

Virginia Western Community College**OCT 207
Therapeutic Skills****Course Description**

Presents techniques used in the treatment of a variety of conditions frequently seen across the life span. Emphasizes the activities of self-care, work, and leisure as they relate to the development/resumption of normal social role functioning.

Prerequisites: OTA program placement

Semester Credits: 3

Lecture Hours: 2

Laboratory Hours: 3

Required Materials

Textbooks:

1. Fairchild, S.L. (2023). *Pierson and Fairchild's principles & techniques of patient care*. (7th ed.). Elsevier.
2. Morreale, M. J. (2022). *Developing clinical competence: A workbook for the OTA* (2nd ed.). Slack.

Course Objectives

1. Provide instruction and guided practice in techniques used to support self-care, work, and leisure activities. (SLO #1, 4)
2. Facilitate student learning in the application of patient care fundamentals, including safety protocols, infection control, measuring vitals, and the use of protective equipment in clinical settings. (SLO #1, 5, 6, 7, 8, 9)
3. Model and reinforce effective communication strategies and documentation practices, including the development of SOAP notes and accurate recording of vital signs. (SLO #3, 14, 15)
4. Support the development of clinical reasoning through hands-on training in functional mobility techniques, assistive device use, and the safe application of superficial thermal modalities. (SLO #2, 10, 11, 12, 13, 16)

Student Learning Outcomes

At the completion of this course, the student will:

1. Demonstrate strategies to maintain overall health and well-being.
2. Recognize essential components of patient care and safety protocols.
3. Identify effective communication skills.
4. Develop positive self-care strategies to maintain physical, mental, and emotional well-being.
5. Identify common safety issues in the clinic.
6. Describe how to perform proper techniques of hand hygiene and infection control techniques.
7. Perform the proper application and removal of protective garments.
8. Recognize the concept, use, and value of standard precautions and transmission-

based precautions.

9. Accurately measure and record vital signs including blood pressure, heart rate, blood oxygen saturation, respiration rate, and pain.
10. Recognize precautions related to positioning a patient who is supine, prone, side-lying, or sitting.
11. Recognize the proper body mechanics to use to lift, reach, push, pull, and carry objects.
12. Provide training in techniques to enhance functional mobility, including physical transfers, wheelchair management, and mobility devices. (ACOTE B.3.12.)
13. Differentiate the types of assistive devices used for functional mobility.
14. Identify the basic guidelines for medical documentation.
15. Differentiate the components of a SOAP note.
16. Demonstrate safe and effective use of superficial thermal modalities.

Major Topics to be Included

- Communication skills
- Self-care for the caregiver and healthcare provider
- Basic patient care skills
- Body mechanics
- Transfer techniques
- Assessment tools
- Documentation
- Physical Agent Modalities (PAMs)

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)