



## Course Syllabus

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| <b>Course title and code:</b>                    | Physical therapy in Geriatric-1- RHS 520.                  |
| <b>Department :</b>                              | Rehabilitation Health Sciences-                            |
| <b>Program in which the course is offered:</b>   | Physical Therapy Program                                   |
| <b>Credit hours:</b>                             | Theory- 2, Practice-1                                      |
| <b>Total contact hours per semester:</b>         | 60 <b>hours</b>  |
| <b>Level at which this course is offered: :</b>  | level 1  |
| <b>Course prerequisites:</b>                     | NA   |
| <b>Time:</b>                                     | Thursday 9-11 for Theory /11-1 pm for practicum            |
| <b>Location:</b>                                 | Female campus  |
| <b>College member responsible for the course</b> | Dr. Rehab Farrag Gwada                                     |
| <b>Contact information:</b>                      |  |
| <b>Office Number:</b>                            | <b>162</b>   |
| <b>Phone :</b>                                   | 52468  |
| <b>Email:</b>                                    | <a href="mailto:rgwada@ksu.edu.sa">rgwada@ksu.edu.sa</a> , |
| <b>Office hours:</b>                             | 10-11am Sunday, 10-1am Monday, 10-12amTuesday              |

### Course Description

This course provides in-depth and up to date information about Geriatrics Physical Therapy covers Implications and Physiology of Age-Related and Lifestyle-Related Decline. These will include the impact of aging on different systems e.g. (the cardiovascular, pulmonary, the Musculoskeletal, and the central and peripheral nervous systems). This course will provide the student with the components of a

patient medical history and principle of geriatric assessment according to the International Classification of Functioning, Disability and Health (ICF).

### **Course Objectives**

1. Identify the demographic trends affecting mortality and morbidity in the aging population.
2. Discuss the physiological changes that occur with aging on different systems (the cardiovascular, pulmonary, the Musculoskeletal, and the central and peripheral nervous....)
3. Explain principle and concept of geriatric assessment including the International Classification of Functioning, Disability and Health (ICF) .
4. Design a therapeutic plan for any selected case among elderly with prioritized problem (s), prioritized SMART goals, justified physical therapy modalities, and rational outcome measure (s) and suitable time frame according to relevant articles.

### **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, projects, debates, role playing, case studies, guest speakers, memorization, humor, individual

### **Learning Resources**

#### **Required Text (s)**

- **Essential References**
  - Guccione AA, Geriatric Physical Therapy, 3rd. Ed, Mosby 2012
  - Guccione AA : Geriatric Physical Therapy, Mosby, 2<sup>nd</sup> edition, 2000.
  - 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.
  - Lewis C.B and BottomleyJ .Geriatric Rehabilitation: A Clinical Approach. Prentice Hall; 3rd edition, 2007.
- **Recommended Journals**
  - Journal of American Geriatric Society.

- Journal of Gerontology: Series A, Medical and Biological Sciences.
- Journal of Geriatric physical therapy.
- Physical therapy.
- Journal Periodic articles.

- **Electronic Materials and Web Sites** <https://www.cebp.nl>  
<https://www.pedro.org.au>

### Topics to be covered

| List of Topics  | Week due              | Contact Hours |
|---|-----------------------|---------------|
| Establishment of Class Ground Rules.<br>Assignment of head student.<br>Collection of students' contact information.<br>Overview of the course goals and specification:<br>Explanation of the students' assignment | 1st weeks             | 3             |
| - Introduction in the principle of geriatric rehabilitation   | 2nd weeks             | 3             |
| - Implication of an aging population for rehabilitation :<br>Demography, mortality, and morbidity   | 3rd week              | 2             |
| - Age-related changes in cardiovascular system.   | 4 <sup>th</sup> week  | 2             |
| - <b>1<sup>st</sup> Midterm exam</b>  | 5 <sup>th</sup> weeks | 2             |
| - Age-related changes in pulmonary system.<br>-   | 6 <sup>th</sup> week  | 2             |
| - Age-related changes in musculoskeletal system.<br>- Sensory changes in older adults.<br>- Student assignment  | 7 <sup>th</sup> week  | 2             |
| - Age-related changes in nervous system and cognition.<br>- Student assignment  | 8th week              | 2             |
| - <b>Spring Vacation</b>  | 9th weeks             |               |
| - Physiological Response to exercise in Elderly<br>- Principle and concept of geriatric Assessment  | 10 <sup>th</sup> week | 2             |
| - <b>2nd Midterm exam</b>   | 11 <sup>th</sup> week | 2             |
| - Cont.<br>Principle and concept of geriatric Assessment  | 12th week             | 2             |

|  |                          |   |
|--|--------------------------|---|
| - <u>Visit to clinical sites :</u><br>- <u>Site orientation , patient medical history, CGA</u> | 13,14,15th               | 9 |
| - Case study presentation  | 16th                     | 3 |
| - <b><i>Final Examination.</i></b>   | Final examination period | 2 |

### **Schedule of Assessment Tasks for Students During the Semester**

| <b>Assessment task</b>  | <b>Week due</b>                   | <b>Proportion of Final Assessment</b> |  |
|---|-----------------------------------|---------------------------------------|--|
| Theoretical 1 <sup>st</sup> midterm Exam  | 5 <sup>th</sup>                   | 15%                                   |  |
| Theoretical 2nd midterm Exam  | 11 th                             | 10%                                   |  |
| Student assignment 10 marks   | 7 <sup>th</sup> , 8 <sup>th</sup> | 10%                                   |  |
| Practicum through the course  | Continuous evaluation             | 10%                                   |  |
| Case study and data collection from clinical field( presentation & discussion and case report) (5%&10%)15 marks | 16 <sup>th</sup>                  | 15%                                   |  |
| Final theoretical Exam  | Final examination period          | 40%                                   |  |

### **Required Assignments:**

| <b>Week</b>                       | <b>Assignments</b>   | <b>Evaluation</b>                                      | <b>Week due</b>             |
|-----------------------------------|--|--|-----------------------------|
| 7 <sup>th</sup> , 8 <sup>th</sup> | 5. Assignments/Independent learning through updated literature. Students will be grouped and Choose to prepare a report on related Geriatric conditions (from previous topics explained in the syllabus) | Written report (7%)<br>Presentation & discussion (3%)  | 7 <sup>th</sup> , (Sunday)  |
| 16 <sup>th</sup>                  | Case study and data collection from clinical field   | Written report (10%)<br>Presentation & discussion (5%) | 15 <sup>th</sup> (Thursday) |

### **Criteria for evaluation :**

Assignments/Independent learning through literature use. Students will be grouped and prepare an ORAL PRESENTATION (power point) and WRITTEN REPORT (**written report will not exceed 10 pages.**)

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

references pages.

- **Case presentation:** Each Student will choose a case related to Geriatric conditions from clinical field and prepare a written case report and an ORAL PRESENTATION (power point).

**Course rules :**

- **Class Leader:**

Name:

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.

- **Duties of the Class leader:**

- 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. 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.**

**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 a 10% reduction per day for all late assignments or case report. . Student names & number are required on all assignments.
- There will be **no bounce** at the end of course.