**KING SAUD UNIVERSITY**

**COLLEGE OF APPLIED BIOMEDICAL SCIENCES**

**DEPRATMENT OF REHABILITATION SCIENCES**

**PHYSICAL THERAPY**

**COURSE SYLLABUS**

**Spring semester 1435/36 (2014/2015G).**

**Course Number:** RHS 424

**Course Title:** Geriatric Rehabilitation.

**Credit Hours:** 1 cr. h. Theoretical and 1 cr. h. practical

**Course Instructor:** ***Mrs. Arwa Alnegimshi***

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**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:

**Upon completion of this course students will be able to:**

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 measure

7- Master the application of evaluation measures in role play situation.

COURSE OUTLINE.

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| --- | --- | --- |
| 1. Topics to be Covered | | |
| List of Topics | No. of  Weeks | 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 | 3 |
| Introduction: Definitions of ageing, and geriatric, theories of aging. | 2nd  weeks | 1 |
| * Age-related changes | 3rd  week | 1 |
| * Age-related changes cont. * Students' assignments presentations | 4th  week |  |
| * ***1st Midterm Exam*** | 5th  week |  |
| * Geriatric comprehensive assessment * Students' assignments presentations | ,6th ,7th  weeks | 1 |
| * Geriatric ***physical therapy modalities*** | 8th  week | 2 |
| * ***Spring Vocation*** | 9th  weeks | 1 |
| * **Selected cardiovascular disorder in elderly : CHD** | 10 th week | 1 |
| * ***2nd Midterm Exam*** | 11th week | 1 |
| Selected respiratory disorder in elderly :COPD | 12  week | 1 |
|  Alzheimer’s disease.   Students' assignments presentations | 13th  week | 1 |
| * Fall in elderly*.* | 14th  weeks | 1 |
| * Revision& General Appraisal of the course materials | 15th  week | 1 |
| * ***Final Examination.*** | Final examination period | 2 |

Students' projects\

Students' project1: History taking

Students' project 2: Measurement of vital signs, observation, muscle power

Students' project 3: Assessment of functional activity level, Timed up and go test.

Students' project 4: Assessment of functional Activity: sit to stand test

Students' project 5: Assessment of balance (One-leg stance test (UPST) &functional reach test)

Students' project 6: Assessment of the cognitive status of elders

Student's project 7: Gait assessment;

Students' project 8: Quality of life measurement

|  |  |  |  |
| --- | --- | --- | --- |
| Schedule of Assessment Tasks for Students During the Semester | | | |
| Assessment task (e.g. essay, test, group project, examination, speech, oral presentation, etc.) | Week Due | Proportion of Total Assessment |
| 1st Mid Term Exam | 5th | 35% |
| 2nd Mid Term Exam | 11th |
| Practical Mid-Term exam (15%) | 8th |
| In- course work:  - Students' project (35%)  8 project's items = 15 marks  assignment 10 marks  Case presentation & design therapeutic plane of care (5%&5%)10 marks | continuous  16or 17th | 35% |
| Final theoretical Exam | Final examination period | 30% |

RECOMMENDED References.

1- Multani NK.,and Verma SK.,Principles of geriatric physical therapy. Jaypee Brothers Medical Publishers.1st ed.,2007

2.Carole Bernstein Lewis: Aging The Health- Care Challenge, F.A.Davis Company, Philadelphia, last edition.

3. Ruth L. Di Domenico and Wilma Z. Ziegler: Practical rehabilitation techniques for geriatric aides, Aspen last edition.

4. Carole B. & Jennifer M.: Geriatric Physical Therapy: A clinical Approach, Appleton and Lang, Norwalk. Last edition.