



Rehabilitation Therapy Support

Skills project

UBC Learning Circle
Robin Roots and Tracy Dignum
March 10, 2020





Stellat'en Health Centre



Nadleh Whut'en Centre



Takla Lake



Takla Lake



Rehabilitation Therapy Support Skills Pilot Project



Rehabilitation Therapy Support Skills certificate program

- REHB 100: Principles and practices of Rehab - June 2017
- REHB 101: Effective Therapeutic Communication in Rehab – Oct/Nov 2017
- REHB 102: Musculoskeletal Disease, Injury and Prevention - Sept 2017
- REHB 103: Neurological Disease, Injury and Intervention – Jan/Feb 2018
- REHB 104: Rehab therapy for specific populations – Mar/Apr 2018
- REHB 105: Practicum - January – April 2018





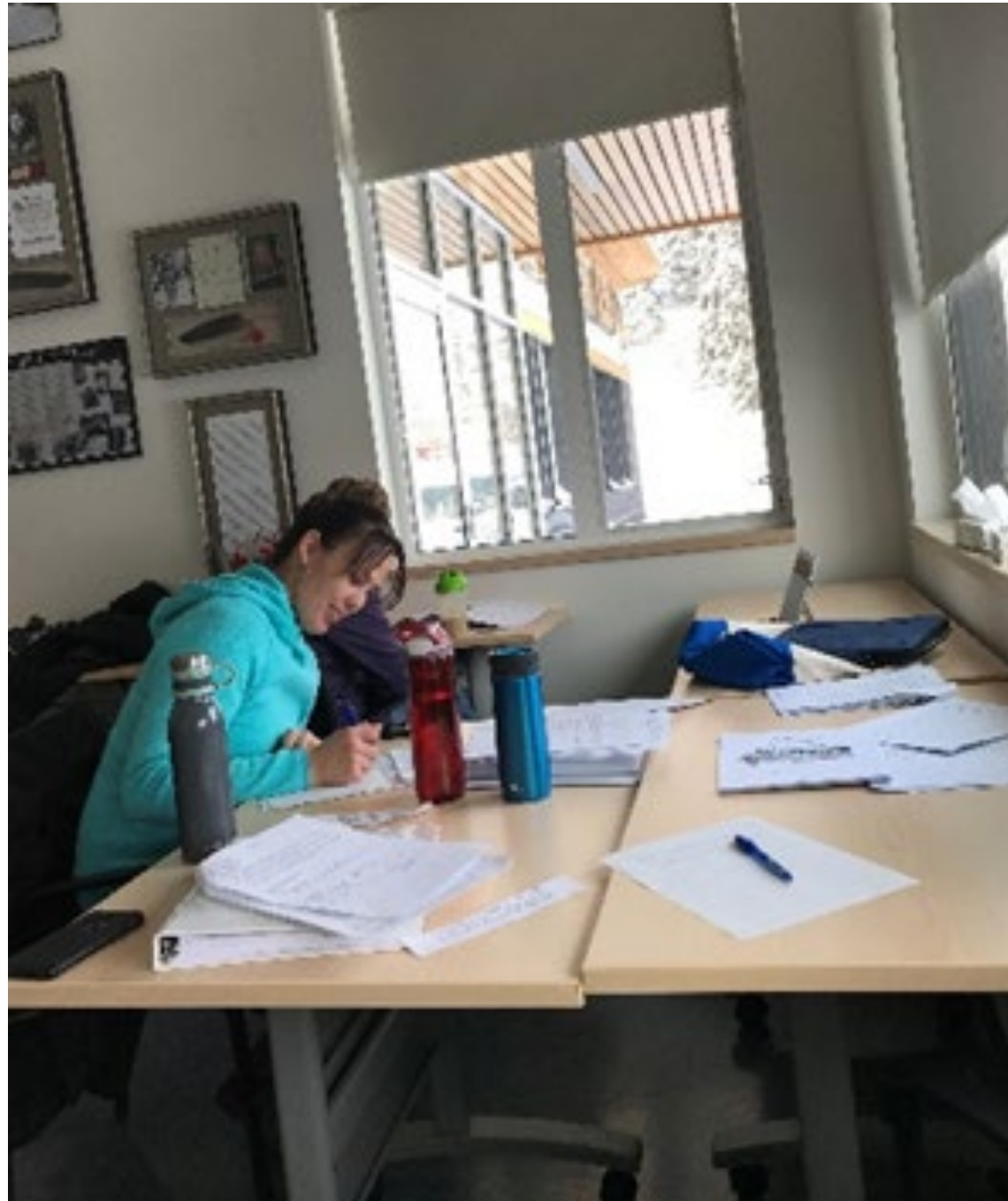














Practical test Evaluation

Name: [REDACTED]

Date: Feb 5, 2018

Course: REHB 103 (Neurologic Theory and Skills) Evaluators: Robin Roots, Tracy Dignum

Practical skill / task assigned: @ CVA : assisted scoot up bed → roll onto side.

COMPONENT	SCORE	COMMENTS
Introductions / Professionalism: 5/5 <ul style="list-style-type: none"> o Appropriate greeting, introduction o Explanation of purpose of activity o Obtained consent from patient o Clear, concise instructions 	1/1 1/1 1/1 2/2	Professional + respectful approach Clear instructions
Body mechanics: 4/5 <ul style="list-style-type: none"> o Appropriate body mechanics o Safety of patient considered at all times 	2/3 2/2	Watch your back / difficult to see Plinth: wider base + bend knees
Completion of task: 14.5/15 <ul style="list-style-type: none"> o Correct technique applied o Correct patient positioning o Correct handling techniques o Demonstrated skill to patient if required o Observed patient performing technique if required o Appropriate language, feedback o Efficient and effective timing of task 	5/5 2/2 1.5/2 1/1 1/1 2/2 2/2	Correct technique for moving up bed Roll very effective. Remember to push down the knee in bridge position + to dorsiflex + event make to + knee.
Total	23.5/25	Great job - safe + effective. Remember handling techniques to reduce time with CVA.

Points obtained:

Rehabilitation Therapy Support Skills

REHB 100: Mastery of Practical Skills checklist

Name: _____ Instructor: _____



Skill	Completed (date)	Comments
Teach AROM exercises for the spine and extremities		
Demonstrate PROM exercises for the spine and extremities		
Teach AAROM for the shoulder		
Teach two isometric exercises		
Teach an isotonic exercise and explain concentric / eccentric phases (e.g. quads over roll)		
Provide manual resistance to make an exercise isokinetic		

Rehabilitation Therapy Support Skills Training program
Tracking tool for clinical rehabilitation experience



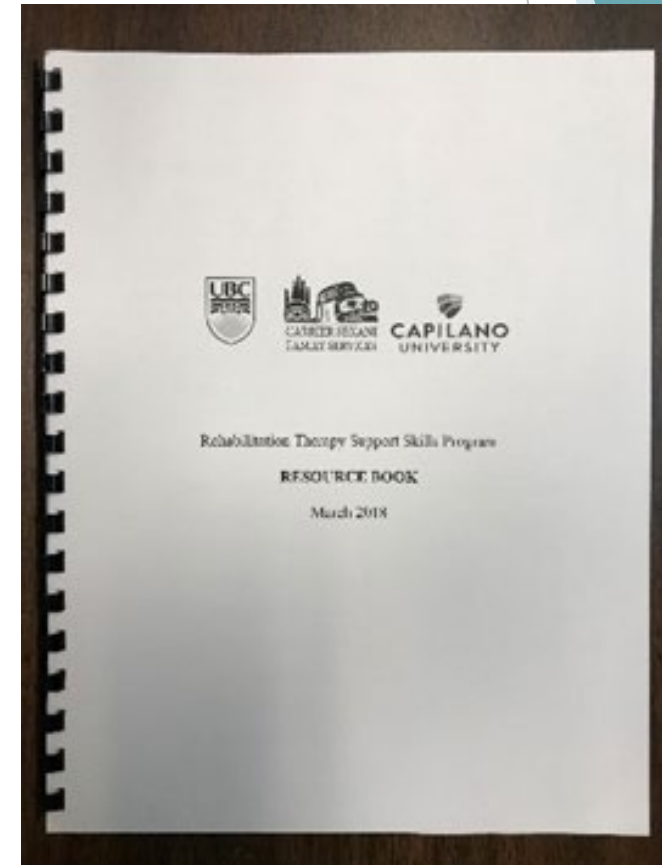
Clinician: XXX

Date	Client or client descriptor	Condition(s)	Therapy task(s) assigned	Documentation
<i>e.g. Dec 5, 2017</i>	<i>75 year old male</i>	<i>General weakness and OT of knees</i>	<i>Quadriceps strengthening home exercises</i>	<i>S/ c/o pain in both knees with rising from a chair and walking</i> <i>O/ R knee red and warm to touch.</i> <i>Completed 2 sets of 10 of straight leg raise exercise. Provided with written instructions and diagram</i> <i>P/ To complete exercises daily until next visit</i>
<i>Jan 26-18</i>	<i>13 year old boy</i>	<i>Biopsy on left <u>Quadricep</u></i>	<i>Strengthening exercises post-op</i>	<i>Got client to come and do some isometric quad exercises through modeling and instruction from myself. I explained why these were</i>

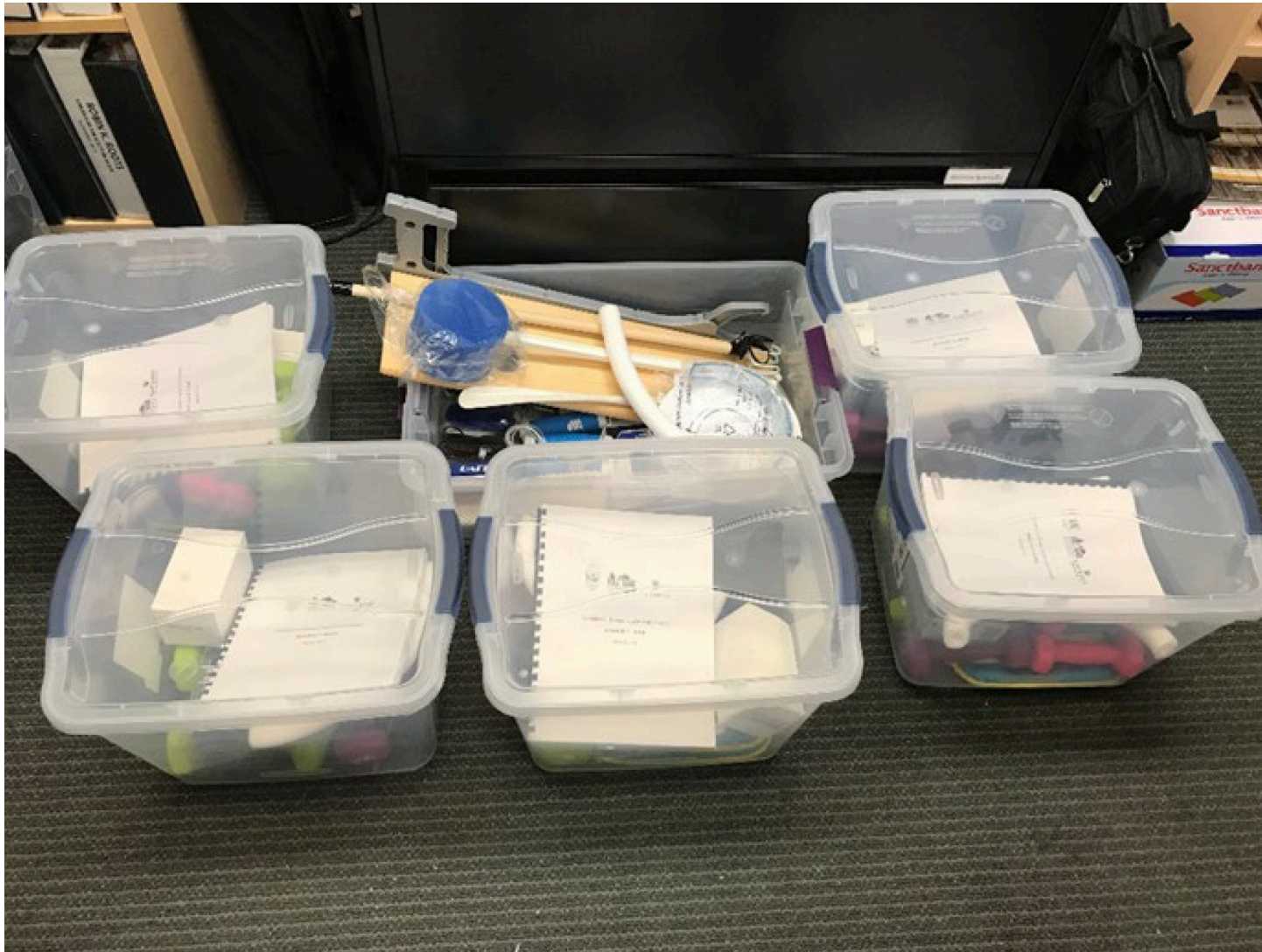


Resource booklet

- Detailed ROM exercises with pictures to illustrate proper movements
- Strengthening Exercises
- Information concerning Neurological Impairments
- Transfers
- Fitting of Mobility Aids
- Use of Crutches
- Information on Exercise Equipment included in Kit



Resource kits





Rehabilitation Therapy Support Skills Pilot Project