

PREPARATORY COURSE FOR PHYSIOTHERAPY COMPETENCY EXAM 2020

COURSE SCHEDULE

TARGET: WRITTEN COMPONENT MARCH 14TH, 2020

Study Session Dates: January 11th, 2020 to March 7th, 2020 (8 sessions in total)

Classes will be on Sundays from 5-8:30pm

Topics/Focus for Each Session:

Session 1	<ul style="list-style-type: none"> ● REVIEW OF NEURO-SECTION OF PCE: <ul style="list-style-type: none"> ○ Neuro-anatomy and functional considerations (CNS, PNS, neuromuscular junction) <ul style="list-style-type: none"> ➤ Lobes & regions of the Brain, functions & blood supply ➤ Regions/tracts of the spinal cord ○ Concepts in Neurology (praxis, lateralization, stereognosis, perception, cognition, plasticity, etc) - <i>**emphasis on functional implications</i> ○ Common Neurological Conditions (Stroke, TBI, Traumatic SCI, ALS, MS, Parkinson's disease, myasthenia gravis, polyneuropathy, etc) - <i>***emphasis on Description, etiology, epidemiology, pathophysiology, classification, signs & symptoms, and prognostication.</i> ○ Neuro-rehab – Theories, Concepts & Strategies.
Session 2	<ul style="list-style-type: none"> ● PEDIATRICS <ul style="list-style-type: none"> ○ Developmental milestones ○ Expression & integration of reflexes ○ Common pediatric conditions/disorders encountered in Physiotherapy – <i>e.g. Cerebral Palsy, developmental delay, hydrocephalus, behavioral disorders, etc.</i> ● GERIATRICS <ul style="list-style-type: none"> ○ Aging and its relevance to Health & disease ○ Common conditions in the geriatric population ○ Assessing and managing conditions in the geriatric population
Session 3	<ul style="list-style-type: none"> ● PHYSIOTHERAPY PROFESSIONAL PRACTICE <ul style="list-style-type: none"> ○ Practice Standards. Code of Ethics ○ Scope of Practice ○ Continuing Competence and Development of Expertise. <p><i>**Access the following links:</i></p>



	<ol style="list-style-type: none">1. https://www.physiotherapyalberta.ca/2. http://www.collegept.org/Physiotherapists3. https://bcphysio.org/ <ul style="list-style-type: none">● HEALTH RESEARCH (key concepts):<ul style="list-style-type: none">○ Reliability○ Validity○ Sensitivity○ Specificity○ Prevalence/Incidence○ Positive/negative predictive values○ Bell curve/Data distribution
Session 4	<ul style="list-style-type: none">● REVIEW OF CARDIO-RESPIRATORY SECTION OF PCE: CARDIAC SECTION<ul style="list-style-type: none">○ Anatomical, physiologic & functional consideration of the Cardiovascular system○ Common cardiovascular conditions – <i>CHF, Cardiomyopathy, ACS/CAD, MI, Cardiac Arrhythmias, Cardiac arrest, etc.</i>○ Cardiac Rehab – <i>Designing & implementing exercise program, monitoring, & progression; Phases of cardiac rehabilitation.</i>RESPIRATORY SECTION<ul style="list-style-type: none">○ Anatomical, physiologic & functional consideration of the pulmonary system○ Reviewing Chest X-Rays○ Common Pulmonary conditions (<i>Restrictive vs Obstructive disease, pneumonia, COPD, CF, asthma, ARDS, pulmonary fibrosis, etc</i>)○ Chest Physiotherapy & pulmonary rehabilitation
Session 5	<ul style="list-style-type: none">● Review of Musculocutaneous section of P.C.E:<ul style="list-style-type: none">○ Anatomical & functional considerations of the spine○ Common conditions of the spine – assessment & management.○ Posture & Postural abnormalities○ Intro. to UPPER EXTREMITY<ul style="list-style-type: none">➤ Review of anatomical & biomechanical considerations pertaining to Shoulder complex, arm, elbow joint, forearm, wrist joint, & Hand.➤ Common conditions affecting the upper extremity and rehab. management e.g. frozen shoulder, glenohumeral labral tears, shoulder dislocation/subluxation, impingement/painful arc syndrome, osteoarthritis, rotator-cuff syndrome, osteoarthritis, tennis elbow, golfer's elbow, carpal tunnel syndrome, Dupuytren's contracture, rheumatoid arthritis, gout, neuropathies, mallet finger, swan/boutonnière injury, etc

Session 6	<ul style="list-style-type: none"> • Review of Musculocutaneous section of P.C.E (<i>*continued</i>): <ul style="list-style-type: none"> ○ Intro. to LOWER EXTREMITY <ul style="list-style-type: none"> ➢ Review of anatomical & biomechanical considerations pertaining to hip joint, thigh, knee joint, leg, ankle complex, & foot ➢ Common conditions affecting the upper extremity and rehab. management e.g. various forms of sprains affecting hip, knee, ankle & foot, fractures, osteoarthritis, rheumatoid arthritis, gout, neuropathies, patellofemoral syndrome, chondromalacia patella, patella dislocation, Osgood Schlatter’s disease, club foot, plantar fasciitis, etc. ○ Review of Gait & gait abnormalities
Session 7	<ul style="list-style-type: none"> • Review of Multi-systems & General Topics: <ul style="list-style-type: none"> ○ Integumentary system – anatomical & functional considerations, common conditions (Burns & Wounds), assessment & management ○ Peripheral Vascular Disease – Arterial, Venous & Lymphatic ○ Prosthetics & Orthotics ○ Chronic diseases e.g. Fibromyalgia, osteoarthritis, etc. ○ Episodic disease – Role of rehab in Cancer, HIV, autoimmune, and rheumatic disorders. ○ Mental Health ○ Obesity ○ Pregnancy
Session 8	<ul style="list-style-type: none"> • MOCK EXAM & Review – <i>comprise of 150 MCQ questions in the format of the Theory exam</i>

NOTE: ***Specific dates for each session to be determined subsequently*