

ACA-R-05

Date: 25/6/2018

LESSON PLAN

SUBJECT : COMMUNITY PHYSIOTHERAPY AND REHABILITATION

Class : IV BPT VII Semester (2018)

Class Incharge : Dr.Reema Joshi (PT)

Subject Incharge : Dr.Reema Joshi (PT)

Dr.Philomina (PT)

Theory: 64 Hrs.

Women's Health					
Sr. No	Name of the Topic	No. of Hrs.	Mode of Teaching	Staff	Remark
1	Introduction to Woman's Health and Anatomy of pelvic floor.	2 hrs	Lecture	Dr.Reema	
2	Anatomical and physiological variations associated with pregnancy and menopause.	2 hrs	PPT	Dr.Reema	
3	Antenatal care management and advices during all the three trimester of pregnancy and also pain relief and PT approaches of various problems faced in this period	2hrs	PPT	Dr.Reema	
4	Labour Management and physiotherapy treatments during labor e.g Breathing techniques	2 hrs	PPT	Dr.Reema	
5	postnatal physiotherapy and PT advice during this period with breast feeding importance, effects on mother and child and available treatments for breast feeding issues	2 hrs	PPT	Dr.Reema	
6	Uro-genital dysfunctions: Infections, prolapse, Polycystic Ovarian Disease, incontinence and their therapeutic interventions.	2 hrs	PPT	Dr.Reema	
7	Common Gynecological surgeries and role of physiotherapy	2 hrs	PPT	Dr.Reema	
8	Physical fitness in women during	2 hrs	PPT	Dr.Reema	

	pregnancy & menopause.				
9	Radical mastectomy and therapeutic intervention	2 hrs	PPT	Dr.Reema	
10	Social issues having impact on Physical function.	1 hr	PPT	Dr.Reema	
11	Legal rights & benefits for women	1 hr	PPT	Dr.Reema	
GERIATRICS					
12	Theories of Aging.	2 hrs	PPT	Dr.Philomina	
13	Anatomical and Physiological changes of aging in - <ul style="list-style-type: none"> ➤ Musculoskeletal system. ➤ CNS. ➤ CVS. ➤ RS. ➤ Metabolic, Endocrine, Immune System 	2 hrs	PPT	Dr.Philomina	
14	Assessment in geriatrics.	1 hrs	PPT + Demonstration	Dr.Philomina	
15	Role of physiotherapy in geriatrics fitness (Institutionalized & Community dwelling elders), Role of PT in: Half-way homes, Residential Homes, Meals on wheels, Home for the aged, etc.	2 hr	PPT + Demonstration	Dr.Philomina	
16	Falls and its prevention in Geriatrics	1 hr	PPT + Demonstration	Dr.Philomina	
17	Rehabilitation for Parkinson's disease, Alzheimer's, Dementia, Incontinence, stroke etc.	2 hrs	PPT	Dr.Philomina	
18	Ethics, Legal Rights and benefits for geriatric Rehabilitation	2 hrs	PPT	Dr.Philomina	
INDUSTRIAL THERAPY					
19	Ability Assessment <ul style="list-style-type: none"> • Job description • Job demand analysis • Task analysis • Ergonomic evaluation • Injury prevention 	2 hrs	PPT + Demonstration	Dr.Reema	

	<ul style="list-style-type: none"> Employee fitness programme 				
20	– Disability management <ul style="list-style-type: none"> Acute case Concept of functional capacity assessment Work conditioning Work hardening 	2 hrs	PPT + Demonstration	Dr.Reema	
21	Environmental stress in the industrial area Occupational Hazards: <ul style="list-style-type: none"> Physical agents- Heat, cold, light, noise, Vibration, U.V. radiation, Ionizing radiation, Chemical agents- Inhalation, local action & ingestion, Mechanical hazards- overuse, fatigue. Psychological hazards – monotonic, dissatisfaction in job, anxiety of work completion with quality, mechanical stress in various occupations for eg. Sedentary table work –eg. in executives, clerk 	2 hrs	PPT	Dr.Reema	
22	- Role of P.T. in industrial set up & Stress management with relaxation mode.	2 hrs	PPT	Dr.Reema	
23	Vocational Training and Rehabilitation	2 hrs	PPT	Dr.Reema	
24	Industrial Laws: Legal Right and benefits	2 hrs	PPT	Dr.Reema	
FITNESS					
25	Physiological effects of aerobic and anaerobic exercise.	2hrs	PPT	Dr.Reema	
26	Assessment of Fitness	2 hrs	PPT	Dr.Reema	
27	Fitness training and clinical reasoning for advocating aerobic exercise as preventive measures in special population:	2 hrs	PPT	Dr.Reema	

	<ul style="list-style-type: none"> ➤ Elderly, Women, Children ➤ Obesity, Diabetes Mellitus, Renal Failure, Hypertension 				
28	De-conditioning effects of prolonged bed rest.	2 hrs	PPT	Dr.Reema	
29	Exercise Testing & Prescription	2hrs	PPT	Dr.Reema	
COMMUNITY HEALTH					
30	WHO definition of health & disease, Health care delivery system – 3 tier System	1 hr	PPT	Dr.Reema	
31	Rehabilitation: definition, types and Team, Community: Definition, Community based approach, Community entry strategies, Community initiated v/s Community oriented programme	1 hr	PPT + Demonstration	Dr.Reema	
32	Introduction to CBR: Definition, Historical review, Concept, Need, Objectives, Scope, Members, Models	1 hr	PPT	Dr.Reema	
33	CBR strategies in Health Promotion in different areas :- <ul style="list-style-type: none"> ➤ UHC – Community centre, clubs, mahila mandals, social centers. Schools, Industries, Sport centers. ➤ Rural area by using PHC, rural hospital, district hospital. 	1 hr	PPT + Demonstration	Dr.Reema	
34	Principles of CBR, Difference between Community v/s Institutional Based Rehabilitation, Extension services and mobile units: Introduction, Need, Camp approach, planning and management of CBR programme	1 hr	PPT	Dr.Reema	
35	Disaster management and role of PT	1 hr	PPT	Dr.Reema	
36	Disability : Evaluation, types & prevention & role of physiotherapy	1 hr	PPT + Demonstration	Dr.Reema	

37	National policies for rehabilitation of disabled, Architectural barriers for disabled and their modification	1 hr	PPT	Dr.Reema	
38	Role of Physiotherapy in CBR ➤ Prescribing exercise programme Rehabilitation programme for various neuro-musculoskeletal and cardiothoracic disabilities	2 hr	PPT + Demonstration	Dr.Reema	
	Total	64 Hrs			

Total Didactic Hours - 64 Hours
Total Practical/Clinicals scheduled 192 Hours (at clinics)
Total scheduled hours = 256 Hours

.