

**University of Texas at El Paso
College of Health Sciences
Physical Therapy Program**

PT 5204

Tests and Measures

Fall 2015

COURSE SYLLABUS

Credit Hours: 2

Contact Hours: 90 (15 weeks)

Schedule: Mondays, 2:00 - 4:00 pm
Mondays, 4:30 - 6:30 pm
Wednesdays, 3:30 - 5:30 pm
Unless otherwise stated in syllabus or BBL

Coordinator/Instructors: Name: Michelle Gutierrez, PT DSc
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Course Description: Patient history, systems review, basic tests and measures are presented in this laboratory course. The basic tests include muscle performance, pain, range of motion and self-care and home management.

Course Objectives:

1. Understand the basis for and use of the *Guide to PT Practice* including the Patient Care Model and clinical reasoning. (CC-5.19, CC-5.54, CC-5.55)
2. Conduct a thorough history with a simulated patient. (CC-5.11, CC-5.28)
3. Conduct a complete systems review with a simulated patient. (CC-5.27, CC-5.29)
4. Select appropriate tests and outcome measurement tools based on the history and systems review. (CC-5.27, CC-5.45)
5. Recall reliability and validity of the tests and measures and outcome tools presented. (CC-5.49)
6. Demonstrate the ability to accurately assess (CC-5.30...)
 - a. muscle strength (m)
 - b. muscle length (s)
 - c. muscle endurance and power (m)

- d. joint range of motion (s)
 - e. pain (p)
 - f. self-care & home management including, bed mobility, transfers and fall risk (u)
 - g. sensory integrity (v)
 - h. anthropometric characteristics (b)
 - i. reflex integrity (t)
 - j. work, community and leisure integration (x)
 - k. circulation (e)
 - l. coordination (l)
7. Interpret the results of the above tests and measures to determine an appropriate plan of care. (CC-5.19, CC-5.25, CC-5.31, CC-5.34, CC-5.35)

Required Texts:

1. Hislop H, Avers D, Brown M. *Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing*. 9th ed. St. Louis, MO: Elsevier; 2014. **ISBN-13:** 978-1455706150
2. Norkin C, White D. *Measurement of Joint Motion A Guide to Goniometry*. 4th ed. Philadelphia, PA: F.A. Davis Company; 2009. **ISBN-10:** 0803620667
3. O'Sullivan SB, Schmitz TJ, Fulk GD. *Physical Rehabilitation: Assessment and Treatment*. 6th ed. Philadelphia, PA: FA Davis Co; 2013. **ISBN-13:** 978-0-8036-2579-2
4. Goodman CC, Synder TE. *Differential Diagnosis for Physical Therapists*. 5th ed. St. Louis, MO: Saunders Elsevier: 2013. **ISBN:** 978-1-4377-2543-8
5. Paz JC, Panik M. *Acute Care Handbook for Physical Therapists*. 4th ed. Boston, MA: Butterworth-Heinemann: 2013. **ISBN:** 978-1-4557-2896-1
6. *Guide to Physical Therapist Practice 3.0*. Alexandria, VA: American Physical Therapy Association; 2014. Available at: <http://guidetoptpractice.apta.org/>.
7. F.A. DAVIS'S GONIOMETRY VIDEOS. Available at davis.plus.fadavis.com

Recommended Texts:

1. Pierson FM. *Principles and Techniques of Patient Care*. 5th ed. Philadelphia, PA: W.B. Saunders; 2013. **ISBN:** 978-1-4557-0704-01
2. Kisner C, Colby LA. *Therapeutic Exercise*, 6th ed. Philadelphia, PA: FA Davis Co; 2012. **ISBN-13:** 978-0-8036-2574-7

Course Content: Use of the *Guide to PT Practice*, patient history, systems review, anthropometric characteristics, muscle strength, muscle length, endurance, power, pain, range of motion, sensory integrity, reflex integrity and self-care and home management.

Methods of Instruction: Lecture, team based learning, laboratory demonstration and practice, simulated patients and case studies.

Methods of Evaluation: Written exams, practical exams and lab assignments.

Exam 1	20%
Exam 2	20%
Quizzes	5%
Lab assignments* (9)	5%
Practical exams (1)	10%
Final exam	30%
Skills Checkouts (2)	10%

* Lab assignments are peer reviewed and are due at the end of lab unless noted otherwise.

Schedule: See Tentative Topic/Assignment Outline (Subject to change at Dr. Carson or Dr. Gutierrez's discretion)

UTEP PHYSICAL THERAPY PROGRAM GRADING SCALE

The following letter grade scale is used for the UTEP Physical Therapy Program:

Letter Grade Scale	Numerical Grade Scale
A	90-100
B	80-89
C	75-79
F	Below 75

- If you get a grade below an 80% on any exam or assignment, STUDENT IS REQUIRED to arrange a meeting with the instructor to develop study strategies for performance improvement.

Course and Program Policy:

See PT Program Handbook for all policies on exams, electronic device use, dress code, attendance, and scholastic dishonesty. Your instructors encourage you to periodically review all handbook policies, but in light of past experiences, **particularly direct you to review the policies on cheating, accumulated knowledge, professional behaviors, attendance, and the disclaimer that the syllabus is subject to change.**

Special Accommodations (ADA):

“If you have or suspect a disability and need accommodations, you should contact the Center for Accommodations and Support Services (CASS) at 747-5148.” You can also e-mail the office at cass@utep.edu or go by their office in Union Building East. For additional information, visit the CASS website at <http://sa.utep.edu/cass/>

Hospital Day:

Each of you is expected to participate in one of the SON Simulated Hospital Days (**TBA**) and complete an examination and implement an intervention in one hour. Document the evaluation, diagnosis, prognosis and plan of care to be turned in within 24 hours. (See Hospital Day criteria on Black Board)

Participation and Professional Behaviors:

1. All faculty expect students to arrive on time to class prepared, to actively participate, and to not be disruptive. Students are expected to return promptly from any breaks and remain attentive in the classroom until the next planned break.
2. **Tardiness and Attendance Policy:** Students are expected to be on time and prepared to begin the course; therefore, students who are tardy will be penalized. If you are late to class by greater than 10 minutes without contacting the instructor by email to the instructor or the PT Department office (915-747-8207) it will be treated as an unexcused absence. If an emergency or illness prevents a student from attending class, communication directly with an instructor or the department is expected prior to the beginning of class. A verbal message through another student will not suffice. It is the responsibility of the student to obtain any materials presented in class and to ensure assignments are turned in on time. Each unexcused absence will result in a 5% reduction of their total class grade. See the handbook for policy.
3. Professional behavior will be expected in ALL class sessions and inside and outside of the classroom. Students demonstrating unprofessional behavior, including but not limited to being consistently ill-prepared, not actively participating, using electronic devices (not for classroom activities), and/or being disruptive will be warned one time and if the behavior continues the student will be excused from class for the day and the class session will be considered an unexcused absence.
4. All students are expected to wear appropriate attire for both lecture and lab sessions. Appropriate attire is discussed in the Policies and Procedures manual. Professional dress is appropriate for presentations and for all guest speakers and when representing UTEP outside of the class room (i.e. clinic visits). Shorts and tank tops or t-shirts for labs sessions (JEANS ARE NOT APPROPRIATE FOR ANY LAB SESSION). Students who are not appropriately attired will be excused from class for the day and the class session will be considered an unexcused absence.
5. Cell phones and telecommunication devices should be turned off or left outside of the classroom. If any circumstance necessitates the student to have his/her cell phone turned on in the classroom, it MUST be discussed with the instructor PRIOR to class. Any student who is observed to be using these devices during class time will be asked to leave the classroom for that class period, resulting in an unexcused absence for that class period. This includes using a laptop computer for accessing email or the internet for purposes not related to class topics during class time.

Student Expectations:

1. In clinically-oriented, kinesthetically-based courses, each student is required to demonstrate competence by means of laboratory practical examinations. The student must successfully complete each practical examination with a passing score ("C" or better). Should a lower grade be attained, the student may be provided ONE additional testing opportunity to demonstrate competence in that material. The student must demonstrate a passing score on the retake. The student will earn no better than a 75% if he/she passed the 2nd exam. Students failing to achieve this standard for each competency test in a given course will not pass the course. See Handbook

2. **Homework assignments are due online and must be dated before the beginning of class on the due date.** No late assignments or exams will be accepted for grading. It is the responsibility of the student to ensure that all assignments and exams are completed by the assigned due date. If a student does not submit an assignment or exam by the designated due date, the student will be assessed a grade of zero (0) for that particular assignment or exam. Do not leave things to the last moment. Student names are required on all assignments-both in the file name and at the top right corner of the paper.
3. All papers submitted for grading in this course must use the instructions in the student handbook. Document file names should adhere to the following pattern: student last name_PT5204_assignment name.doc.
Example: STUDENTNAME_PT5204_HospDays.doc.
4. All homework assignments are to be submitted on BBL ONLY, unless otherwise specified. Students must assure that their papers have successfully uploaded as an attachment. Students who have difficulty with submitting their work online must contact the instructor or help desk immediately. Only after this process has been completed will an assignment be accepted via email.