Web Syllabus

Course Number: HS 100 Credits: 2

Course Title: Rehabilitative Aide

Catalog Description:
This course makes the learner aware of the importance of preservation of function of the body. The rehabilitative aide performs restorative duties under the supervision of a registered nurse. The rehabilitative aide helps to improve the residents tasks with daily living and help to provide comfort, safety and well-being to the long term care resident.

Method of Evaluation/Grades for the Program:

1. Evaluation is based on four components: class attendance and participation, lab participation; written lab reports; and discussions.

<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Class attendance and participation (25%)</th>
<th>Lab participation (25%)</th>
<th>Written lab reports (25%)</th>
<th>Discussion Groups (25%)</th>
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<tr>
<td></td>
<td>Empathy role play</td>
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<td>Sensory impairments</td>
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<td>Upper extremity ROM &amp; exercise</td>
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<td>Unit 4</td>
<td>Lower extremity ROM &amp; exercise</td>
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<td>Unit 5</td>
<td>Ambulation</td>
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<td>Unit 6</td>
<td>Modalities</td>
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2. Online students should be aware that a significant portion – 55% - of this class involves participation outside of the online classroom. Students are responsible for completing the laboratory assignments independently, including obtaining necessary equipment such as walkers and canes. Inability to obtain equipment is not an excuse for not completing a lab.

3. Written laboratory reports will serve two purposes in this class: proof that you completed the activity and evidence that you performed a thoughtful analysis of the material made available through the laboratory participation.

4. The grading scale is:
   A = 90 - 100%
   B = 80 – 89%
   C = 70 – 79%

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D = 60 – 69%
F = 59% - Below

**Due Dates for Assignments and Tests:** Each laboratory activity will include a brief written report. These reports are due at the start of the next class session.

**Late Assignment Policy for the Program:** Assignments turned in after the due date will receive an automatic 20% point deduction. Late assignments will only be accepted up to 3 days past the due date. Assignments turned in after will not be accepted.

**Reading Assignments:** The required reading for each unit is the corresponding unit in Ringel’s *Principles of Restorative Care* book.

**Services For Students With Disabilities:** Students, with either a permanent or temporary disability, who require accommodation for more than one week should request services by contacting the Student Services Office. Students requesting accommodations must present written documentation from a certified professional, which should include a statement identifying the disability as well as recommendations for accommodations. Contact, at least one month in advance, the Dean of Instructional Services at (785) 738-2276 to make requests for accommodations.

**Policy Regarding Academic Dishonesty:** Academic dishonesty of any kind will not be tolerated while attending North Central Kansas Technical College. The examples of academic dishonesty are plagiarism, cheating, falsification or forgery of any assignments or examinations. Any student who participates in any form of academic dishonesty must accept the consequences of their actions. These consequences may include but are not limited to the following (a) verbal or written warning, (b) lowering of grade for assignment/activity, (d) failure of class assignment or exam.

**Course Objectives:**

The student will:

1. Discuss the rehabilitation unit including the purpose, team members, locations where care is provided and types of residents who receive services.
2. Describe types of services available in rehabilitative care units.
3. Describe basic musculoskeletal anatomy.
4. Identify the bones and major muscles associated with the shoulder, elbow, hand and wrist, hip, knee, foot and ankle.
5. Demonstrate normal range of motion of the shoulder, elbow, wrist, fingers, hip, knee, ankle, foot and toes.
6. Discuss empathy and empathetic responses to resident conditions.
7. Describe stages of grief and responses to disability and disease conditions.
8. Discuss hand-washing and measures to prevent the spread of infection.
9. Discuss normal changes due to aging which affect the following body systems; skin; neurological; musculoskeletal; cardiopulmonary; and genitourinary.
10. Discuss disease processes which may affect the neurological system of long term care facility residents.
11. Describe disease processes which may affect the musculoskeletal system of long term care facility residents.
12. Discuss the disease process and manifestations, including end-organ damage, of diabetes mellitus.
13. Identify stages 1-4 pressure ulcers, causative factors, and preventive measures.
14. Describe cardiopulmonary diseases commonly seen in long term care facility residents.
15. Discuss exercises and range of motion activities for the joints and muscles of the upper extremity including the shoulder, elbow, wrist, hand and fingers.
16. Demonstrate exercises and range of motion activities for the upper extremity.
17. Describe active range of motion activities for the neck and reasons why passive range of motion should not be performed.
18. Discuss range of motion activities for the lower back and precautions used when performing these exercises.
19. Discuss exercises and range of motion activities for the lower extremity joints and muscles including the hip, knee, ankle, foot and toes.
20. Demonstrate exercises and range of motion activities for the lower extremities.
21. Describe principles of balance and activities to maintain and strengthen balance.
22. Demonstrate exercises to improve and maintain balance.
23. Describe safe patient transfers in the following situations: bed to wheelchair and wheelchair to bed; one person stand-pivot transfer; sliding board transfer; mechanical lift transfer.
24. Discuss the use of assistive devices such as the wheelchair, walker, cane and parallel bars for ambulation.
25. Demonstrate proper use of the walker and cane and techniques for resident instruction on safe use.
26. Discuss proper fit and use of a wheelchair for non-ambulatory residents.
27. Demonstrate safe transport of a resident in a wheelchair.
28. Describe assistive devices available for performance of activities of daily living such as bathing, toileting, grooming, dressing and eating by residents with physical disabilities.
29. Describe uses and application techniques for splints, slings and orthotics.
30. Demonstrate proper application of splints and slings.
31. Discuss use of therapeutic modalities for treatment of musculoskeletal conditions.
32. Discuss principles of safe lifting of objects and residents.
33. Review charting requirements for restorative care provided to residents.
Content Outline:

I. Unit I Principles of Restorative Care
   a. Rehabilitative Care
   b. Rehabilitative Team
   c. Rehabilitative Units
   d. Rehabilitative Services
   e. Anatomy
   f. Empathy
   g. Infection Control
   h. Reaction to Loss

II. Unit II Normal Aging and Disease Processes
    a. Normal Aging
    b. Neurological Disorders
    c. Musculoskeletal Disorders
    d. Diabetes Mellitus
    e. Pressure Ulcers
    f. Cardiopulmonary Diseases

III. Unit III Upper Extremity and Spinal Exercises
     a. Benefits of Exercise
     b. Range of Motion
     c. Types of Exercises
     d. Exercises of the Body

IV. Unit IV Lower Extremity Exercises and Balance
    a. Lower Extremity Function
    b. Types of Exercise
    c. Balance
    d. Balance Exercises

V. Unit V Ambulation and Activities of Daily Living
   a. Ambulation
   b. Ambulation Devices
      i. Wheelchair
   c. Activity of Daily Living
      i. Bathing/toileting/grooming
      ii. Dressing
      iii. Eating

VI. Unit VI Modalities and Special Care
    a. Splints and Orthotics
    b. Ankle-Foot Orthotics
    c. Slings
    d. Ace Bandages
    e. Therapeutic Modalities
    f. Safe Lifting
    g. Safe Transfers
    h. Motivation Techniques
    i. Documentation

Adopted 08.10