**King Saud University**

**Applied Medical Sciences College**

**Quality and Development Unit**

Course Syllabus

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| Course title and code:  | Geriatric Rehabilitation RHS 424. |
| 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: | 60 hours |
| Level at which this course is offered: :  | level 6 |
| Course prerequisites:  | RHS 241,RHS 322, RHS 331, RHS 341 |
| Time: | Monday and Tuesday 8-9am Theory / Monday 9-11,11-1pm & Tuesday 9-11,1-3 Practicum |
| Location:  | Female campus  |
| College member responsible for the course  | Dr. Rehab Farrag Gwada (for theoretical part) , Mrs. Arwa Alnighmshi and Mrs/ Maram(for clinical part) |
| Contact information:  |  |
| Office Number:  | 162 |
|  Phone :  | 52468 |
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|  Email:  | rgwada@ksu.edu.sa ,  |
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| Office hours:  | 10-11am Sunday, 10-1am Monday, 10-12amTuesday |
| Course Description  | Geriatric rehabilitation course aimed to enable the student to assesses, treats, and rehabilitate the elderly with respect to age-related physiological changes, most common diseases among this age group, and their environment. |
| Course Objectives  | 1 - Describe at least4 of the theories of aging processes in human beings.2- Recognize the most common disorders and diseases faced by elder population 3- Distinguish between the age-related physiological changes and pathological changes of body systems.4- Appraise the need to conduct old people assessment in comprehensive approach.5- Design individual therapeutic plan for old person based on prioritized problems and goals, justified intervention and outcome measures and within a specific time frame.6- Interpret with 90% accuracy the outcomes of the evaluation measure7- Master the application of evaluation measures in role play situation. |
| Teaching strategies | Differentiated teaching strategies should be selected to 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
 | * Andrew A. Guccione: Geriatric Physical Therapy, Mosby, last edition
* Multani NK.,and Verma SK.,Principles of geriatric physical therapy. Jaypee Brothers Medical Publishers.1st ed.,2007
* Carole Bernstein Lewis: Aging The Health- Care Challenge, F.A.Davis Company, Philadelphia, last edition.
* Ruth L. Di Domenico and Wilma Z. Ziegler: Practical rehabilitation techniques for geriatric aides, Aspen last edition.
* Carole B. & Jennifer M.: Geriatric Physical Therapy: A clinical Approach, Appleton and Lang, Norwalk. Last edition.
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| * Recommended Journals
 | * American Geriatrics Society (2001), Guideline for the Prevention of Falls in Older Persons, JAGS, 49:664-672.
* Journal Periodic articles
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| * Electronic Materials and Web Sites
 | [www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html](http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html) |

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| Topics to be covered

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| **List of Topics** | Week due | **Contact Hours** |
| Establishment of Class Ground Rules.Assignment of head student.Collection of students' contact information.Overview of the course goals and specification:•Why it is important to study geriatric course?•What are your expected outcomes from this course?*  Explanation of the students' projects
 | 1st weeks | 2 |
| - Introduction: Definitions of ageing, and geriatric, theories of aging. | 2ndweeks | 1 |
| * Age-related changes
 | 3rdweek | 1 |
| * Age-related changes cont.
* Students' assignments presentations
 | 4th week | 1 |
| * 1st Midterm exam
 | 5th weeks | 1 |
| * Geriatric comprehensive assessment
* Environmental assessment &modification in elderly
* Students' assignments presentations
 | 6th, 7th  week | 2 |
| Geriatric ***physical therapy modalities***  | 8th week | 1 |
| * ***Spring Vocation***
 | 9thweeks |  |
| * **Selected cardiovascular disorder in elderly : CHD**
 | 10th week | 1 |
| * 2nd Midterm exam
 | 11th week | 1 |
| Selected respiratory disorder in elderly :COPD | 12thweek | 1 |
| * Alzheimer’s disease.
*  Students' assignments presentations
 | 13th | 1 |
| * Fall in elderly
 | 14th week | 1 |
| * Revision& General Appraisal of the course materials
 | 15th | 1 |
| * ***Final Examination.***
 | Final examination period | 2 |

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| Schedule of Assessment Tasks for Students During the Semester |  |
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| Assessment task | Week due | Proportion of Final Assessment |  |
| Theoretical 1st midterm Exam  | 5th | 15% |  |
| Theoretical 2nd midterm Exam  | 11 th | 15% |  |
| Clinical Mid Term Exam | 10th | 12% |  |
| In- course work:- Students' project (18%)8 project's items = 8 marksassignment 10 marks | Continuous evaluation  | 18% |  |
| Case presentation & design therapeutic plane of care (5%&5%)10 marks | 15th or16th  | 10% |  |
| Final theoretical Exam | 18th  | 30% |  |
| Required Assignments:  |  |  |
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| Week | Assignments | Evaluation | Week due |
| 4th | **Age related changes (nervous sys. +special senses+ vestibular sys +endocrine system)** | Written report (7%)Presentation (3%) | 4th |
| 7th  | **Environmental assessment &modification****in elderly** | 7th |
| 13th  | **Alzheimer** | 13th  |
| 13th  | **(Gait assessment &training)** | 13th  |

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| Criteria for evaluation :  | Assignments/Independent learning through literature and library use. Students will be grouped and Choose to prepare a report on related Geriatric 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 ten pages.**) **Written report format: 12pts times new roman format, double space, excluding the cover and references pages.** |  |
| Course rules : |  |  |
| * **Class Leader:**
 | Name: |  |
| * **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. |  |
| More comments for instructor :  | **Students are expected to attend each session and be on time. Because, The 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.** **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.** |  |