**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Physical Therapy Aide**

**Related unit of instruction:**

Preparation for Patient Care in Physical Therapy

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to teach the student the physical therapy aide basic skills needed to prepare a patient for treatment. Students will learn and skillfully perform a variety of transfer techniques frequently used in the clinical setting.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and answer end of chapter questions for Chapters 9, 10, 11 & 12 in *Physical Therapy Aide: A Worktext 2nd Ed, Wiess Washington, Delmar*, 1999.
2. Pass the tests for the chapters

**Learning Objective:**

Safety in the Working Environment Chapter 9

1. Define the term environment as it relates to the medical area.
2. Discuss the purpose for keeping the medical environment safe.
3. Explain how to manage the medical external environment.
4. Discuss the role temperature, humidity, ventilation control, light regulation, color, noise control, neatness and order, control of odors, and providing for the patient’s privacy play in managing the health care environment.
5. Discuss the physical therapy aide’s role in providing a safe environment.
6. Discuss how to prevent accidents in the health care environment.
7. Identify patients at risk of having accidents.
8. Describe how to prevent falls in the health care environment.
9. Discuss how to prevent burns in the health care environment.
10. Explain the importance of practicing good body alignment and movement in the working environment.
11. Describe how the physical therapy aide can practice good body alignment and movement.
12. Discuss the concept of asepsis and infection control.
13. Explain how medical asepsis is carried out through proper handwashing.
14. Demonstrate correct handwashing techniques.
15. Discuss how microorganisms grow and spread.

Preparation for Patient Care Chapter 10

1. List and explain the three fundamental components to providing care to patients undergoing physical therapy modalities.
2. Describe the role body mechanics play in physical therapy.
3. Explain the purpose of patient preparation and identify the physical therapy aide’s role in preparing the patient for physical therapy treatments.
4. Describe patient preparation for transporting patients via a cart and a wheelchair.

Turning and Positioning the Patient Chapter 11

1. Describe the purpose of turning and repositioning the debilitated patient and explain the physical therapy aide’s role in its function.
2. Describe how to turn a patient in the supine position.
3. Describe how to turn a patient from a supine position to a prone position.
4. Describe how to turn a patient from a prone position to a supine position.
5. Explain how a patient is turned using a floor mat.
6. Explain how to turn a patient from a supine position to a side-lying position.
7. Describe a side-lying position.
8. Explain how to return a patient from a sitting position to a supine position.

Transferring the Patient Chapter 12

1. Discuss the importance of properly transferring a patient.
2. Describe the role body mechanics play during the transfer procedure.
3. Identify different types of transfers.
4. Briefly discuss the difference between an unassisted and an assisted bed to wheelchair transfer.
5. Explain an assisted wheelchair to parallel bar transfer.
6. Describe an assisted wheelchair to treatment table transfer.
7. Describe a modified standing transfer.
8. Briefly discuss the following transfers: standing toilet, standing car, and bathtub transfer.
9. Explain the difference between an assisted and an unassisted sitting transfer from the bed to the wheelchair.
10. State the purpose and use of a drawsheet transfer.
11. Define a pneumatic lift transfer and briefly discuss its purpose, operation, and usage.
12. Briefly discuss the physical therapy aide’s role in a one-person transfer from the floor to the wheelchair.