA 104           | Survey of Pathophysiology    | 5 credits |
| PTA 105           | Introduction to Neuroscience | 4 credits |
| TOTAL: 13 Credits |                              |           |

### SPRING

|                   |                       |           |
|-------------------|-----------------------|-----------|
| PTA 111           | PTA Procedures II     | 7 credits |
| PTA 112           | PTA Procedures III    | 7 credits |
| PTA 151           | Clinical Experience I | 2 credits |
| TOTAL: 16 credits |                       |           |

PHYSICAL THERAPIST ASSISTANT PROGRAM INFORMATION

**COURSE SEQUENCE — SECOND YEAR**

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**FALL**

|         |                             |                   |
|---------|-----------------------------|-------------------|
| PTA 202 | Introduction to Orthopedics | 3 credits         |
| PTA 210 | PTA Procedures IV           | 7 credits         |
| PTA 212 | PTA Procedures VI           | 3 credits         |
| PTA 251 | Clinical Experience 2       | 2 credits         |
|         |                             | TOTAL: 15 credits |

**WINTER**

|         |                            |                   |
|---------|----------------------------|-------------------|
| PTA 201 | Issues in Physical Therapy | 2 credits         |
| PTA 211 | PTA Procedures V           | 7 credits         |
| PTA 252 | Clinical Experience 3      | 4 credits         |
|         |                            | TOTAL: 13 credits |

**SPRING**

|         |                      |            |
|---------|----------------------|------------|
| PTA 253 | Clinical Affiliation | 12 credits |
|---------|----------------------|------------|

**PROGRAM TOTAL: 102 credits**

## COURSE DESCRIPTIONS

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- PTA 101 Introduction to Physical Therapy (3 credits)**  
An introduction to the practice of physical therapy emphasizing the role of the physical therapist assistant as a member of the health care team. Investigation of the law pertaining to the practice of physical therapy and ethical conduct. Issues of teamwork, interpersonal communication skills and patient motivation will be explored.  
**Prerequisite:** Acceptance into the PTA program. (SFCC)
- PTA 102 Physical Therapy Terminology (1 credit)**  
Supervised self-study of terminology and abbreviations used to describe the anatomy, physiology, and pathology of the body systems used in relationship to the practice of physical therapy. Terms associated with diagnostics, surgery, laboratory tests, pharmacology, and patient care will be included.  
**Prerequisite:** Acceptance into the PTA program. (SFCC)
- PTA 103 Applied Anatomy (5 credits)**  
Instruction in human anatomy with an emphasis on the musculoskeletal system, external palpation and identification of structures and relationship to function. Basic principles of kinesiology and the complexity of human motion. Development of competency in measurement of joint range of motion and manual muscle testing. Study of the neuromuscular process of respiration.  
**Prerequisite:** Grade of 2.0 or better in A-P 242 or instructors permission
- PTA 104 Survey of Pathophysiology (5 credits)**  
Basic overview of disease processes including general pathological responses and the physiology of healing and repair. Description of specific diseases and conditions and the medical and surgical forms of treatment as they relate to rehabilitation. Discussion of systemic origins of musculoskeletal pain.  
**Prerequisite:** Grade of 2.0 or better in PTA courses or permission of instructor. (SFCC)
- PTA 105 Introduction to Neuroscience (4 credits)**  
Introduction to the structures and basic functions of the nervous systems in relationship to physical therapy treatment of patients with neurological diagnoses.  
**Prerequisite:** Grade of 2.0 or better in PTA courses or permission of instructor. (SFCC)
- PTA 106 Regional Anatomy (5 credits)**  
Study of human body structure and function with emphasis on muscles, and circulatory, respiratory, endocrine, and nervous systems. This course is specially designed to meet the needs of students becoming a PTA.  
**Prerequisite:** Acceptance into the PTA program. (SFCC)
- PTA 110 PTA Procedures I (Basic PT Procedures) (7 credits)**  
Basic patient care skills including vital signs, bandaging, aseptic techniques, wound care, taping. Preparation of patient and treatment environment. Theory and application of superficial heat, cold, and hydrotherapy.  
**Prerequisite:** Acceptance into the PTA program. (SFCC)
- PTA 111 PTA Procedures II (PT Modalities) (7 credits)**  
Theory and application of deep heat modalities, principles and application of basic massage techniques, and introduction to fundamentals of traction and electrotherapy.  
**Prerequisite:** Grade of 2.0 or better in PTA 110 and all PTA courses. (SFCC)
- PTA 112 PTA Procedures III (Functional Restoration) (7 credits)**  
Instruction in functional restoration techniques and principles of normal and abnormal movement; including bed mobility, patient transfers, postural analysis, ambulation, use of assistive devices, and selected functional rehabilitation activities.  
**Prerequisite:** Grade of 2.0 or better in PTA 111 and all PTA courses. (SFCC)
- PTA 151 Clinical Experience 1 (2 credits)**  
Supervised clinical observation and experience in a variety of physical therapy clinic settings affiliated with the college. Clinical discussion group will focus on interpersonal communication and patient interaction, oral and written patient progress reports, and effective problem solving skills.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)

## COURSE DESCRIPTIONS (cont'd)

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- PTA 201 Issues in Physical Therapy and Health Care** (2 credits)  
Survey of medical, legal, and psychosocial issues relating to the role of the Physical Therapist Assistant in various physical therapy facilities and in the delivery of health care. Emphasis on the goals of physical therapy and how the PTA can influence the achievement of those goals.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)
- PTA 202 Introduction to Orthopedics** (3 credits)  
Basic introduction to biomechanics and mechanisms of orthopedic injuries and diseases. Fundamentals of orthopedic terminology. Survey of surgical repair with emphasis on rehabilitation.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)
- PTA 210 PTA Procedures IV (Therapeutic Exercise)** (7 credits)  
Instruction in therapeutic exercise and kinesiological principles related to exercise. Use of selected physical therapy testing procedures. Study of specific exercise protocols and their application. Patient motivation issues and working as a member of the health care team.  
**Prerequisite:** Grade of 2.0 or better in PTA 112 and all PTA courses. (SFCC)
- PTA 211 PTA Procedures V (Rehab Applications)** (7 credits)  
Instructional focus is on application of basic physical therapy skills for the treatment of specific neurologic disabilities including spinal cord injuries, stroke, head injuries, MS and other neurologic diseases. Additional emphasis is placed on the development of treatment programs for orthopedic patients including upper and lower extremity dysfunctions, injuries to the spine and lower extremity amputations. Students develop specific home programs, instruct in family training and select appropriate assistive devices and equipment for neurologic, geriatric and orthopedic patients. Students apply physical therapy skills for the comprehensive treatment of the geriatric patient, vestibular and burn patients, and analyze functional assessments and testing for sensory related deficits.  
**Prerequisite:** Grade of 2.0 or better in PTA 210 and all PTA courses.
- PTA 212 PTA Procedures VI (Pediatric Rehab)** (3 credits)  
Instruction is provided in normal and abnormal human development, pediatric treatment philosophies and principles, pediatric assessment tools, gross motor skill development, behavior management and communication skills, and common pediatric disorders. Laboratory sessions focus on facilitation of developmental sequence, common treatment approaches including handling, positioning, range of motion, strength and mobility. Students perform pediatric assessment tools on typically developing children.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)
- PTA 251 Clinical Experience 2** (2 credits)  
Supervised clinical experience in physical therapy departments affiliated with the college. Clinical discussion group will focus on oral and written communication skills, writing resumes and interview basics.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)
- PTA 252 Clinical Experience 3** (4 credits)  
Supervised practical experience in the administration of duties of a PTA in physical therapy departments affiliated with the college. Clinical discussion group will focus on patient interaction, interpersonal communication, and ethical issues related to patient care.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)
- PTA 253 Clinical Affiliation** (12 credits)  
Full time internship of practical performance and appropriate application of physical therapy procedures and techniques under supervision in 2 selected clinical settings or physical therapy departments affiliated with the college. This affiliation will be sufficient to insure that the student has reached the minimum level of competency required for an entry-level physical therapist assistant in the application of physical therapy procedures and the understanding of clinical responsibilities and supervisory relationships prior to graduation.  
**Prerequisite:** Grade of 2.0 or better in all PTA courses. (SFCC)

# SPOKANE FALLS COMMUNITY COLLEGE



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