

Common Course Outline

OCTA 211

Therapeutic Activities

3 Semester Hours

The Community College of Baltimore County

Description

OCTA 211-3 Credits-Therapeutic Activities enables students to apply activity analysis skills to the treatment activities and techniques in the occupational performance areas of self maintenance, play/leisure, and productivity. Covers adaptive devices, therapeutic activities, cultural implications to activities selected and positioning.

3 credits: 2 lecture hours per week; 2 laboratory hours per week.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Articulate the difference between activity, occupation, and purposeful activity;
2. Understand where the activity analysis fits with the practice framework;
3. Analyze occupations of a client in relation to performance skills, context, activity demands, and client factors;
4. Demonstrate a thorough understanding of the activity analysis process via the completion of four/five activity analyses using traditional therapeutic media;
5. Integrate the activity analysis in a performance area of occupation via a completed activity analysis in either an ADL, IADL, or BADL;
6. Demonstrate adaptation techniques via lab scenarios;
7. Demonstrate gradation techniques via lab scenarios;
8. Integrate the concepts of a “culturally competent” practitioner in a oral presentation;
9. Incorporate cultural sensitivity into the treatment planning via lab scenarios;
10. Demonstrate understanding of motivational factors that impede or facilitate a client’s compliance with treatment via vignettes and scenarios discussed in class;
11. Demonstrate an understanding of the basic principles of seating via construction of an adaptive seating device.

Major Topics

- I. History and philosophy of the use of therapeutic activities and occupations
- II. Process of the activity analysis against the backdrop of the practice framework
 - A. Analysis of the performance areas of occupation
 - B. Analysis of performance skills and patterns
 - C. Incorporation of context
 - D. Evaluation of activity demands
 - E. Consideration of client factors
- III. Application of the activity analysis process using traditional therapeutic media
 - A. Leather
 - B. Tile
 - C. Wood
 - D. Copper Tooling
- IV. Application of the activity analysis process with areas of occupation
 - A. Self care skills (ADL, IADL, and BADL)
 - B. Education
 - C. Work
 - D. Leisure
 - E. Play
 - F. Social
 - G. Communication
- V. Culture and the health care practitioner and patient
 - A. Why culture is important
 - B. Cultural impact on disease and disability
 - C. Cultural influence on roles and occupations
 - D. Principles of a culturally competent therapist
- VI. Adaptive equipment commonly used by occupational therapy
 - A. Dressing equipment
 - B. Personal hygiene equipment
 - C. Equipment for meal preparation
- VII. Principles of Seating
 - A. Common types of wheelchairs
 - B. Reasons to position
 - C. Measuring for seating devices
 - D. Adaptations to seating
 - E. Construction of adaptations for seating inserts

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include the following:

- I. Tests (2)
- II. Final comprehensive examination
- III. Five completed activity analyses with project
- IV. Oral presentation of a culturally relevant project
- V. Lead class in construction of a project with an attached activity analysis
- VI. Participation in the construction and presentation of the seating device
- VII. Class participation

Rubrics have been constructed for use in grading the activity analyses.

Other Course Information

This course is required in the Occupational Therapy Assistant program. It is taken in the second semester of this program building upon information from the first semester courses.