PHYSICAL THERAPIST ASSISTANT

ASSOCIATE OF APPLIED SCIENCE DEGREE

Physical Therapist Assistants (PTA) work as part of a team to provide physical therapy services under the direction and supervision of the physical therapist. PTAs help patients regain movement as they recover from conditions that limit their mobility and ability to perform daily functional activities.

The Physical Therapist Assistant program at Kennebec Valley Community College is accredited by the Commission on Accreditation in Physical Therapy Education (CAPTE), 1111 North Fairfax Street, Alexandria, Virginia 22314
Telephone: 703-706-3245
Email: accreditation@apta.org
Website: http://www.capteonline.org

"I had been doing the same job for 16 years and I needed a change. The PTA program forced me out of the 'comfort' zone I had become so used to. The professors believed in me even when I was unsure of myself. Their passion for their profession was evident by their use of 'real world' scenarios. This single mom of two is very proud to be part of KVCC's PTA alumni."



Help patients regain mobility



What Licensed Physical Therapist Assistant graduates do:

- Assist the Physical Therapist in treatment of individuals of all ages with medical problems or other health-related conditions
- Perform functional activities and exercises with patients
- Instruct patients in self-care
- Promote mobility, pain control, function, and prevention of disability

Career Opportunities:

- Hospitals
- Rehabilitation centers
- Skilled units in nursing homes
- Outpatient clinics
- Pediatric facilities
- Private practices
- Schools
- Home care

For further questions about this program, please contact: kvccadmissions@mainecc.edu

PHYSICAL THERAPIST ASSISTANT

Associate of Applied Science Degree

First Semester

BIO213	Anatomy and Physiology I	4
ENG101	College Composition	3
PSY101	Introduction to Psychology	3
PTS106	Physical Therapy Applications	1
PTS107	Introduction to Kinesiology for the PTA	2
PTS111	Physical Therapy I	6

Second Semester

BIO214	Anatomy and Physiology II	4
COM104	Introduction to Communication **OR**	
COM105	Interpersonal Communication	3
PTS112	Physical Therapy II	6
PTS116	Pathology	3
PTS117	Kinesiology for the PTA	3

Summer Session

PTS120	PTA Clinical Education I	5

Third Semester

MAT111	Quantitative Reasoning	3
PSY215	Developmental Psychology	3
PTS211	Physical Therapy III	6
PTS215	Neuroscience	3

Fourth Semester

PHI110	Intro to Contemporary Ethics (H)	3
PTS216	Clinical Application	1
PTS218	PTA Clinical Education II	8

Total Credits **70**

CRITERIA FOR GRADUATION

Students must complete 70 credits in the Physical Therapist Assistant program, achieve a minimum grade of "C" or "PASS" criteria, in all courses, and attain a final GPA of 2.00 or higher. Most states, including Maine, require licensure to practice as a physical therapist assistant. Graduates are eligible to sit for the Federation of State Boards of Physical Therapy Physical Therapist Assistant Licensing Examination. (H) Suggested Elective. Please contact your advisor for more information.

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DESCRIPTION

Physical Therapist Assistants, under the direction and supervision of a physical therapist, assist with specific components of treatment interventions. Their duties may include a variety of interventions including therapeutic exercises, functional training in both self-care, sports, and work reintegration, use of adaptive equipment, wound management, airway clearance, and the use of bio-physical agents. They attain their requisite skills through extensive academic and clinical education. The Physical Therapist Assistant program is competency-based and provides sequential learning experiences progressing from theoretical to applied using patient simulations in the laboratory and finally to actual patient treatments in clinical education centers. During clinical education courses, students may practice at facilities throughout Maine under the supervision of clinical instructors.

Applicants to the Physical Therapist Assistant program should be aware that physical therapist assistants are involved in the provision of direct care to patients. Under the supervision of a physical therapist, the physical therapist assistant may be responsible for selected procedural interventions, data collection, and communication, including written documentation associated with the completion of the intervention. The physical therapist assistant must also be able to make judgments and modifications regarding the safety and comfort of the patient having the intervention. Therefore, the student must have observational, communication, motor, cognitive, psychosocial, and behavioral abilities sufficient to carry out the above responsibilities. Technical accommodation can be made available for some disabilities in some of these areas, but a student must be able to perform in a reasonably independent manner.

For students to successfully complete the Physical Therapist Assistant program, they must be capable of performing with or without reasonable accommodation the following:

- The physical ability to lift, move, and reposition patients; safely guard patients when standing and ambulating patients on level surfaces and stairs.
- A visual acuity with corrective lenses to identify equipment calibrations, distinguish color changes of a patient's skin, and collect patient data.

- The manual dexterity to manipulate instrument dials and perform various therapeutic interventions.
- The tactile ability to palpate pulses and palpate specific components of the musculoskeletal system.
- A hearing ability with auditory aids to understand the normal speaking voice without viewing the speaker's face, hear timers and call bells from patients, take/hear blood pressure and lung sounds with a stethoscope, and hear alarms and emergency signals.
- Effective communication when explaining procedures, receiving information verbally and from written documentation; documenting in a patient's chart; exhibiting appropriate interpersonal skills; and recognizing and responding appropriately to nonverbal behavior of self and others.
- The ability to function safely under stressful conditions and the ability to adapt to an ever changing environment inherent in clinical situations involving patient care.

PROGRAM MISSION

The program will produce entry-level physical therapist assistants who are capable of performing safe and ethical interventions under the direction and supervision of the physical therapist. Graduates will possess the skills and values necessary for continuing their professional growth to meet the needs of both a dynamic profession and health care delivery system.

PROGRAM GOALS

1. Graduates will be competent physical therapist assistants who work under the direction and supervision of physical therapists.
2. Graduates will engage in lifelong learning activities.
3. Graduates and the program will meet the human resource needs of the community.

STUDENT LEARNING OUTCOMES

Upon successful completion of the Physical Therapist Assistant program, the graduate is expected to:

1. Communicate effectively with the diverse groups of people a physical therapist assistant has routine contact with to promote achievement of therapeutic and organizational goals.
2. Demonstrate behaviors that indicate consideration for individual and cultural differences and their impact on health care delivery, as well as the ability to alter actions appropriately to promote the achievement of therapeutic and organizational goals.
3. Demonstrate behaviors that indicate a commitment to ethics, values, and responsibilities of the physical therapist assistant in the profession of physical therapy.
4. Competently (safely, effectively, and efficiently) provide delegated physical therapy plan of care elements under the direction and supervision of a licensed physical therapist.
5. Competently (safely, effectively, and efficiently) implement programs of instruction intended to accomplish pre-established goals for patients, caregivers, and other healthcare personnel or members of the public.
6. Competently (safely, effectively, and efficiently) participate in the regular administrate functions of a healthcare organization.
7. Demonstrate the capabilities necessary to engage in career development and life-long learning to maintain continuing competence as a physical therapist assistant.

ADMISSION REQUIREMENTS

Please refer to the General admission guidelines which can be found on page 34 in the catalog. Additional admission requirements are as follows:

1. Clinical Job Shadows and Admission Essay
   - Completion of two job shadows.
2. Test of Essential Academic Skills (TEAS)
   - The TEAS exam is taken remotely and video monitored by ATI (the company that owns the TEAS). You must have access to a computer with video capability to take the TEAS.
   - Students register and pay for the test by setting up an account with ATI at www.atitesting.com and choosing a test date.
   - Students are responsible for having the results of their TEAS exam sent to kvccadmissions@mainecc.edu
   - The TEAS may only be taken three (3) times in total. In addition, the TEAS may only be taken twice in the same academic year (September 1 to August 31) with a minimum of 45 days between exam sessions.
   - Applicants who have not taken college courses before are strongly encouraged to reach out to the Admissions Office at 453-5822 or kvccadmissions@mainecc.edu before registering for the TEAS to determine the best time to take the TEAS.
   - Required Minimum composite score 61st percentile rank.

- Minimum reading 71st percentile rank.
- Minimum math 65th percentile rank.
- Minimum science 51st percentile rank.
- Minimum English 62nd percentile rank.

3. Academic Standing
   - Students currently matriculated at KVCC must hold a cumulative GPA of 2.5 at the start of their first semester of program study. Students who are transferring must have achieved a cumulative GPA of 2.5 at their previous educational institution.

PROGRAM REQUIREMENTS

- All non-physical therapy courses required for the Physical Therapist Assistant program must be completed prior to the spring semester of the second year in order to participate in Clinical Education II (PTS218). General education courses supportive to the program may be taken prior to or concurrently with technical (PTS) courses. Students must achieve a minimum grade of "C" and/or "Pass" in all required general education and technical (PTS) courses in order to progress through the curriculum.
- Obtain an official PTA program polo shirt with a KVCC/SPTA name pin, stethoscope, sphygmomanometer, watch with a digital or sweep second hand, a gait belt, and a goniometer.
- Hold current Basic Life Support certification (CPR for the Healthcare Provider from the American Heart Association or Professional Rescuer from the American Red Cross).
- Meet requirements for Immunizations for Nursing & Allied Health Programs (see page 36).
- Have Internet access for online/Brightspace enhanced courses and/or discussions

PROGRAM INFORMATION:

Criminal Background Checks
A criminal background check is required while enrolled in the Program and as a condition of employment in the field; health care facilities may limit or deny clinical privileges to those who have a prior or current criminal record and licensing boards may refuse to issue a license to practice based upon prior or current criminal offense(s).

Finger Printing
Finger printing may be required by certain clinical or fieldwork placements. Students are responsible for the cost associate with securing fingerprints.

Infectious Diseases
Applicants who consider a career in Nursing or the Allied Health professions should be aware that during the course of their education and subsequent employment, they will be working in situations where exposure to infectious diseases is probable. This is an occupational risk for all health care workers. Persons should not become health care workers unless they recognize and accept this risk. Proper education and strict adherence to well-established infection control guidelines, however, can reduce the risk to a minimum. Thorough education in infection control procedures is an integral part of each health care program.

Exposure to Latex
Additionally, applicants should be aware that exposure to natural rubber latex (NRL) is likely. Individuals exposed to NRL products may develop allergic reactions such as skin rashes; hives; nasal, eyes, or sinus symptoms; and, rarely, shock.

Costs
Costs associated with required immunizations, criminal background checks, finger printing (when applicable) and admission testing are the responsibility of the applicant.

Clinical/Fieldwork Placement
Clinical education centers are statewide. Students may be assigned to a clinical education center that requires the student to commute a distance from home or assume a temporary residence near the center. Students are responsible for transportation and/or other living costs to and from clinical education centers.

Drug Testing
Drug testing may be a requirement of clinical education sites. Students will be responsible for the cost of such testing if required by the site.

The **Physical Therapist Assistant** program technical standards have been developed to inform students of the nonacademic essential functions of the program and profession. Examples are not all inclusive.

Standard	Essential Function	Examples
Communication Oral / Written	• Skills sufficient to communicate information and ideas so others will understand • Skills sufficient to interact with individuals, families, and groups from a variety of social, emotional, cultural, and intellectual backgrounds	• Offer support to patients, ask direct questions and answer questions, demonstrate active listening skills, recognize and respond to non-verbal communication • Document relevant patient information (manual or via computer) using correct terminology and spelling • Interpret PT's orders • Record patient responses to treatments

Mobility / Motor Skills	• Gross and fine motor skills sufficient to manipulate equipment
	• Motor skills sufficient to move the hands and use hands to grasp or manipulate objects
	• Mobility sufficient to perform physical activities that require dexterity and flexibility to move body in a variety of positions
	• Sufficient strength to assist patient(s) who may have physical strength deficits
		• Utilize instruments with patients
		• Move around in patients' rooms and treatment areas
		• Maneuver in confined spaces
		• Able to use equipment as indicated, i.e. wheelchairs, lifts, stretchers, bathing chairs, walking implements
		• Properly position and transfer patients
		• Physical activities may include:
		  • Running
		  • Bending
		  • Stooping
		  • Lifting
		  • Reaching

Physical Strength and Stamina	• Ability to stand for extended periods of time • Ability sufficient to maneuver/ move an average of 40-50 pounds or more	• Stand and walk up to 24-hour shifts • Transfer of patients as noted under mobility • Positioning of patients • Movement of patients and/or equipment
Sensory **• Sight** **• Sound** **• Taste** **• Touch** **• Smell**	• Ability to visually observed patients, read records and patient charts and read equipment • Able to visually monitor patients during day and evening lighting • Ability to hear electronic equipment to monitor and maintain safety of the patient • Ability to communicate with patients and healthcare team members and be able to understand what is being communicated • Ability to touch and locate anatomy on patients to perform physical assessments • Ability to tolerate various odors	• Able to observe and report patent changes in skin color, breathing, chewing, mobility, dressing, communication • Able to accurately record patient data/activities • Able to read/interpret a variety of equipment, i.e. thermometer, sphygmomanometers, weight/ height/container measurements • Able to hear monitor alarms, call bells, safety alarms, fire, evacuation, emergency, overhead alarms, announcements, heart and breath sounds and blood pressure sounds • Feel for pulse • Work with patients with poor hygiene

Standard	Essential Function	Examples
Environmental / Occupational Exposure	• Frequent exposure to communicable and infectious diseases, secretions, blood, and bodily fluids • Exposure to environmental hazards • Ability to work under high stress situations and respond promptly • Work in confined spaces	• Possible exposure to HIV, hepatitis, etc. • Exposure to medicinal preparations, latex, and toxic substances • Respond appropriately in emergency to maintain patient safety and care
Field or Industry Professional Standards	• Criminal background check • CPR certification • Valid Driver's License	• Additional federal law requirements

