PTA 101 Introduction to Clinical Practice 1

Week 1 Course Activities

Prerequisites

- How to Moodle, free online orientation to learning in Moodle

Reading Assignment

Foundations of Clinical Practice

- Jette Article: "Toward a Common Language for Function, Disability, and Health"
- Dutton: Chapter 1, pp 3-17

Body Mechanics

Dutton, pp 107-109 676-683
Pierson, Chapter 4, Body Mechanics

Web-lectures (contains self-assessments)

- Course Introduction
- Foundations of Clinical Practice
- Posture and Body Mechanics

Assignments

Foundations of Clinical Practice

- *Classroom introductions*
- PNP Medical Abbreviations

Body Mechanics

- *None: work through Week 1 study questions for test preparation*

Self-Check (ungraded)

- Case Sim 1

Study Guide – Unit 1 Foundations of Clinical Practice

1. Using the Nagi Model, define the following an provide an example in your own words
    a. Pathology (P)
    b. Impairment (I)
    c. Functional Limitation (FL)
    d. Disability (D)
2. Why should personal and sociocultural factors be considered in disablement models?
3. What are risk factors?
4. What is the difference between intra- and extra-individual factors as it relates to function and disability?
5. Summarize the differences between the Nagi and ICF disablement models
6. Define the following terms used in the Patient-Client Management Model
    a. Examination
    b. Evaluation
    c. Diagnosis
    d. Prognosis
    e. Interventions
    f. Outcomes

Study Questions –PTA 101 Unit 1 - Posture and Body Mechanics

- Define Key Terms as provided in the interactive lecture
    - We've created some flashcards and crossword puzzle to help you check your understanding of key terms in your Pierson text
- Anatomical Vocabulary List:
    - anterior
    - posterior
    - dorsal
    - ventral
    - palmar/plantar
    - medial
    - lateral
    - proximal
    - distal
    - sagittal
    - frontal
    - transverse
    - cephalad/superior
    - caudad/inferior
- Describe common anatomical reference points for optimal static standing posture
- Select an optimal lift technique based on the weight of the object or lifting situation

- Do you understand how the size of an object and its distance from COG influences lifting?
- What is the major reason PTs and PTAs educate patients to maintain a neutral lumbar spine with lifting?
- Can you tell the difference between ideal and faulty postures using anatomical terminology?
- How would you educate someone in effective body mechanics if:
    1. they had to stand for extended periods during the day
- What steps would you take to protect yourself from injury when working with a patient in a bed or on a mat?

Medical abbreviations

- ant anterior
- BOS base of support
- COG center of gravity
- c/o complains of
- fwd forward
- lat lateral
- Rot rotation
- SB side bending
- PRN as needed

ADL activities of daily living

d/c discontinue or discharged

Ex exercise
MMT manual muscle test

PMHx past medical history

PN, pn pain
POC plan of care

pt patient

PT physical therapist

RX, Rx treatment, therapy