

Virginia Western Community College**OCT 195****Topics In (Professional Skills for the Occupational Therapy Assistant)****Prerequisites: OTA Program placement**

Course Description: Provides an opportunity to explore topical areas of interest to or needed by students. May be used also for special honors courses. May be repeated for credit. Examines life skills and professional competencies necessary for client-centered care including basic math for healthcare settings, nutrition essentials, soft skills, and health and wellness for healthcare practitioners. Explores fundamental instrumental activities of daily living skills relevant to occupational therapy practice.

Semester Credits: 2

Lecture Hours: 2

Required Materials

The American Occupational Therapy Association. (2020). *Occupational therapy practice framework: Domain & process*. (4th ed.). AOTA Press.

Additional materials will be provided during class.

Course Objectives

1. Introduce foundational life skills and instrumental activities of daily living (IADLs) relevant to occupational therapy including meal preparation, home and financial management, gardening, and medication routines. (SLO #1, 5)
2. Provide opportunities for students to develop and practice professional soft skills such as communication, empathy, and teamwork in simulated healthcare settings. (SLO #2)
3. Facilitate exploration of strategies for balancing areas of occupation to support holistic, client-centered care practitioner well-being. (SLO #3, 7)
4. Support understanding of nutrition essentials and their impact on health, wellness, and occupational performance. (SLO #4).
5. Introduce basic healthcare math skills through applied scenarios to support accurate documentation, treatment planning, and client care. (SLO #6)

Student Learning Outcomes

At the completion of this course, the student will:

1. Examine instrumental activities of daily living skills relevant to occupational therapy practice.
2. Exhibit professional soft skills such as communication, teamwork, and empathy in simulated healthcare and occupational therapy settings.
3. Evaluate strategies for balancing areas of occupation to support holistic client-centered care and practitioner well-being.
4. Demonstrate understanding of nutrition essentials and their impact on client health, wellness, and occupational performance.
5. Demonstrate basic skills required to perform a variety of instrumental activities of daily living (IADLs) such as meal preparation, home management, financial management, gardening, and medication management.
6. Apply basic math skills in healthcare scenarios to support accurate documentation, treatment planning, and client care.
7. Demonstrate knowledge of the social determinants of health for persons, groups, and populations with or at risk for disabilities and chronic health conditions and distinguishes the epidemiological factors that impact the public health and welfare of populations. (ACOTE B.1.3.)
8. Apply and analyze scientific evidence to explain the importance of balancing areas of occupation, the role of occupation in the promotion of health and wellness, and the prevention of disease, illness, and dysfunction for persons, groups, and populations. (ACOTE B.2.5.)

Major Topics to be Included:

- Health and wellness for the client and caregiver
- Soft skills for competent professionals
- Professional skills competencies
- IADL skills competencies

[ADA Statement](#) (PDF)

[Title IX Statement](#) (PDF)