OTA 231 Occupational Performance and Aging Lab

COURSE LEARNING OUTCOMES (CLOs)

1. Demonstrate knowledge of physiological, psychological, and sociocultural changes that accompany the aging process.
2. Identify changes in occupational performance related to typical disabling conditions and functional changes associated with the aging process.
3. Apply frames of reference with aging population and disabilities.
4. Demonstrate the role of the occupational therapy assistant in dealing with the aging population.
5. Assist with development of intervention plan/strategies based upon data gathered during evaluation process in collaboration with OT/ client and others.
6. Demonstrate treatment techniques of cognitive deficits and the impact of client’s lives.
7. Describe the role of interdisciplinary and transdisciplinary teams in the provision of services for persons who are aging.
8. Demonstrate the role of the OTA in screening and intervention processes for the facilitation of optimal feeding and eating performance and techniques for treatment of swallowing disorders among the aging adult.
9. Demonstrate the application of motor control theory and its application with NDT, Rood, Brunnstrom, and PNF.
10. Demonstrate precautions and limitation patients may demonstrate during treatment following degenerative diseases, cardiac dysfunction, motor unit dysfunction.
11. Demonstrate compensatory strategies used with aging population and clients with chronic disabilities.
12. Explain the role of the occupational therapy assistant and occupational therapists in the screening and evaluation process.
13. Demonstrate environmental modifications and other adaptive strategies to maximize safety and optimal occupational performance in response to the physical, cognitive and sensorimotor changes that accompany the aging process.
14. Fabricate, apply, fit, and use assistive technology and orthotic devices used to enhance occupational performance.
15. Explain principles, techniques, and precautions for feeding and eating performance with client and train others.
16. Demonstrate the process of monitoring and reassessing, in collaboration the effect of occupational therapy intervention and the need for continued or modified intervention, and communicate the identified needs to the occupational therapist.
17. Identified the various practice settings of rehabilitation, acute, nursing home, assisted living facility, in-patient, outpatient.
18. Demonstrate the use professional literature to make evidenced-based practice decisions in collaboration with the occupational therapists that are supported by research.
19. Practice the principle of therapeutic use of self during patient evaluation and intervention during mock lab scenarios.

Course Outline

I. Occupational Therapy Practice Framework & Successful Aging
   A. Productive activities
   B. Daily living skills
   C. Social participation leisure
   D. Normal Aging Process
E. Well-elderly Population

II. Motor Control Principles and Techniques
   A. Rood
   B. NDT
   C. Brunnstrom
   D. PNF

III. CVA: Evaluation Techniques
   A. Motor
   B. Sensory
   C. Cognitive
   D. ADL’s/IADL’s
   E. Leisure/Community

IV. CVA Intervention Techniques
   A. Motor re-training
   B. Adaptive/compensatory strategies
   C. ADL/IADL retraining
   D. Community Adaptation

V. Dysphagia Evaluation and Intervention
   A. Mechanics of normal swallow
   B. Unsafe swallow/dysfunction in adults
   C. Evaluation techniques for swallowing in adults
   D. Compensatory Strategies for unsafe swallow
   E. Self-feeding/eating
      1. Compensatory strategies
      2. Adaptive equipment
      3. Posture/positioning

VI. Dementias – OT Evaluation and Intervention
   A. Evaluation tools
   B. Engagement in activity
   C. Community Experience

VII. Parkinson’s Disease
   A. Evaluation and intervention

VIII. Fall Prevention and Home Evaluations/Aging-in-Place

IX. Splinting Techniques
   A. Contracture management
   B. Tone management
   C. Deformity prevention