

### LESSON PLAN FOR THEORY

**Subject** : COMMUNITY PHYSIOTHERAPY & REHABILITATION

**Class** : BPT IV

**Class In-charge** : Dr. Reema Joshi (PT)

**Subject Teacher** : Dr. Reema Joshi (PT), Dr. Priti Lendghar

**Total Hours prescribed:** - 210 hours (Didactic-75, Clinical-95, and Project-40)

Sr N o	Topic	No. of hrs required	Mode of teaching
1	Physiological effects of aerobic and anaerobic exercise.	1	Lecture+Group discussion
2	Assessment of Fitness <ul style="list-style-type: none"> <li>• Cardiopulmonary endurance</li> <li>• Muscular strength</li> <li>• Endurance</li> <li>• Flexibility</li> <li>• BMI</li> </ul>	2 2	Lecture+ Demonstration
3	Fitness training and clinical reasoning for advocating aerobic exercise as preventive measures in special population : <ul style="list-style-type: none"> <li>• Common prescription</li> </ul>	1	Lecture+ Case presentation
	• Elderly	1	
	• Women	1	
	• Obesity	1	
	• Diabetes Mellitus	1	
	• Hypertension	1	
4	De-conditioning effects of prolonged bed rest.	1	Lecture

5	Theories of Aging.	1	Power Point Presentation
6	Anatomical and Physiological changes of aging in:		Power Point Presentation
	1. Musculoskeletal system.	2	
	2. CNS.	2	
	3. CVS.	2	
	4. RS.	2	
	5. Metabolic, Endocrine, Immune System	2	
7	Assessment in geriatrics Scales	2	Power Point Presentation+ Demonstration
8	Role of physiotherapy in geriatrics fitness (Institutionalized & Community dwelling elders)	3	Power Point Presentation
9	Falls and its prevention in Geriatrics	3	Lecture
10	Ethics, Legal Rights and benefits for geriatric Rehabilitation	1	Lecture
11	Anatomy of pelvic floor muscles	1	Power Point Presentation
	Anatomical and physiological variations associated with Pregnancy	2	Lecture
	Anatomical and physiological variations associated with menopause	2	
	Antenatal physiotherapy and PT advice	1	Lecture+ Demonstration+ Case presentation
	Perinatal physiotherapy and PT advice	1	
	Postnatal physiotherapy and PT advice	1	
	on labour positions, pain relief and PT Management of various problems faced in this period	2	
12	Uro-genital dysfunctions their therapeutic interventions:		Lecture
	• Infections,	1	
	• Prolapse,	1	
	• Polycystic Ovarian Disease	1	
	• incontinence	1	

13	Common Gynaecological surgeries and role of physiotherapy	2	Power Point Presentation
14	Physical fitness in women during pregnancy & menopause	1	Lecture+ Case Presentation
15	Radical mastectomy and therapeutic intervention	1	Lecture + Case presentation
16	Social issues having impact on Physical function	1	Lecture
17	Legal rights & benefits for women.	1	Lecture
18	<b>Ability Assessment:</b> Job description, Job demand analysis, Task analysis, Ergonomic evaluation, Injury prevention, Employee fitness programme	2	Power Point Presentation + Group Discussion
19	<b>Disability management:</b> Acute case, Concept of functional capacity assessment, Work conditioning, Work hardening	2	Lecture
20	<b>Environmental stress in the industrial area:</b> a. Occupational Hazards b. Chemical agents c. Mechanical hazards d. Psychological hazards e. Biological Hazards	2	Lecture
21	Role of P.T. in industrial set up & Stress management with relaxation mode	1	Lecture + Group Discussion
22	Vocational Training and Rehabilitation	2	Lecture
23	Industrial Laws: Legal Right and benefits	1	Lecture
24	WHO definition of health & disease, Health care delivery system – 3 tier System	1	Lecture
25	Rehabilitation: definition, types and Team	1	Power Point Presentation
26	Community:	1	Lecture

	Definition, Community based approach, Community entry strategies, Community initiated v/s Community oriented programme				
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27	Introduction to CBR: Definition, Historical review, Concept, Need, Objectives, Scope, Members, Models CBR strategies in Health Promotion Urban area • UHC – Community centre, clubs, mahila mandals, social centers. • Schools, Industries, Sport centers.	2	Lecture		
28	Principles of CBR, Difference between Community v/s Institutional Based Rehabilitation, Extension services and mobile units: Introduction, Need, Camp approach	2	Lecture		
29	Planning and management of CBR programme	1	Lecture		
30	Disaster management and role of PT	1	Lecture		
31	Disability : Evaluation, types & prevention & role of Physiotherapy	2	Lecture		
32	National policies for rehabilitation of disabled, Architectural barriers for disabled and their modifications	1	Lecture		
33	CBR Strategies in health promotion	1	Lecture+ Group Discussion		

<b>Total Didactic Hours</b>	-	75hours (Scheduled)
<b>Scheduled Practical</b>	-	95hours (Scheduled)
<b>Scheduled Hours for Project</b>	-	40 hours (Scheduled)
<b>Total scheduled hours</b>	-	210 hours