GROSSMONT COLLEGE

Official Course Outline

OCCUPATIONAL THERAPY ASSISTANT 250 – INTRODUCTION TO HAND THERAPY

1. Course Number Course Title Semester Units Semester Hours

OTA 250 Introduction to 2 2 hours lecture: 32-36 hours

Hand Therapy 64-72 outside-of-class hours

96-108 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None.

3. Catalog Description

This course is an introduction to the diagnoses that lead to a client needing hand therapy intervention. Included are symptoms, preventative techniques and treatments that are seen with a variety of repetitive hand injuries. The detailed anatomy of the hand and upper extremity will be examined. Requirements to receive advanced practice certification in Hand Therapy in the State of California will be discussed. This course is offered on a Pass/No Pass basis only.

4. Course Objectives

The student will:

* 1. Identify hand and forearm anatomical structures and their relationship to normal hand function and dysfunction.
  2. Examine assessment tools and procedures specific to evaluation of hand function, including ROM, strength, edema, pain, sensation, nerve function, coordination and dexterity, and appearance.

c. Examine the physiological response of nerve and connective tissues to therapeutic thermal and electrical agents, including basic application techniques, indications, precautions, and contraindications, for safe use of hot packs, cold packs, fluidotherapy, paraffin, ultrasound and electrical stimulation.

d. Define common wrist and hand fractures and identify the factors that affect healing and outcome; examine treatment techniques used in therapy for prevention and remediation of problems associated with fractures.

e. Identify the characteristics and effects of rheumatoid and osteoarthritis and the therapists approach to various stages of arthritis, including non-surgical and post-surgical management.

f. Analyze the concepts and application of controlled stress, the rationale for the timing and sequence of treatment procedures for tendon lacerations and factors that indicate the necessity for altering the therapy timeline in collaboration with the surgeon.

g. Analyze factors that contribute to the development of the stiff, swollen hand; the effects of immobilization and edema on connective tissue of the hand, and the therapist’s management of these problems.

h. Define cumulative trauma disorders and specific related diagnoses; examine contributing factors, treatment approaches, return to work and ergonomic considerations.

i. Discuss the role and responsibilities of the OT, OTA, physician, patient and caregiver within the context of California licensure and with respect to the client’s goals and psychosocial issues pertaining to the provision of “hand therapy”.

5. Instructional Facilities

a. OTA lab/classroom.

b. Smartcart.

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6. Special Materials Required of Student

None

7. Course Content

a. In depth hand and upper extremity.

b. Diseases and injuries of the hand and upper extremity.

c. Symptoms of common diseases.

d. Equipment and tools unique to hand therapy.

e. Common hand therapy treatment techniques.

f. Requirements to practice Hand Therapy in the state of California.

8. Method of Instruction

a. Lecture.

b. Small groups with discussion.

c. Multimedia presentation.

d. Guest speakers.

e. Case studies.

f. Discussion of reading assignments.

9. Methods of Evaluating Student Performance

a. Class participation.

b. Quizzes and written final examination.

c. Observation assignment.

10. Outside Class Assignments

Reading assignments.

11. Texts

a. Required Text:

Cooper, Cynthia. *Fundamentals of Hand Therapy*. St. Louis, MO: Mosby, 2007.

b. Supplementary texts and workbooks:

Jacobs, Karen. *Splinting Hand & Upper Extremity*. Baltimore, MD: Lippincott, 2003.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

Solve various occupational therapy intervention dilemmas in hand therapy

Date approved by the Governing Board: April 21, 2009