

PTAT-1440: PSYCHOSOCIAL ISSUES IN PHYSICAL THERAPY

Cuyahoga Community College

Viewing: PTAT-1440 : Psychosocial Issues in Physical Therapy

Board of Trustees:

January 2024

Academic Term:

Fall 2024

Subject Code

PTAT - Physical Therapist Assist

Course Number:

1440

Title:

Psychosocial Issues in Physical Therapy

Catalog Description:

Designed to familiarize the student with the common mental health illnesses and psychosocial issues that may affect physical therapy interventions.

Credit Hour(s):

2

Lecture Hour(s):

2

Requisites

Prerequisite and Corequisite

PTAT-1100 Introduction to Physical Therapist Assisting; and PSY-1010 General Psychology or concurrent enrollment; or PSY-101H Honors General Psychology, or concurrent enrollment.

Outcomes

Course Outcome(s):

A. Examine why an understanding of psychosocial issues is important for work in healthcare.

Essential Learning Outcome Mapping:

Cultural Sensitivity: Demonstrate sensitivity to the beliefs, views, values, and practices of cultures within and beyond the United States.

Objective(s):

1. Identify healthcare related psychosocial issues.
2. Describe how stigma and prejudice affect healthcare delivery.
3. Explain ways to combat discrimination through the use of compassionate language.
4. Explain how cultural differences can impact treatment, and why cultural sensitivity is important.

Course Outcome(s):

B. Examine evidence-based methods for motivating clients.

Objective(s):

1. Demonstrate how to motivate clients using motivational interviewing techniques.
 2. Identify personal strengths for use in developing therapeutic relationships with clients to optimize therapeutic use of self.
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Course Outcome(s):

C. Examine the effect of mental health/mental illness upon a client's ability to participate in and follow through with physical therapy interventions.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

1. Explain how to assess for suicidality.
2. Describe how the symptoms and behaviors associated with specific mental disorders can impact physical therapy treatment, and identify effective ways to manage these issues.
3. Describe the symptoms and behavior associated with mood disorders, including Major Depression, Bipolar Disorder, and various anxiety disorders.
4. Review the symptoms and behavior associated with Schizophrenia and Personality Disorders.
5. Explain how trauma-informed care can make physical therapy treatment more effective and sensitive in avoiding potential triggers and problems related to prior trauma.
6. Identify the symptoms and behavior associated with trauma-based disorders, including Traumatic Brain Injury, Post Traumatic Stress Disorder, and Borderline Personality Disorder.
7. Identify the symptoms and behavior associated with Autism Spectrum Disorder.

Course Outcome(s):

D. Examine psychosocial considerations of other medical issues, and their relevance to physical therapy treatment.

Objective(s):

1. Explain non-pharmaceutical pain management techniques to aid clients experiencing acute or chronic pain symptoms.
2. Identify pain assessment methods to inform physical therapy treatment.
3. Identify how sleep issues affect individual function, and how poor sleep may impact physical therapy treatment.
4. Describe positive sleep hygiene strategies.

Course Outcome(s):

E. Compare and contrast helpful/effective vs. unhelpful/ineffective aspects of healthcare communication.

Objective(s):

1. Learn how gender-based and generational-based differences and misunderstandings can impact treatment.
2. Examine productive ways to set limits and redirect undesirable behavior.
3. Recognize aspects of therapeutic use of self.
4. Identify potential communication barriers in healthcare.
5. Differentiate between therapeutic and non-therapeutic interpersonal interactions and relationships, to learn the importance of professional boundaries.

Course Outcome(s):

F. Utilize proper medical and psychiatric terminology for written and verbal healthcare communication.

Objective(s):

1. Summarize specific and relevant aspects of a mental status exam.
2. Review psychiatric terminology and its relevance to treatment documentation.
3. Identify why understanding a client's mental status can be essential for treatment planning and implementation.
4. Review medical abbreviations commonly used in medical records.

Course Outcome(s):

G. Categorize common medications used for mental illness, and their possible impacts on physical therapy treatment.

Objective(s):

1. Identify various classes of psychoactive medications and illegal substances.
2. Describe how medications may impact treatment, and the warning signs of potential medication-related problems.
3. Recognize the signs of serious medication-related emergencies.

Course Outcome(s):

H. Develop the ability to maintain professionalism in the face of tragic circumstances.

Objective(s):

1. Examine the dying process, including impending signs of death, emotions that may occur, and strategies for dealing with dying individuals and their loved ones.
2. Identify common grief responses, and effective methods of dealing with grief and loss (for clients and for yourself).

Course Outcome(s):

I. Identify effective strategies for personal safety in working with clients, families, and the public.

Objective(s):

1. Recognize what to do in the event of an active shooter.
2. Identify characteristics that predict violence in individuals.
3. Develop skills and confidence in using safe and effective de-escalation and redirection techniques.

Course Outcome(s):

J. Examine the warning signs of domestic violence, child abuse, elder abuse, and human trafficking.

Essential Learning Outcome Mapping:

Critical/Creative Thinking: Analyze, evaluate, and synthesize information in order to consider problems/ideas and transform them in innovative or imaginative ways.

Objective(s):

1. Compare and contrast characteristics of healthy vs unhealthy relationships.
2. Describe observations a PTA might discover that are warning signs of domestic violence, child abuse, elder abuse, and human trafficking.
3. Determine the difference between what you should do and should not do when a therapist suspects domestic violence or observes signs of child abuse or elder abuse.
4. Explain interventions and legal responsibilities regarding information or observations of abuse.

Course Outcome(s):

K. Summarize the warning signs of various addictions and their potential impact on physical therapy treatment.

Objective(s):

1. Identify warning signs of various addictions.
2. Describe the longterm impact of addictions, such as alcohol, cocaine, and opiates, on the body.
3. Explain how use of the stages of change model can motivate addicted individuals to contemplate and undertake positive change.
4. Develop skill and confidence in using motivational interviewing and the stages of change model.

Course Outcome(s):

L. Analyze how eating disorders might impact physical therapy treatment.

Objective(s):

1. Identify the signs and symptoms of eating disorders.
2. Describe the longterm impact of eating disorders on the body.

Course Outcome(s):

M. Examine how the symptoms of various neurocognitive disorders may impact physical therapy treatment, and strategize ways to teach individuals with dementia more safely and effectively.

Objective(s):

1. Compare and contrast the various forms of neurocognitive disorders, including delirium and types of dementia.
 2. Differentiate between delirium, depression, and dementia.
 3. Identify methods of cognitive assessment to inform the therapist about a client's ability to participate in and follow through with physical therapy safely.
 4. Describe how executive function deficits can impact physical therapy treatment.
 5. Learn communication and validation techniques to enhance effective communication with cognitively impaired clients.
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Methods of Evaluation:

1. Quizzes and examinations
2. Written homework assignments
3. Participation in classroom activities and discussions

Course Content Outline:

1. Impact of psychosocial issues on physical therapy treatment.
 - a. Stigma and prejudice in healthcare
 - b. Ways to combat discrimination
2. Therapeutic communication skills
 - a. Communication barriers in healthcare
 - b. Therapeutic use of self
 - c. Therapeutic vs. non-therapeutic relationships
 - d. Communication strategies for difficulties: clients with no English, clients with mental illness, various learning styles
 - e. Setting limits and redirecting undesirable behavior
3. Motivational strategies
 - a. Motivational interviewing
 - b. Motivating children
 - c. Signature strengths
4. Medical and psychiatric terminology for written and verbal communication
 - a. Common medical abbreviations
 - b. Psychiatric terminology
 - c. Mental status exam
5. Diagnostic criteria for major mental health conditions
 - a. DSM5 categories
 - b. Mood disorders: Major Depression, Bipolar Disorder, anxiety disorders
 - c. Schizophrenia and personality disorders
 - d. Trauma-Based disorders: Therapeutic Brain Injury, PTSD, and Borderline Personality Disorder
 - e. Autism Spectrum Disorder
 - f. Trauma-Informed care
6. Medications/Psychopharmacology
 - a. Commonly prescribed psychoactive medications and illegal substances
 - b. Side effects of psychoactive medications
 - c. Medication related emergencies
7. Domestic Violence
 - a. Warning signs of domestic violence, child abuse, elder abuse, and human trafficking
 - b. Legal responsibilities regarding domestic violence reporting
 - c. Strategies for helping someone who is being victimized
 - d. Characteristics of healthy relationships

8. Addictions
 - a. Signs and symptoms of various addictions and their impact on PT treatment
 - b. Long term effects of addiction on the body
 - c. Stages of Change Model and Motivational Interviewing techniques
9. Eating Disorders
 - a. Signs and symptoms of eating disorders and implications for PT treatment
 - b. Long term effects of eating disorders on the body
10. Neurocognitive Disorders
 - a. Symptoms and behaviors associated with various neurocognitive disorders
 - b. Differences between delirium, depression, and dementia
 - c. Assessing cognition to improve safety of PT treatment
 - d. Executive dysfunction impact on PT treatment
 - e. Communication strategies for working with cognitively impaired clients
11. Psychosocial considerations about other medical issues affecting treatment
 - a. Pain assessment and pain management strategies
 - b. Impact of sleep issues, and sleep hygiene solutions
12. Death and dying, grief and loss
 - a. The dying process, including signs of impending death
 - b. Relevance of hospice to PT treatment
 - c. Common grief responses
 - d. Strategies to assist grieving individuals
 - e. Maintaining professionalism in the face of tragic circumstances
13. Personal safety
 - a. Strategies to deal with active shooter
 - b. Predicting violence in individuals
 - c. Effective de-escalation and redirection techniques
14. Mental health resources

Resources

Noonan, Sharby, Ventura. *Psychosocial Aspects of Healthcare*. 3rd. Boston: Pearson, 2012.

American Psychological Association. *Diagnostic and Statistical Manual DSM-5-TR*. 5th. Washington D.C.: American Psychiatric Publishing, 2022.

Perrin, T., May, H., and Anderson, E. *Well-Being in Dementia: An Occupational Approach for Therapists and Carers*. London: Churchill Livingstone, 2008.

Schneider, J. *Living With Chronic Pain: The Complete Guide to the Causes and Treatment of Chronic Pain*. Long Island City: Hatherleigh Press, 2009. 2nd ed.

Pasaro, C. McCafferty, M. *Pain Assessment and Pharmacologic Management*. Mosby, 2011.

O'Sullivan, Susan B., Thomas J. Schmitz, and George Fulk. *Physical Rehabilitation*. F.A. Davis Company, 2019.

Bottomley, Jennifer M. and Carole B. Lewis. *A Clinical Approach to Geriatric Physical Therapy*. 4th ed. Slack, Inc., 2020.

Resources Other

Baenen, D. & Sieradzki, S, (2017 edited). [Psychosocial Issues in Physical Therapy: Course Guide](#). Required Reading Packet – Available in Metro Campus Bookstore

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