Idaho CTE

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

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

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

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10 Define evidence-based practice 1.3.10

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

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

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

Musculoskeletal System 3.3

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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

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

4.2 Educational Requrements 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

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

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

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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

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

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

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

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

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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

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

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

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