

# **OCCUPATIONAL THERAPIST ASSISTANT AND PHYSIOTHERAPIST ASSISTANT**

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## **Program Outline**

<b>Major:</b>	OPTA
<b>Length:</b>	2 Years
<b>Delivery:</b>	4 Semesters
<b>Credential:</b>	Ontario College Diploma
<b>Effective:</b>	2015-2016
<b>Location:</b>	Barrie
<b>Start:</b>	Fall (Barrie), Winter (Barrie)

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### **Description**

This program provides graduates with the theoretical knowledge and practical skills necessary to function competently in the role of an Occupational Therapist Assistant and Physiotherapist Assistant (OTA and PTA) in a complex health care environment. OTAs and PTAs work under the supervision of and in collaboration with occupational therapists and physiotherapists, respectively and assist these therapists to teach and enable clients to effectively cope with their limitations in movement, daily functioning, and activities whether temporary or permanent, during and following recovery. This program is a combination of practical and theoretical learning achieved through classroom, laboratory and field placements. To meet the needs of clients in agency and community settings, learning will take place with an inter-professional approach.

### **Career Opportunities**

An OTA and PTA is a valued member of the Health Care Team. Graduates enter a dynamic and challenging career which offers opportunities in a variety of health and community settings including acute care, complex continuing care, mental health facilities, community agencies, long-term care facilities, rehabilitation centres, vocational rehabilitation programs, sports clinics, children's treatment centres, schools and private industry.

### **Program Learning Outcomes**

The graduate has reliably demonstrated the ability to:

- communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their families, and significant others, occupational therapists, physiotherapists, other health care providers, and others within the role of the therapist assistant;
- participate in the effective functioning of interprofessional health care teams within the role of the therapist assistant;
- establish, develop, maintain, and bring closure to client-centred, therapeutic relationships within the role of the therapist assistant;
- ensure personal safety and contribute to the safety of others within the role of the therapist assistant;
- practice competently in a legal, ethical, and professional manner within the role of the therapist assistant;
- document and complete client records in a thorough, objective, accurate, and nonjudgmental manner within the role of the therapist assistant;
- develop and implement strategies to maintain, improve, and promote professional competence within the role of the therapist assistant;
- perform effectively within the roles and responsibilities of the therapist assistant through the application of relevant knowledge of health sciences, psychosociological sciences and health conditions;
- perform functions common to both physiotherapy and occupational therapy practices that contribute to the development, implementation and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist and/or physiotherapist;
- enable the client's occupational performance by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the occupational therapist;
- enable the client's optimal physical function by contributing to the development, implementation, and modification of intervention/treatment plans, under the supervision of and in collaboration with the physiotherapist;
- identify and implement environmentally-related initiatives relevant to the OTA and PTA profession;
- apply basic entrepreneurial strategies to identify and respond to new opportunities.

### **External Recognition:**

The graduate of this program may choose to become an associate member of the Canadian Physiotherapy Association and the Canadian Association of Occupational Therapists.

**The Program Progression:**

Fall Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
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Fall 2015	Winter 2016	Fall 2016	Winter 2017

Winter Intake - Barrie

Sem 1	Sem 2	Sem 3	Sem 4
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Winter 2016	Summer 2016	Fall 2016	Winter 2017

**Articulation:**

A number of articulation agreements have been negotiated with universities and other institutions across Canada, North America and internationally. These agreements are assessed, revised and updated on a regular basis. Please contact the program co-ordinator for specific details if you are interested in pursuing such an option. Additional information can be found on our website at <http://www.georgiancollege.ca/admissions/credit-transfer/>

**Admission Requirements:**

OSSD or equivalent with

- Grade 12 English (C or U)
- Grade 11 or 12 biology (C or U)
- OR Grade 12 exercise science (U), or equivalent

Mature students, non-secondary school applicants (19 years or older), and home school applicants may also be considered for admission. Eligibility may be met by applicants who have taken equivalent courses, upgrading, completed their GED, and equivalency testing. For complete details refer to: [www.georgiancollege.ca/admissions/policies-procedures/](http://www.georgiancollege.ca/admissions/policies-procedures/)

Applicants who have taken courses from a recognized and accredited post-secondary institution and/or have relevant life/learning experience may also be considered for admission; refer to the Credit Transfer Centre website for details: [www.georgiancollege.ca/admissions/credit-transfer/](http://www.georgiancollege.ca/admissions/credit-transfer/)

**Additional Information:**

Students must have an up-to-date immunization record in compliance with the Public Hospitals Act. Completion and submission of this record is required during registration in order to ensure your placement in clinical and field placement facilities.

A Hepatitis B vaccination is required for your own safety. It may be obtained at a reduced cost through the student insurance plan.

Students are required to have Level HCP CPR and Standard First Aid during the first semester of the program (on-line courses are not acceptable). It is the student's responsibility to renew their Level HCP CPR certification every two years while in the program. Students are asked to submit a copy of their current Level HCP CPR and Standard First Aid certificate to the appropriate contact during the first semester for the following semester when field placements take place. A printable permit with all requirements will be provided.

A record of mask fit test (will be done at the college in semester two), renewed every two years, is required prior to the start of placements.

\* Please note that due to the nature of this profession, OTAs and PTAs are required to tolerate regular physical activity during the course of their work day. It is recommended that you have a moderate level of fitness when entering the program.

**\*\* CRIMINAL REFERENCE CHECK \*\***

Placement agencies require an up-to-date clear criminal reference check and vulnerable sector check prior to going out on placement. Students should obtain their criminal reference three months prior to placement; checks conducted earlier may not be considered current. As some jurisdictions require longer lead-time for processing, please check with the program coordinator to ensure you allow for sufficient turn-around time. It is the students responsibility to provide the completed document prior to placement start.

NOTE: Individuals who have been charged or convicted criminally and not pardoned will be prohibited from proceeding to a clinical or placement.

**Graduation Requirements:**

- 19 Mandatory Courses
- 4 Clinical Placements
- 2 Communications Courses
- 3 General Education Courses

**Graduation Eligibility:**

To graduate from this program, the passing weighted average for promotion through each semester, from year to year, and to graduate is 60%. Additionally, a student must attain a minimum of 50% or a letter grade of P (Pass) or S (Satisfactory) in each course in each semester unless otherwise stated on the course outline.

**Mandatory Courses**

HUMD2000 Cognitive and Perceptual Impairment  
OCPT1004 Introductory Rehabilitation Concepts  
OCPT1005 Essentials of Client-centered Practice  
OCPT1006 Treatment Techniques  
OCPT1007 Treatment Fundamentals  
OCPT1008 Clinical Anatomy and Physiology  
OCPT1009 Human Movement Fundamentals  
OCPT1010 Health Conditions 1  
OCPT1012 Physiotherapy Treatment Principles  
OCPT1013 Physiotherapy Treatment Techniques  
OCPT1014 Occupational Therapy Treatment Principles  
OCPT1015 Occupational Therapy Treatment Techniques  
OCPT2006 Health Conditions 2  
OCPT2008 Advanced Physiotherapy Principles  
OCPT2009 Advanced Physiotherapy Techniques  
OCPT2010 Advanced Occupational Therapy Principles  
OCPT2011 Advanced Occupational Therapy Techniques  
OCPT2014 Lifespan Development  
PSYL2002 Mental Health Challenges

**Clinical Placements**

OCPT1011 Introduction to Professional Practice  
OCPT2007 Intermediate Clinical Practice  
OCPT2012 Clinical Consolidation 1  
OCPT2013 Clinical Consolidation 2

**Communications Courses**

To be selected at time of registration from the College list, as determined by testing.

**General Education Courses**

To be selected from College list

**Course Descriptions:**

#### HUMD2000 Cognitive and Perceptual Impairment 28.0 Hours

This course introduces students to cognitive and perceptual impairments in children, adults and the elderly. Hearing, vision and memory loss, speech and swallowing impairments and communicative disorders will be examined and strategies for effective communication and treatments will be discussed and practiced.

P- OCPT1010 Health Conditions 1 and P- PSYL2002 Mental Health Challenges and C- OCPT2006 Health Conditions 2 and C- OCPT2010 Advanced Occupational Therapy Principles and C- OCPT2011 Advanced Occupational Therapy Techniques

#### OCPT1004 Introductory Rehabilitation Concepts 28.0 Hours

This course provides an introduction to the occupational therapy and physiotherapy scope of practice, as well as the scope and role of the OTA and PTA. Discussions include the structure of the Canadian health care system, the role and impact of the rehabilitation model, historical development of occupational therapy and physiotherapy as well as practice trends and settings. Professional terminology and theoretical foundations for practice in occupational therapy and physiotherapy are discussed.

C- OCPT1005 Essentials of Client-centered Practice

#### OCPT1005 Essentials of Client-centered Practice 28.0 Hours

This course examines the role of professional relationships, interpersonal communication and therapeutic relationships in clinical practice. Methods for resolving conflict and promoting client and family-centered care are explored. The role of the OTA and PTA in medical documentation is examined. Meeting the needs of diverse client populations and methods for engaging with clients experiencing transition, grief and/or crisis in a manner that promotes the recovery of optimum health is explored.

C- OCPT1004 Introductory Rehabilitation Concepts

#### OCPT1006 Treatment Techniques 28.0 Hours

In a lab setting, students perform and apply foundational treatment techniques for OTA and PTA practice. Students will learn about infection control, handling skills, the appropriate application of treatment equipment as well as safe body mechanics during the demonstration of a variety of transfers and mobility training strategies.

Co-OCPT1007 Treatment Fundamentals

#### OCPT1007 Treatment Fundamentals 28.0 Hours

This course provides a basis for the techniques practiced in Treatment Techniques. Students develop the theoretical knowledge required to interact safely and competently with a variety of clients. The benefits, uses and contraindications of a range of foundational techniques used with physically compromised clients are explored. Accurate and effective clinical documentation will be emphasized.

Co-OCPT1006 Treatment Techniques

#### OCPT1008 Clinical Anatomy and Physiology 42.0 Hours

This course provides the student with a foundational overview of human anatomy and physiology from a systems perspective including but not limited to the gastrointestinal, cardiovascular, respiratory, renal, integumentary, immune, endocrine and neurological systems. Focus is on the inter-relationships of these systems as related to normal human function and the impact of activity on the preserving the function of these systems.

C- OCPT1009 Human Movement Fundamentals

OCPT1009 Human Movement Fundamentals 42.0 Hours

This course is comprised of two components: theoretical and lab practice. The theoretical portion introduces students to musculoskeletal anatomy and essential concepts related to the mechanics of normal movement. Students apply this knowledge in the lab setting to develop an understanding of the relationship between musculoskeletal anatomy and mobility.

C- OCPT1008 Clinical Anatomy and Physiology

OCPT1010 Health Conditions 1 56.0 Hours

In this course, students focus on common pathologies that present within OTA and PTA clinical practice. Knowledge of congenital, acquired and degenerative conditions and how these are treated within occupational therapy and physiotherapy practice are explored. Disease processes and healing/recovery processes are explored.

P- OCPT1008 Clinical Anatomy and Physiology

OCPT1011 Introduction to Professional Practice 103.0 Hours

This course explores introductory legal and ethical considerations for practice in an evolving health care environment. Strategies for preserving patient safety, maximizing inter-professional relationships and developing a professional sense of self are explored. Strategies for maximizing student success while participating in fieldwork placements are discussed. Creating appropriate learning goals and reflecting and evaluating own performance is explored as an essential professional competency.

P- OCPT1004 Introductory Rehabilitation Concepts and P- OCPT1005 Essentials of Client-centered Practice and P- OCPT1006 Treatment Techniques and P- OCPT1007 Treatment Fundamentals and P- OCPT1008 Clinical Anatomy and Physiology and C- OCPT1012 Physiotherapy Treatment Principles and C- OCPT1013 Physiotherapy Treatment Techniques and C- OCPT1014 Occupational Therapy Treatment Principles and C- OCPT1015 Occupational Therapy Treatment Techniques

OCPT1012 Physiotherapy Treatment Principles 28.0 Hours

This course introduces students to the theoretical principles related to foundational physiotherapy treatment techniques. The benefits, uses, limitations and contraindication of therapeutic exercise, modalities and manual treatment techniques are explored. Their application to a range of acute and chronic conditions is examined as applied to the Physiotherapist Assistant role.

P- OCPT1006 Treatment Techniques and P- OCPT1007 Treatment Fundamentals and P- OCPT1008 Clinical Anatomy and Physiology and P- OCPT1009 Human Movement Fundamentals and C- OCPT1010 Health Conditions 1, Co-OCPT1013 Physiotherapy Treatment Techniques

#### OCPT1013 Physiotherapy Treatment Techniques 28.0 Hours

In this lab course, students are introduced to foundational physiotherapy treatment techniques as they apply to the Physiotherapist Assistant role. Exercise principles, therapeutic modalities and manual treatment techniques are taught, practiced and applied as related to the management of various acute and chronic conditions. Students gain an understanding of how techniques are integrated into the physiotherapy plan of care.

P- OCPT1006 Treatment Techniques and P- OCPT1007 Treatment Fundamentals and P- OCPT1008 Clinical Anatomy and Physiology and P- OCPT1009 Human Movement Fundamentals and C- OCPT1010 Health Conditions 1, Co-OCPT1012 Physiotherapy Treatment Principles

#### OCPT1014 Occupational Therapy Treatment Principles 28.0 Hours

This course introduces students to the theoretical principles related foundational occupational therapy treatment techniques. The use and application of therapeutic activity for the restoration of functional skills is explored. Compensatory strategies used to maximize safety and independence with clients with a variety of acute and chronic conditions are examined.

P- OCPT1006 Treatment Techniques and P- OCPT1007 Treatment Fundamentals and P- OCPT1008 Clinical Anatomy and Physiology and P- OCPT1009 Human Movement Fundamentals and C- OCPT1010 Health Conditions 1, Co-OCPT1015 Occupational Therapy Treatment Techniques

#### OCPT1015 Occupational Therapy Treatment Techniques 28.0 Hours

In this lab course, students explore the Occupational Therapist Assistant role and gain an understanding of how to design and deliver a treatment session based on identified Occupational Therapy goals. Principles of activity analysis are applied to therapeutic activities for the remediation and compensation of functional limitations. The application of assistive devices to a range of acute and chronic physical limitations is also examined.

P- OCPT1006 Treatment Techniques and P- OCPT1007 Treatment Fundamentals and P- OCPT1008 Clinical Anatomy and Physiology and P- OCPT1009 Human Movement Fundamentals and C- OCPT1010 Health Conditions 1, Co-OCPT1014 Occupational Therapy Treatment Principles

#### OCPT2006 Health Conditions 2 56.0 Hours

In this course, students investigate a range of disabling conditions with multiple system involvement that are commonly treated by occupational therapists and physiotherapists. Concepts related to health promotion and disease prevention are



applied to a range of conditions. The rehabilitation role and model will be examined in the context of the pathologies explored.

P- OCPT1010 Health Conditions 1

OCPT2007 Intermediate Clinical Practice 157.0 Hours

This course provides students with the opportunity to acquire clinical experience in a setting that provides Occupational Therapy/Physiotherapy services. Students function as a member of the care team delivering components of the treatment plans to identified clients. Students develop awareness of environmental issues that affect the recovery process as they begin to consolidate discipline-specific competencies. Students are required to document, reflect and evaluate their professional development in the clinical settings as a component of this course.

P- OCPT1011 Introduction to Professional Practice and P- OCPT1012 Physiotherapy Treatment Principles and P- OCPT1013 Physiotherapy Treatment Techniques and P- OCPT1014 Occupational Therapy Treatment Principles and P- OCPT1015 Occupational Therapy Treatment Techniques and C- OCPT2008 Advanced Physiotherapy Principles and C- OCPT2009 Advanced Physiotherapy Techniques and C- OCPT2010 Advanced Occupational Therapy Principles and C- OCPT2011 Advanced Occupational Therapy Techniques

OCPT2008 Advanced Physiotherapy Principles 28.0 Hours

In this course, students will build on their theoretical knowledge of Physiotherapy techniques as applied to the management of multiple conditions. Physiotherapy interventions are integrated into physiotherapy care plans for the development of clinical reasoning skills.

P- OCPT1010 Health Conditions 1 and P- OCPT1012 Physiotherapy Treatment Principles and P- OCPT1013 Physiotherapy Treatment Techniques and C- OCPT2006 Health Conditions 2, Co-OCPT2009 Advanced Physiotherapy Techniques

OCPT2009 Advanced Physiotherapy Techniques 28.0 Hours

In this lab course, students will learn advanced Physiotherapy treatment techniques to address the needs of the complex client. Students demonstrate the effective delivery of therapeutic skills and identify methods for adapting techniques to meet changing client needs. Verbal and written reporting will be completed as a component of the PTA's clinical role.

P- OCPT1010 Health Conditions 1 and P- OCPT1012 Physiotherapy Treatment Principles and P- OCPT1013 Physiotherapy Treatment Techniques and C- OCPT2006 Health Conditions 2, Co-OCPT2008 Advanced Physiotherapy Principles

OCPT2010 Advanced Occupational Therapy Principles 28.0 Hours

In this course, students learn to manage complex conditions using occupational therapy techniques. Occupational therapy interventions are integrated into the care plans for the development of clinical reasoning skills.

P- OCPT1010 Health Conditions 1 and P- OCPT1014 Occupational Therapy Treatment Principles and P- OCPT1015 Occupational Therapy Treatment Techniques and C- OCPT2006 Health Conditions 2, Co-OCPT2011 Advanced Occupational Therapy Techniques

**OCPT2011 Advanced Occupational Therapy Techniques 28.0 Hours**

In this lab course, students demonstrate clinical reasoning in the analysis of treatment techniques and modification of assistive equipment to meet the changing client's needs. Teaching and learning principles relied on in the delivery of compensatory strategies to complex clients will be explored with the continued emphasis on maximizing occupational performance.

P- OCPT1010 Health Conditions 1 and P- OCPT1014 Occupational Therapy Treatment Principles and P- OCPT1015 Occupational Therapy Treatment Techniques and C- OCPT2006 Health Conditions 2, Co-OCPT2010 Advanced Occupational Therapy Principles

**OCPT2012 Clinical Consolidation 1 150.0 Hours**

Integration of Occupational Therapy and/or Physiotherapy treatment principles and techniques are demonstrated in this fieldwork experience. Students are placed in the role of as student Occupational Therapist Assistant/Physiotherapist Assistant within a specific setting where they can function as a member of the care team delivering components of the treatment plan to identified clients. Working under the supervision of an Occupational Therapist and/or Physiotherapist, students have the opportunity to demonstrate and practice communication and clinical skills. Creating appropriate learning goals and evaluating/reflecting on clinical performance are important elements of this experience.

P- HUMD2000 Cognitive and Perceptual Impairment and P- OCPT2007 Intermediate Clinical Practice and P- PSYL2002 Mental Health Challenges and C- OCPT2014 Lifespan Development

**OCPT2013 Clinical Consolidation 2 180.0 Hours**

This final placement occurs in an occupational therapy and/or physiotherapy setting. Focus is placed on the consolidation of academic knowledge, laboratory and previous placement experiences to function both independently and in collaboration with others in the delivery of OT/PT services. Students demonstrate self-directed learning in the preparation for the specific setting/client population and develop appropriate learning goals designed to promote continued development towards entry level practice. Self-assessment and reflection are continued as important elements of professional practice. C- OCPT2012 Clinical Consolidation 1 and C- OCPT2014 Lifespan Development

**OCPT2014 Lifespan Development 56.0 Hours**

This course provides an overview of the lifespan starting from birth through to geriatrics. The normal developmental processes pertaining to physical, social and psychological functioning are explored. Elements impacting normal development and

healthy aging across the lifespan are highlighted to help students understand how this affects treatment approaches in occupational therapy and physiotherapy.

P- OCPT1004 Introductory Rehabilitation Concepts and P- OCPT1005 Essentials of Client-centered Practice

PSYL2002 Mental Health Challenges 42.0 Hours

This course introduces students to common mental health challenges experienced across the lifespan. Psychosocial treatment principles, therapy practice models, including group and individual intervention techniques will be explored relating to occupational therapy and physiotherapy treatment and the role of the OTA/PTA.

P- GERT2000 Concepts of Gerontology and P- HUMD2000 Cognitive and Perceptual Impairment

### **Course Description Legend**

P = Prerequisite; C = Concurrent prerequisite; CO= Corequisite

*Information contained in College documents respecting programs is correct at the time of publication. Academic content of programs and courses is revised on an ongoing basis to ensure relevance to changing educational objectives and employment market needs. The college reserves the right to add or delete programs, options, courses, timetables or campus locations subject to sufficient enrolment, and the availability of courses.*