



Course Syllabus

Course title and code:	Advanced physical therapy procedure.” RHS 421.
Department :	Rehabilitation Health Sciences-
Program in which the course is offered:	Physical Therapy Program
Credit hours:	Theory- 1, Clinical-1
Total contact hours per semester:	45 hours
Level at which this course is offered: :	level 7
Course prerequisites:	RHS 424
Time:	Thursday 10-11 Theory,
Location:	Female campus
College member responsible for the course	Dr. Rehab Farrag Gwada (for theoretical part) , Mrs. Kholoud alotaibi (for practicum)
Contact information:	
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Office hours:	9-10,12-1 Monday, Tuesday 8-10

Course Description

In this course normal structural and functional basis of the respiratory system are presented and discussed. Terminology of the physical therapy for chest diseases is also included. This is followed by discussions and practical demonstration of general and specific evaluation procedures and their rationales for use with patients suffering from particular problem will be followed

respiratory problems. The student will be trained on how to select the appropriate physical therapy procedures for different chest problems and how to plan the treatment programs. Implementation of physical therapy programs using therapeutic skills for each part.

- 1- Recognize accurately physiological basis as the mechanics of breathing, ventilation, and perfusion.
- 2- Differentiate effectively between the pathogenesis of restrictive lung diseases and obstructive lung diseases.
- 3- Interpret the physical therapy evaluative procedure (s) to the chest adult patient with 90% accuracy.
- 4- Design therapeutic plan for adult chest diseased patient characterized with prioritized patient's problem (s), identified short term and long term goals, rationale selection of the physical therapy modality (s), and pre-designed outcome measure (s).
- 5- Practice as part of the health services teamwork within the standardized professional behavior.
- 6- Master implementation of physical therapy modalities as the evaluation procedures (chest expansion, breathing sounds, Spirometry) and the therapeutic modalities (for chest adult chest diseased patient as modalities to increase lung volume, clear airway passages and decrease work of breathing) with 90% accuracy

Course Objectives

Teaching strategies

According to research and best practices, Differentiated teaching strategies are required to verify student learning, align with the curriculum taught, the needs of students, and the intended learning outcomes. Teaching methods include: lecture, debate, small group work, whole group and small group discussion, research activities, lab demonstrations, projects, debates, role playing, case studies, guest speakers, memorization, humor, individual

Learning Resources

Required Text (s)

- **Essential References**
 - 1. Chest Physical Therapy and Pulmonary Rehabilitation : An Interdisciplinary Approach , Donna L. Frswnfelter , published by year Book Medical Publisher Inc Chicago
 - The Brompton Hospital Guide to Chest physical Therapy , Gaskell D.V. and Webber B.A Published by Blackwell Scientific Publication , London.
 - Guidelines for Pulmonary Rehabilitation Programs - 3rd Edition
 - -Essentials of pulmonary rehabilitation. last edition

- **Recommended Journals**

- American thoracic association journals and reports
- Chest journal.

www.webmd.com/.../pulmonary-rehabilitation-for-copd

- **Electronic Materials and Web Sites**

www.lung.ca › ... › Lung diseases › COPD › Treatment

www.lungfoundation.com.au › ... › Patient Support

<http://fac.ksu.edu.sa/rgwada>

Topics to be covered

List of Topics	due Week	Contact Hours
Establishment of Class Ground Rules. Assignment of head student. Collection of students' contact information. Overview of the course goals and specification: <ul style="list-style-type: none"> • Why it is important to study this course? • What are your expected outcomes from this course? <ul style="list-style-type: none"> – Explanation of the students' projects 	1st weeks	3
Basics of physiological basis: Mechanics of breathing, ventilation, perfusion	2nd,3rd weeks	2
- Signs and symptoms of pulmonary problems	4rd week	1
- <i>Chronic obstructive lung disease</i>	5 th week	1
- 1st Midterm Exam	6 th week	1
Asthma	7th week	1
- Restrictive lung disease	8th weeks	1
- Chest physical therapy modalities	9 th ,10 th weeks	1

- 2nd Midterm Exam	11 th week	1
Outcome measurement: spirometry , 6 minute walking test Students' assignments presentations	12 th week	3
Outcome measurement: physical activity & ex. Capacity, health status & QoL , Dyspnea Students assignment presentation	13,14 th week	1
- Final Examination.	Final examination period	2
Topics to be covered practically		
- Application of assessment for patient with pulmonary problem. - 6 min walking test - Spirometry	4	8
- - Application of modalities to improve lung volumes and capacities: controlled mobilization, breathing exercise	4	8
- Application of modalities to clear airway passages: postural drainage, cough, self-assistive cough, percussion, chest vibration	4	8
- Application of modalities to decrease work of breathing: relaxation, positioning - self-monitor control of asthma	2	4

Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Theoretical 1 st midterm Exam	6 th	15%
Theoretical 2nd midterm Exam	11 th	15%
Clinical Mid Term Exam	8 th	15%
Course work- -Professional attitude, behavior and attendance during the onsite clinical practice and active participation. (5%) -Assignment& presentation 10%	Continuous evaluation	15%
Clinical Final Term Exam	14 th	10%
Final theoretical Exam	19 th	30%

Required Assignments:

Week	Assignments	Evaluation	Week due
12 th	Spirometry test	Written report (7%) Presentation (3%)	12 th (lecture day)
12 th	6 minute walking test		12 th (lecture day)
13 th	Outcome measurement in COPD: physical activity & ex. Capacity using updated articles		13 th (lecture day)
13 th	Outcome measurement in COPD: health status & QoL using updated articles		13 th (lecture day)
14 th	Outcome measurement in COPD: Dyspnea		14 th (lecture day)

Criteria for evaluation :

Assignments/Independent learning through literature and library use. Students will be grouped and Choose to prepare a report on related pulmonary conditions (from previous topics explained in the syllabus) and prepare an ORAL PRESENTATION and WRITTEN REPORT (Approximate time for presentation per group will not be more than twenty minutes, written report will not exceed five pages.)

Written report format: 12pts times new roman format, double space, excluding the cover and references pages.

- There will be a 10% reduction per day for all late assignments. Any assignment more than 3 days late will receive no credit. Student names& number are required on all assignments.(Due date is the day of presentation)

Course rules :

Name:

- Class Leader:

- Duties of the Class leader:

The Class Leader will serve as the direct liaison between the course instructors and the students.

- Ensure that all students' duties are assigned and completed as required.
- Notify course instructor immediately when any student fails to complete a required component of the class.
- Serve as role model for the students and members in both manner and dress.
- Ensure that all students are aware and informed of their duties
- Ensure that both lab and classroom environment are always left in a neat and orderly fashion.

Students are expected to attend each session and be on time. Five percent of the overall course grade depends on Class Participation. Therefore, regular attendance is critical for doing well in this course. If you are absent in the class, make arrangements to obtain the notes from another students. Additionally, each student will be responsible for signing her name ONLY. If a student signs in for another, neither student will receive credit for that day

More comments for instructor :

Any disruptive activity (e.g. use of cell phones, side conversations) in the classroom is prohibited. If the instructor required disruptive students to leave the classroom, the student remains responsible for all the information and will be marked absent for the class session. The dean will impose sanctions for unprofessional behavior.

There will be **no bounce at the end of course.**

