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| <b>Subject Title:</b>        | PT in Community Rehabilitation (Elective I) |
| <b>Subject Code:</b>         | 1PT2020201                                  |
| <b>Year:</b>                 | Second Year MPT                             |
| <b>Pre-requisite Subject</b> | - NONE -                                    |

**Objectives of course:**

1. The extension of knowledge, expertise and skills towards the physiotherapy in rehabilitation sciences in improvement of professional practice.
2. It provides advanced study and reflection on practice in various Community based Conditions in the physiotherapy practice by both drawing on a student's professional experience and expertise, and extending it.

**Subject Contents (150 Hours)**

**I Rehabilitation-Basics**

1. Definition, Concept, principles & Scope of Rehabilitation, Community, Health care delivery system, Health Administration, Institutional based rehabilitation and community based rehabilitation – its principles and differences, multi-disciplinary approach, role of national institutes, District rehabilitation centre and primary health centre. Physiotherapist as a Master Trainer in CBR & IBR.
2. Epidemiology of dysfunctions & advance skills of physical and functional assessment related to Community. Clinical decision-making skill in management of dysfunction
3. Evidence Based Practice & Recent advances in Community Health. Indian Health statistics
4. Fitness and health promotion – Principles of fitness for health promotion in community, Nutrition and Diet. Stress management through yoga and psychosomatic approaches.
5. Natural calamity & disaster management – Role of P.T. in disaster management team.
6. I.C.F. [Impairment, Disability, Handicapped and its implications] Evaluation of Disability & Compensation for Persons with disability Act – 1995 and related Government infrastructure.
7. Physiotherapy Ethics – code of conduct, Regulatory Agencies and Legal Issues.
8. W.H.O.'s policies-about rural health care -Role of P.T.-Principles of a team work of Medical person/P.T./O.T. audiologist/speech therapist /P.&O./vocational guide in C.B.R. of physically handicapped person.
9. Public health education methods and appropriate media – Public awareness to the various disabilities, communications, message generation and dissipation.
10. Role of Government & NGOs in CBR, inter-sectoral programs and co- ordination, Implementation of the Act.

**II Rehabilitation –Assessment and Evaluation**

**Assistive Technology for mobility & Stability**

1. Orthotics & Prosthetics: definition, classification, biomechanical principles;assessment and evaluation, prescription & fabrication
2. Designing & Training of UL, LL, trunk, neck Orthosis, footwear modifications in various

conditions

3. Designing & Training of UL, LL prosthesis in Amputees.
4. Indications / Contraindications, psychological aspects of its application.
5. Use of adaptive devices, design & construction e.g. canes, walkers, wheelchairs.

### **III Industrial Health**

1. Applied anatomy, physiology and biomechanics related to Industrial health.
2. Clinical decision making skill in assessment and management of dysfunction related to Industrial health.
3. Industrial physiotherapy- prevention of injuries, physiological restoration, rehabilitation in industrial injuries, work station adaptations/ modifications.
4. Environmental stress in the industrial area --Accidents due to
  - a] Physical agents- e.g.-Heat/cold, light, noise, Vibration, U.V. radiation, Ionizing radiation.
  - b] Chemical agents-Inhalation, local action, ingestion,
  - c] Mechanical hazards-overuse/fatigue injuries due to ergonomic alteration & ergonomic evaluation of work place-mechanical stresses as per hierarchy –  
Sedentary table work –executives, clerk,  
Inappropriate seating arrangement- vehicle drivers  
Constant standing- watchman- Defence forces, surgeons,  
Over-exertion in labourers - common accidents –Role of P.T.-Stress management,
  - d] Psychological hazards- e.g.-executives, monotony & dissatisfaction in job, anxiety of work completion with quality, Role of P.T. in Industrial setup & Stress managementrelaxation modes.Physiotherapy role in industry – preventive, promotive, curative, intervention, ergonomic and rehabilitative services.Ergonomic considerations and health promotion in the industry
5. Job analysis, job description, job demand analysis, task analysis, Employee fitness, job modification, Employment acts.
6. Vocational Rehabilitation; evaluation & management.