

**Physical Therapist Assistant Program
Essential Functions**

<i>Functional Capacity</i>	<i>Standards (Tasks)</i>
Psychomotor Skills	
Gross Motor	<p>Perform work that requires frequent standing, bending, reaching, squatting, kneeling, moving, lifting of patients/clients and/or equipment.</p> <p>Sit and maintain upright posture.</p> <p>Stand and maintain upright posture.</p> <p>Safely maneuver self or move another individual's body parts to effectively perform assessment techniques.</p> <p>Safely maneuver and manipulate clinical equipment from side to side, forward and backward, and from or to a lower or higher position.</p> <p>Manipulate common tools used for screening tests of the cranial nerves, sensation, range of motion, and muscle testing procedures (e.g., cotton balls, safety pins, reflex hammer, and goniometer).</p>
Fine Motor	<p>Legibly record/document progress notes, in standard medical charts in hospital/clinical settings in a timely manner, and consistent with the acceptable norms of clinical settings.</p> <p>Coherently and legibly express thoughts for written assignments and assessments.</p> <p>Palpate changes in an individual's muscle tone, soft tissues, skin quality, joint play, kinesthesia, and temperature in a timely manner, and sense that individual's response to environmental changes and treatment.</p> <p>Apply and adjust therapeutic modalities.</p> <p>Apply and effectively position hands to apply soft tissue and mobilization techniques.</p> <p>Key/type and otherwise operate common desktop computer accessories.</p>
Physical Strength & Endurance	<p>Safely and effectively guide, facilitate, inhibit, and resist movement and motor patterns by using facilitation and inhibition techniques, including ability to give time-urgent verbal and sensory feedback.</p> <p>Lift up to 50 pounds.</p> <p>Competently perform Basic Life Support cardiopulmonary resuscitation.</p>

<i>Functional Capacity</i>	<i>Standards (Tasks)</i>
Mobility	<p>Move within rooms as needed for changing groups, lab partners, and workstations, and to perform assigned clinical tasks.</p> <p>Safely move another individual's body in transfers, gait, positioning, exercise, and mobilization technique.</p> <p>Safely manipulate and move equipment and items to aid in the assisting or treating of a patient/client effectively (e.g., bolsters, pillows, plinths, mats, gait assistive devices, other supports or chairs, IVs, monitors, etc.).</p>
Cognitive Skills	
Critical & Analytical Thinking	<p>Retain and use information in the cognitive, psychomotor, and affective domains in order to assess patients/clients, solve problems, and generate new ways of processing or categorizing symptoms.</p> <p>Perform a physical therapy assessment of patients'/clients' posture and movement including analysis of physical, biomechanical, pathological, behavioral, and environmental factors in a timely manner, consistent with the acceptable norms of all clinical settings.</p> <p>Use information to execute a plan of physical therapy management in a safe and timely manner appropriate for the problems identified, and consistent with the acceptable norms of all clinical settings.</p> <p>Reassess the treatment plan as needed for effective and efficient management of physical therapy problems in a safe and timely manner, consistent with the acceptable norms of all clinical settings.</p>
Safety	<p>Abide by safety policies and procedures in classroom, laboratory, and clinical facility settings.</p> <p>Maintain awareness of alarms and emergency signals, and respond appropriately (e.g., monitors, cries for help, fire alarms, hospital codes, etc.).</p>
Sensory Skills	
Observation	<p>Observe information from patients/clients (e.g., movement, posture, body mechanics and gait pattern for comparison to normal standards, for purposes of evaluation of movement dysfunction).</p> <p>Discern information from treatment environment (e.g., dials on equipment, assistive devices, furniture placement, and floor surfaces).</p>

<i>Functional Capacity</i>	<i>Standards (Tasks)</i>
Perception	<p>Receive and interpret written and verbal communication in both academic and clinical settings in a timely manner (e.g., review patient/client background information, acknowledge patient/client feedback to assess for pain/discomfort, etc.).</p> <p>Perceive vibrations, and differences in sizes, shapes, and surface characteristics (e.g., auscultate lungs, apical pulse, blood pressure, palpate pulses, assess muscular tone and muscle movement, identify body landmarks, and determine the characteristics of anatomic structures).</p> <p>Determine safe temperature levels and appropriate use of tools, splinting materials, and appliances.</p>
Interpretation	<p>Implement techniques learned through live demonstration, video, graphic, or picture for proper positioning, hand placement, and direction of force to ensure adequate patient/client intervention.</p> <p>Observe and interpret messages not solely based on visual cues (e.g., physical, emotional, and psychological responses from patients/clients).</p>
Social-Behavioral Skills	
Communication	<p>Effectively communicate to other students, faculty, patients/clients, peers, staff, and families to ask questions, explain conditions and procedures, teach home programs, and to maintain safety in a timely manner, and within the acceptable norms of academic and clinical settings.</p> <p>Receive and send verbal communication in life threatening situations in a timely manner within acceptable norms of clinical settings.</p>
Adaptability	<p>Adapt effectively to changing environments and increasing tension levels in a variety of situations.</p> <p>Demonstrate flexibility and learn to function in the face of uncertainties and ambiguities inherent in the clinical problems of many patients/clients.</p>

<i>Functional Capacity</i>	<i>Standards (Tasks)</i>
Emotional Stability	<p>Demonstrate appropriate affective behaviors and mental attitudes in order not to jeopardize the emotional, physical, mental, and behavioral safety of patients/clients and other individuals with whom one interacts in the academic and clinical settings.</p> <p>Cope with the mental and emotional rigors of a demanding educational program in physical therapy that includes academic and clinical components, which occur within set time constraints and often concurrently (e.g., focus sustained attention on tasks).</p> <p>Monitor and appropriately regulate own emotions to maintain composure, without prompting from others (e.g., control anger and avoid aggressive behavior, even in very stressful or demanding situations).</p> <p>Recognize constructive criticism and performance feedback as avenues for improvement.</p>
Interpersonal Skills	<p>Maintain positive interactions with individuals, families, and groups from diverse socioeconomic and cultural backgrounds. Acknowledge and respect individual values and opinions in order to foster harmonious working relationships with colleagues, peers, and patients/clients.</p>
Ethics & Professionalism	<p>Arrive to lecture, lab, and clinical locations in a timely manner. Maintain general good health, self-care, and hygiene in order not to jeopardize the health and safety of self and individuals with whom one interacts in the academic and clinical settings. Protect patients'/clients' privacy and confidential information (e.g., adhere to HIPPA restrictions).</p> <p>Comply with the ethical standards of the American Physical Therapy Association.</p> <p>Abide by the Value-Based Behaviors and the Guide for Conduct of the Physical Therapist Assistant of the American Physical Therapy Association.</p>