

Rehabilitation Services Program (2018)

Ethical, Legal, and Professional Responsibilities 1.0

1.1 Professionalism 1.1

- 1 Discuss different aspects of positive character 1.1.1
 - 2 Observe realistic workplace experience through industry-related activities 1.1.2
 - 3 Demonstrate professional dress and appearance in the workplace 1.1.3
 - 4 Describe the basic traits that make up professionalism 1.1.4
 - 5 Demonstrate appropriate written and oral communication skills in the workplace 1.1.5
 - 6 Define continuous process improvement as it relates to the individual patient, health care provider, team, and profession 1.1.6
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1.2 Ethical Behavior in Healthcare 1.2

- 1 Practice responsibility within the ethical framework of the health professionals 1.2.1
 - 2 Identify the code of ethics for rehabilitation professionals 1.2.2
 - 3 Differentiate between ethical and legal issues impacting rehabilitation professions 1.2.3
 - 4 Compare personal and professional ethics 1.2.4
 - 5 Recognize ethical, cultural, and social issues and their implications related to rehabilitation professions 1.2.5
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1.3 Legal Responsibilities in Healthcare 1.3

- 1 Identify the Health Insurance Portability and Accountability Act (HIPAA) 1.3.1
- 2 Identify the Family Education Rights and Privacy Act (FERPA) 1.3.2
- 3 Compare and contrast FERPA and HIPAA 1.3.3
- 4 Comprehend legal terminology associated with the medical profession 1.3.4
- 5 Apply the concept of confidentiality to patient information and records 1.3.5
- 6 Discuss common methods of payment for healthcare 1.3.6
- 7 Explain patients' bill of rights and advance directives 1.3.7
- 8 Differentiate between the scopes of practice of rehabilitation professionals 1.3.8
- 9 Define Health Informatics 1.3.9

General Health and Wellness 2.0

2.1 Understand Concepts of Wellness 2.1

- 1 Demonstrate the ability to apply principles of physical fitness, nutrition, and weight control 2.1.1
 - 2 Recognize signs and symptoms of alcohol and drug abuse 2.1.2
 - 3 Identify common disease and injury prevention strategies 2.1.3
 - 4 Identify physical, mental, emotional, and social wellness and stress management concepts 2.1.4
 - 5 Identify management strategies of environmental and consumer health 2.1.5
 - 6 Understand the significance of self-responsibility in negative/positive lifestyle habits 2.1.6
 - 7 Distinguish between the health belief model, social-cognitive model, and trans-theoretical mode 2.1.7
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Anatomy and Physiology 3.0

3.1 Medical Terminology 3.1

- 1 Define common prefixes, suffixes, and word roots relating to body structures and functions 3.1.1
 - 2 Spell and pronounce medical terms correctly 3.1.2
 - 3 Identify basic medical abbreviations 3.1.3
 - 4 Use proper terminology while describing common injuries and pathologies 3.1.4
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3.2 Body Systems Structures and Functions 3.2

- 1 Identify the role and structure of the cardiovascular system 3.2.1
 - 2 Identify the role and structure of the circulatory system 3.2.2
 - 3 Identify the role and structure of the respiratory system 3.2.3
 - 4 Identify the role and structure of the nervous system 3.2.4
 - 5 Identify the role and structure of the endocrine system. 3.2.5
 - 6 Identify the role and structure of the reproductive system 3.2.6
 - 7 Identify the role and structure of the sensory system 3.2.7
 - 8 Identify the role and structure of the excretory/urinary system 3.2.8
 - 9 Identify the role and structure of the digestive system 3.2.9
 - 10 Identify the role and structure of the muscular system 3.2.10
 - 11 Identify the role and structure of the skeletal system 3.2.11
 - 12 Identify the role and structure of the integumentary system 3.2.12
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3.3 Musculoskeletal System 3.3

- 1 Differentiate between the four basic tissue types in the body 3.3.1

- 2 Explain the general mechanism and type of muscle contraction 3.3.2
 - 3 Categorize the structures of the body into the organizational system 3.3.3
 - 4 Summarize functions of the skeletal system. 3.3.4
 - 5 Identify the bones of the axial and appendicular skeleton and their gross anatomical landmarks 3.3.5
 - 6 Identify standard anatomical position and directions 3.3.6
 - 7 Distinguish among three types of cartilage 3.3.7
 - 8 Differentiate among the various types of joints 3.3.8
 - 9 Compare the characteristics of muscles 3.3.9
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Aspects of the Interprofessional Team 4.0

4.1 Members of the Team 4.1

- 1 Explore various medical specialties 4.1.1
 - 2 Differentiate between the roles and responsibilities of the rehabilitation team 4.1.2
 - 3 Compare and identify professional associations 4.1.3
 - 4 Identify the importance and purpose of medical documentation 4.1.4
 - 5 Identify the components of medical documentation 4.1.5
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4.2 Educational Requirements 4.2

- 1 Research educational requirements for rehabilitation services careers. 4.2.1
 - 2 Explain certification or licensure requirements for rehabilitation services careers 4.2.2
 - 3 Compare and contrast between certification, registration, and licensure for rehabilitation services careers 4.2.3
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4.3 Career Opportunities 4.3

- 1 Identify the employment opportunities for rehabilitation professions. 4.3.1
 - 2 Identify the practice settings and specialties for rehabilitation professions 4.3.2
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Patient Care Skills 5.0

5.1 Safety Practices 5.1

- 1 Explain blood borne pathogens 5.1.1
- 2 Demonstrate universal precautions and the use of Personal Protective Equipment (PPE) 5.1.2
- 3 Describe effective practices to manage infectious disease transmission 5.1.3
- 4 Recognize the importance of safety data sheets (SDS). 5.1.4
- 5 Identify and explain the components of an exposure control plan 5.1.5
- 6 Identify and explain the components of an emergency action plan 5.1.6
- 7 Demonstrate proper body mechanics and patient transfer techniques 5.1.7

5.2 Basic First Aid and CPR Training 5.2

- 1 Apply the concept of Universal Precautions to the practice of first aid and CPR. 5.2.1
 - 2 Explain the importance of cardiopulmonary resuscitation (CPR) and how to manage an obstructed airway. 5.2.2
 - 3 Demonstrate the proper technique for performing Basic Life Support for the Healthcare Provider CPR/AED and basic first aid on an adult, child, and infant 5.2.3
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5.3 Vital Signs 5.3

- 1 Measure height and weight 5.3.1
 - 2 Measure heart rate, blood pressure, temperature, and skin color 5.3.2
 - 3 Measure respiratory rate. 5.3.3
 - 4 Demonstrate an understanding of normal values for vital signs. 5.3.4
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5.4 Psychological Response 5.4

- 1 Compare the five psychological phases a patient may experience following a change in function or loss 5.4.1
 - 2 Examine different coping mechanisms to loss of function, death/dying, illness, and disability. 5.4.2
 - 3 Demonstrate appropriate therapeutic communication including empathy and compassion. 5.4.3
 - 4 Describe the importance of goal setting in the rehabilitation process 5.4.4
 - 5 Understand the theories of pain management 5.4.5
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Principles of Therapeutic Interventions 6.0

6.1 Therapeutic Exercise 6.1

- 1 Define functional mobility 6.1.1
 - 2 Discuss and identify the components and goals of a rehabilitation program 6.1.2
 - 3 Compare and contrast aerobic and anaerobic therapeutic exercise. 6.1.3
 - 4 Describe various range of motion exercises including passive, assisted, active, and resistive 6.1.4
 - 5 Recognize various equipment and tools used in therapeutic exercise 6.1.5
 - 6 Examine the importance of various flexibility techniques 6.1.6
 - 7 Identify evidence-based practice 6.1.7
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6.2 Standard Tests and Measures 6.2

- 1 Define standard muscle testing. 6.2.1
- 2 Identify standard range of motion testing including goniometry 6.2.2
- 3 Identify common orthopedic special tests 6.2.3

6.3 Modalities and Equipment 6.3

- 1 Compare and contrast the principles of rest, ice, compression, and elevation (R.I.C.E.) and protection, rest, ice, compression and elevation (P.R.I.C.E.). 6.3.1
 - 2 Demonstrate proper fitting and gait with assistive devices. 6.3.2
 - 3 Demonstrate proper splinting and bracing applications 6.3.3
 - 4 Identify the purpose of therapeutic modalities 6.3.4
 - 5 Describe the physiological effects, indications, contraindications, and application of therapeutic modalities 6.3.5
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COMMON PATHOLOGIES 7.0

7.1 Common Injuries 7.1

- 1 Identify common musculoskeletal injuries. 7.1.1
 - 2 Differentiate between symptoms of sprains and strains 7.1.2
 - 3 Categorize the most common types of skin injuries 7.1.3
 - 4 Differentiate between signs and symptoms of concussions. 7.1.4
 - 5 Differentiate between the etiology of soft tissue and bone injuries 7.1.5
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7.2 General Medical Conditions 7.2

- 1 Recognize the general impact of diabetes to patient care 7.2.1
 - 2 Recognize the need for consultation when caring for patients with common diseases and conditions including rheumatoid arthritis, osteoarthritis, obesity, and so forth 7.2.2
 - 3 Recognize the need for consultation when caring for patients with neurological conditions 7.2.3
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7.3 Tissue Response to Injury 7.3

- 1 Describe the inflammatory process 7.3.1
- 2 Examine the steps in the healing process of bone and soft tissue 7.3.2
- 3 Compare and contrast acute and chronic response to injury 7.3.3