

PTAT-2330: GERIATRIC PHYSICAL THERAPY

Cuyahoga Community College

Viewing: PTAT-2330 : Geriatric Physical Therapy

Board of Trustees:

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Subject Code

PTAT - Physical Therapist Assist

Course Number:

2330

Title:

Geriatric Physical Therapy

Catalog Description:

Course is designed to highlight special considerations of physical therapy approaches, role, and procedures regarding the older adult population. Statistics, myths, and legislation regarding aging population are presented and reviewed, as well as, typical aging and its implications for treatment and wellness.

Credit Hour(s):

2

Lecture Hour(s):

2

Lab Hour(s):

0

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

PTAT-1401 Clinical Pathophysiology, and PTAT-1420 Therapeutic Exercise; and concurrent enrollment in PTAT-2301 Long Term Physical Therapy Rehabilitation Procedures, and departmental approval.

Outcomes

Course Outcome(s):

A. Design physical therapy treatment interventions for the older adult in various health care settings that recognizes the special needs of this population.

Objective(s):

1. Examine the reason for studying geriatric physical therapy and the need for modification of treatment and approaches for this specific segment of the population.
2. Relate the communication changes that occur in normal aging and describe how these changes affect older adult lives and the lives of their families.
3. Design interventions for reducing the effect of these communication changes on performance and safety.
4. Select the precautions and modifications that are necessary for exercise and the use of modalities for the geriatric patient.
5. Identify modifications in the treatment or training programs of the older adult patient with cardiopulmonary changes/disease.
6. Identify the types of cancer that commonly occur in the older adult population. Identify physical therapy interventions for patients with these types of cancer.
7. Discuss techniques that can enhance sexual participation for the older adult patient who may be confronted with pain, joint limitations, abnormal muscle tone, and fear of further injury.
8. Analyze the social and economic ramifications of our ever-growing older adult population and the impact this will have on health care in general and physical therapy specifically.

9. Relate the impact of culture, ethnicity, religion, socioeconomic status, and family history on the interaction and treatment of the older adult patient.
10. Demonstrate developing-level to entry-level professional behaviors in the classroom and during all course related activities.
11. Design interventions and approaches to enhance treatment based on the nature of how the older adult learns.
12. Select special procedures and approaches needed to successfully interact and motivate the geriatric patient.

Course Outcome(s):

B. Relate how later life is unique among all developmental stages and how theories, myths, assumptions and attitudes impact physical therapy treatment approaches and interventions.

Essential Learning Outcome Mapping:

Written Communication: Demonstrate effective written communication for an intended audience that follows genre/disciplinary conventions that reflect clarity, organization, and editing skills.

Objective(s):

1. Examine the reason for studying geriatric physical therapy and the need for modification of treatment and approaches for this specific segment of the population.
2. Examine the psychosocial and socioeconomic aspects of aging, and discuss the impact these may have on the geriatric patient.
3. Differentiate between myth and fact regarding older adults and discuss the impact of these myths on interaction and treatment of the geriatric population.
4. Examine the changes that occur in strength, flexibility, posture, and gait of the older adult.
5. Select the precautions and modifications that are necessary for exercise and the use of modalities for the geriatric patient.
6. Compare examples of ageism in American society with the attitudes and beliefs about older adults in other countries and cultures.
7. Describe the age-related changes in the human sexual response cycle and other barriers to sexual expression among older adults.
8. Analyze the social and economic ramifications of our ever-growing older adult population and the impact this will have on health care in general and physical therapy specifically.
9. Relate the impact of culture, ethnicity, religion, socioeconomic status, and family history on the interaction and treatment of the older adult patient.
10. Explain the need for sensitivity and understanding of the special needs of the geriatric patient, and the impact of previous life experiences on performance, communication, and compliance.
11. Describe the history of U.S. legislation regarding older adults and relate how each piece of legislation impacted the older adult population.

Course Outcome(s):

C. Design Physical therapy interventions to address typical aging changes and pathologies that are common in the older adult population.

Objective(s):

1. Examine the psychosocial and socioeconomic aspects of aging, and discuss the impact these may have on the geriatric patient.
2. Discuss common functional problems that impact the ADL of the older adult and formulate a practical suggestion for each of these problems.
3. Relate the communication changes that occur in normal aging and describe how these changes affect older adult lives and the lives of their families.
4. Design techniques that can be utilized to compensate for changes in vision, hearing, taste, smell, touch, and proprioception.
5. Analyze the neurological changes that occur in the older adult that impact functional performance, proprioception, and balance.
6. Select the precautions and modifications that are necessary for exercise and the use of modalities for the geriatric patient.
7. Identify modifications in the treatment or training programs of the older adult patient with cardiopulmonary changes/disease.
8. Identify the types of cancer that commonly occur in the older adult population. Identify physical therapy interventions for patients with these types of cancer.
9. Describe the age-related changes in the human sexual response cycle and other barriers to sexual expression among older adults.
10. Discuss techniques that can enhance sexual participation for the older adult patient who may be confronted with pain, joint limitations, abnormal muscle tone, and fear of further injury.
11. Describe how balance problems, functional limitations and fear contribute to the risk of falls in the older adult population.
12. Create a fall prevention plan that includes education, environmental adaptation and therapeutic exercise.
13. Classify the changes that take place during normal aging to the various body systems.

14. Differentiate the essential features and role of physical therapy for the conditions that tend to target the older adult such as heart disease, cancer, Cardiovascular accident, Parkinson's disease, and joint replacements.

Course Outcome(s):

D. Adapt treatment interventions based on the unique circumstances regarding medication use and adverse reactions in the older adult population.

Objective(s):

1. Explain why older adults are considered a high-risk group for substance use/abuse.
2. Discuss how multiplicity of disease and therefore medication use contributes to the risk.
3. Discuss how financial status may impact medication use and compliance.

Course Outcome(s):

E. Adapt communication, interaction, treatment approaches and treatment to meet the needs of the older adult patient with Alzheimers Disease or any of the various forms of Dementia.

Objective(s):

1. Differentiate between acute and chronic brain syndromes and between depression and dementia.
2. Select strategies for working with the patient with dementia; relate the impact of Alzheimer's Disease on the patient, family, and health care workers.
3. Describe the changes in the brain and the progression of those changes in the patient with Alzheimer's Disease.
4. Compare and contrast Alzheimer's Disease with other forms of dementia such as Frontal Lobe Disease, Pick's Disease and Lewy Body Disease.
5. Describe the signs and symptoms of Alzheimer's Disease and relate these to the progression of symptoms through the various phases of the disease.
6. Design a plan of interaction and physical therapy intervention for the dementia patient and his/her caregivers that includes addressing wandering, agitation and safety.
7. Describe the possible physical, emotional, legal and psychosocial ramifications of dementia on the patient and family.

Course Outcome(s):

F. Create appropriate documentation and reports of suspected elder abuse according to the requirements of the law.

Objective(s):

1. Describe the various categories of older abuse and the legal and ethical guidelines that dictate the reporting of that abuse by the physical therapist assistant.
2. Consider the risk factors for the perpetrator and the victim to assess the potential for abuse.

Course Outcome(s):

G. Adapt end of life interaction and treatment for the dying older adult patient recognizing the role of paliative care, advanced directives and mourning tasks for the bereaved.

Objective(s):

1. Discuss factors affecting the older adult patient who is dying and communicate effectively with this patient and their family.
2. Discuss the mission of hospice and its goals for the terminally ill patient and his/her family including the role of physical therapy.
3. Describe the role of life sustaining interventions and legal ramifications of the living will and health care power of attorney.
4. Identify the circumstances when intervention can be performed without consent.

Course Outcome(s):

H. Design and produce reimbursable interventions and documentation to meet the needs of the elderly adult patient.

Objective(s):

1. Describe Medicare, Medicaid, and the prospective payment system and relate these to the provision of physical therapy services.
2. Distinguish between skilled and non skilled care.
3. Relate third party payers and source of reimbursement to physical therapy treatment and documentation.
4. Analyze the social and economic ramifications of our ever-growing older adult population and the impact this will have on health care in general and physical therapy specifically.
5. Create documentation that meets reimbursement guidelines for Medicare and other third-party payors.
6. Discuss the criteria for defining and receiving reimbursement for durable medical equipment.
7. Distinguish between the assessment forms required for physical therapy in various health care settings as required by Medicare standards.

Course Outcome(s):

G. Design and advocate programs for wellness, community integration and instrumental activities of daily living for the older adult population.

Objective(s):

1. Compare various ways in which the family plays a central role in caring for the older adult.
2. Discuss common functional problems that impact the ADL of the older adult and formulate a practical suggestion for each of these problems.
3. Compare strategies to enhance more effective communication with the older adult patient; utilize and demonstrate these techniques during the required geriatric interview.
4. Consider architectural and societal barriers that impact rehab, safety, and the participation in ADL/leisure skills of the older adult and prepare recommendations for modifications to reduce these barriers.
5. Design interventions for reducing the effect of these communication changes on performance and safety.
6. Describe the age-related changes in the human sexual response cycle and other barriers to sexual expression among older adults.
7. Discuss techniques that can enhance sexual participation for the older adult patient who may be confronted with pain, joint limitations, abnormal muscle tone, and fear of further injury.
8. Examine ways of promoting wellness, disease prevention and research in the older adult population.
9. Identify community resources available for the older adult patient including the role of the ombudsmen/patient advocate program.
10. Relate the impact of culture, ethnicity, religion, socioeconomic status, and family history on the interaction and treatment of the older adult patient.
11. Explain the need for sensitivity and understanding of the special needs of the geriatric patient, and the impact of previous life experiences on performance, communication, and compliance.
12. Demonstrate developing-level to entry-level professional behaviors in the classroom and during all course related activities.
13. Assess potential barriers to the geriatric patients participation in health promotion/wellness activities.
14. Discuss the need for community outreach and advocacy for this patient population.
15. Design an environmental assessment for fall prevention in the clinic and home that includes the benefits and risks of the use of physical restraints.
16. Examine the unique skills needed to provide physical therapy treatment to the older adult in the home care setting.

Methods of Evaluation:

1. Written tests and final examination
2. Announced and unannounced quizzes
3. Interview with written report
4. Geriatric interim notes
5. Web discussion board and activities

Course Content Outline:

1. Defining Geriatrics
 - a. Statistics
 - b. Myths and ageism
 - c. Legislation
 - d. Normal aging versus pathology
2. Theories of aging

- a. Developmental-Genetic
- b. Neuroendocrine and Hormonal
- c. Non-genetic or Stochastic
- d. Psychosocial
3. Age related changes in anatomy, physiology and function
 - a. Musculoskeletal
 - b. Neurological
 - c. Cardiovascular
 - d. Pulmonary
 - e. Sensory
 - f. Endocrine
 - g. Reproductive
 - h. Urinary and GI
4. Impact of aging changes
 - a. Activities of daily living and Instrumental Activities of Daily Living
 - b. Socialization
 - c. Communication
 - d. Cognition and learning
 - e. Falls and restraints
 - f. Posture and gait
 - g. Sexuality
 - h. Nutrition
 - i. PT modalities
5. Common Pathological Conditions and treatment approaches
 - a. Arthritis and total joint replacements
 - b. Arrhythmias and Congestive Heart Failure
 - c. Stroke
 - d. Diabetes
 - e. Cancer
 - f. Multiplicity of disease
6. Drugs and function in elderly
 - a. Absorption, transformation and excretion
 - b. Prescribed drugs and OTC use
 - c. Adverse side effects
 - d. Substance abuse
 - e. Role of PTA
7. Organic Brain syndrome
 - a. Alzheimer's Disease
 - b. Dementia
 - c. Communication
 - d. Intervention strategies
 - e. Wandering and agitation
 - f. Family education
8. Oncology in the older adult population
 - a. Palliative care/hospice
 - b. Advanced directives
 - c. Living Will
 - d. Health Care Power of Attorney
 - e. PT interventions
 - f. Suicide
9. Elder Abuse
 - a. Legislation
 - b. Categories of abuse
 - c. Role of PTA in reporting
10. Reimbursement for older adult services
 - a. Managed care system
 - b. Medicare
 - c. Medicaid

- d. Settings of care
 - e. Durable medical equipment
11. Treatment rationale and design in geriatrics
- a. Education and leaning styles
 - b. Culture, race and ethnicity
 - c. Previous life experience
 - d. Socioeconomic status
 - e. Advocacy and research
 - f. Home care

Resources

Bottomley J. and Lewis, C. *A Clinical Approach to Geriatric Rehabilitation*. 4th. Thorofare: Slack Inc., 2020.

Bottomley, J. *Geriatric Rehabilitation: A Textbook for Physical Therapist Assistants*. Thorofare: Slack, 2010.

O' Sullivan, S., Schmitz, T., Fulk, G. *Physical Rehabilitation*. 7th . Philadelphia: F.A. Davis, 2019.

Bonder B and Dal Bello-Haas, V. *Functional Performance in Older Adults*. 3rd. Philadelphia F.A. Davis Co., 2009.

Bertoti, D. *Functional Neurorehabilitation Through the Life Span*. Philadelphia F.A. Davis Co., 2004.

Lescher, P. *Pathology for the Physical Therapist Assistant*. Philadelphia: F.A. Davis, 2011.

Fell, D. and Lunnen, K. *Lifespan Neurorehabilitation*. Philadelphia: F.A. Davis, 2018.

Resources Other

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