Physical Phactice Therapist Practice

for Physical Therapist
Assistants

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Preface

I have been given a wonderful opportunity, a privilege really, to revise Olga Dreeben-Irimia's *Introduction to Physical Therapy for Physical Therapist Assistants* textbook. This textbook has been a mainstay of physical therapist assistant (PTA) education and has provided beginning physical therapist assistant students with the basic understanding of the role and profession. I hope that this *Third Edition* lives up to the expectations of the readers and helps them develop an understanding and enthusiasm for the profession.

When students choose to enter physical therapist assistant school, their decision usually revolves around the idea that they enjoy helping people. Service professions are rooted in the intrinsic feelings that helping others gives and the satisfaction of seeing progress in patients' function. The understanding of pathology, development of skills, and assimilation of behaviors are all required to enter the role of a physical therapist assistant. This textbook's goal is to present information in a way that students appreciate all that is necessary to learn to become an effective physical therapist assistant. Knowledge of the basics begins with an introduction to the profession and health care. An overall grasp of what will be learned helps students realize how the components of a physical therapist assistant curriculum connect to prepare them for this role. This will help the students map out a plan for success in both their education and career.

STRUCTURE OF THE TEXT

The textbook is broken into five parts:

- Part I: The Profession of Physical Therapy introduces the reader to the profession of physical therapy.
 - Chapter 1: The Physical Therapist Profession, a historical overview, describes the progression of the profession in both skills and creation of

- a unique identity that separates it from other professions. With an appreciation of the history and growth of physical therapist practice, it is easier to understand how the role of the physical therapist assistant can work effectively in a health care team.
- Chapter 2: The Physical Therapist Assistant as a Member of the Health Care Team introduces the reader to each of the members of the health care team and describes what role the physical therapist assistant has in the team. A detailed discussion of the relationship between the physical therapist and physical therapist assistant describes the supervisory and collaborative role the two have in patient care.
- Chapter 3: Physical Therapist Clinical Practice completes the introduction by explaining practice issues to assist the learner in appreciating patient-related components of physical therapist practice and management issues. An understanding of the Guide to Physical Therapist Practice helps the student see the broad picture of physical therapy. Practice settings are explained including: acute care, primary care centers, sub acute facilities, outpatient care, rehabilitation hospitals, chronic care facilities, hospice, home health services, school systems, and private practice facilities. An understanding of job applications, resumes, and interviews will allow the PTA student to learn skills and effective behaviors that will be nurtured and developed throughout the professional program coursework.
- Part II: Physical Therapist Practice covers physical therapy evaluation and the major physical therapist practice specialties.
 - Chapter 4: Examination, Evaluation, and Plan of Care explains the components of the initial

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- visit with the patient. An understanding of the process and terminology of physical therapy will assist the student in being more effective in treating the patient.
- Chapter 5: Physical Therapy Practice Areas explains the specific areas of practice: orthopedic, neurologic, pediatric, geriatric, cardiopulmonary, and integumentary.
- Part III: Ethical and Legal Issues includes Chapter 6: Ethics and Professionalism and Chapter 7: Laws and Regulations. This part explains the ethical, legal, and professional components of providing health care services. An understanding of confidentiality, cultural competence, and laws along with the expectations of conduct for a PTA provides the basis for PTA interaction with the patients.
- Part IV: Communication comprises Chapters 8–11 and describes aspects of communication.
 - Chapter 8: Communication Basics lays the groundwork for learning the skills for successful verbal and nonverbal communication with patients and with colleagues.
 - Chapter 9: Introduction to Documentation and the Medical Record introduces the basics to writing effective documentation and appropriate written communication with a variety of audiences.
 - Chapter 10: Teaching and Learning discusses teaching techniques for patient instruction that will help students develop skills that will work in a variety of settings and with a variety of patients.
 - Chapter 11: Reimbursement and Research helps students understand reimbursement by a variety of payer sources and allows an understanding of restrictions that may be in place. Research techniques and an understanding of evidence-based practices complete Part IV.
- Part V: Planning for Success completes the textbook by describing how the student can be most successful during PTA school (Chapter 12: Student Learning Success) and how to develop career success (Chapter 13: Lifelong Success).

NEW TO THE THIRD EDITION

- The addition *Chapter 6: Ethics and Professional-ism* will allow the student to understand the process of dealing with ethical issues and work through the process to make a decision.
- Part V: Planning for Success is entirely new, including two chapters to assist students in educational success and career development. The focus is on developing career-ready skills and behaviors and understanding how to develop a plan for lifelong learning and career success.
- Important data updates have been made throughout the text. As the student will learn, health care and physical therapy are constantly being updated with research on effective techniques, changes in health care policy, and new technology advances. These updates bring the book up to speed with the latest *APTA Guide 3.0*.
- APTA documents have been added, including the Vision Statement, Strategic Plan, Minimum Skills of the PTA Graduate at Entry-Level, the Decision-Making Guide, and the Value-Based Behaviors for the PTA.
- Practice issues such as elder abuse, harassment, the development of professional attributes, and good teaching practices are introduced.

KEY FEATURES

Students will find learning tools developed specifically for the development of understanding the concepts presented in the textbook. Each chapter includes the following:

- Learning Objectives are new to this edition and have been included to focus the reader's learning on the core concepts.
- Discussion Questions push the reader's learning further with questions that assess and stretch the knowledge gained throughout the chapter.
- Learning Opportunities replace lab activities from the previous edition and present additional activities for readers to deepen their understanding.

Key Terms are listed at the start of each chapter and defined in the new end-of-book glossary to provide readers with a quick guide to important terminology.

INSTRUCTOR RESOURCES

Instructors also have access to numerous resources including the following:

- Clinical Scenarios present real-world examples of the concepts introduced in the text and include questions that instructors can utilize to assess students' application of those concepts.
- Slides with Lecture Outlines for each chapter include slide decks that instructors can use as a starting point for teaching the content in their course. These slides now include additional notes for the instructor and additional images.
- **Test Banks** have been extensively revised from the previous edition and new questions added.
- Practice Activities have been supplied as suggested questions for students to use to study the material.

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Note from Olga Dreeben-Irimia

My wonderful journey writing and publishing a new edition of *Introduction to Physical Therapy for Physical Therapist Assistants* is coming to an end. Although I feel a little sad for not being able to continue this trip of enhancing information and knowledge in the profession, I am happy to pass the torch to a new author, Professor Barrett.

Good luck to all of you in your new and exciting quest to become a physical therapist assistant!

Olga Dreeben-Irimia, PhD, (R)PT

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About the Author



Christina M. Barrett is the Physical Therapist Assistant Program Director at Lake Area Technical Institute in Watertown, South Dakota. She received her Bachelor's degree in Physical Therapy from the University of North Dakota and a Masters of Education degree from the University of Phoenix. In her 20 years in academia, she has taught the fundamental theories and skills of physical therapy in all areas of practice to hundreds of students. She continues to work in clinical practice spending time in a variety of practice settings for Big Stone Therapies, Inc. She has been a proud member of the American Physical Therapy Association since 1989. She has had opportunities to work in leadership as both Delegate and President of the South Dakota chapter, and currently serves as membership chair. This member-

ship has allowed her to work closely with her peers in promoting the continued development of the physical therapy profession.

Image courtesy of Christina Bar

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