

ESSENTIAL FUNCTIONS FOR THE PTA PROGRAM

The PTA program prepares students to work under the supervision of a physical therapist and provide hands-on treatment to patients in a variety of rehabilitation settings. The program requires reasonable expectations of the PTA student to ensure competency and safety in performing commonly used physical therapy functions in all rehabilitation settings. In order to complete the program, the student must be able to meet the minimal requirements recognized by the Commission on Accreditation in Physical Therapy Education.

Northeast Community College complies with the requirements of the Americans with Disabilities Act (ADA) and will make reasonable accommodations for an applicant with a disability who is otherwise qualified. Applicants must be able to perform the essential functions in order to be successful in the PTA program.

Northeast Community College does not discriminate on the basis of race, color, gender, religion, national or ethnic origin, military veteran status, political affiliation, marital or family status, age, disability, sexual orientation, gender expression or identity in education programs, admissions policies, employment policies, financial aid or other College administered programs and activities.

It is the intent of Northeast Community College to comply with both the letter and the spirit of the law in making certain discrimination does not exist in its policies, regulations and operations.

Inquiries may be addressed to the Northeast Compliance Officer for Title IX, ADA, Section 504; Associate Vice President of Human Resources, 801 East Benjamin Avenue, P.O. Box 469, Norfolk, NE 68702-0469; phone 402-844-7046; email: complianceofficer@northeast.edu; or mail: Office for Civil Rights, U.S. Department of Education, One Petticoat Lane, 1010 Walnut Street, 3rd Floor, Suite 320, Kansas City, MO 64106.

PHYSICAL STANDARDS – Sufficient fine and gross motor skills are required to provide safe and effective data collection and physical therapy interventions including:

- Standing, lifting, stooping, reaching, and handling required to position and transfer patients
- Kneeling, squatting, reaching, and handling required to perform assessments and interventions
- Walking, balance, and coordination required to assist and guard while transitioning a patient during ambulatory activities
- Strength to effectively carry out physical therapy interventions
- Fine motor dexterity and coordination to manipulate settings and controls on equipment
- Gross and fine motor dexterity, strength and endurance required to perform life-saving techniques in an emergency situation
- Sitting for extended periods of time

SENSORY STANDARDS – Sufficient sensory functions are required to obtain information in the classroom, lab, and clinic to provide safe and effective data collection and physical therapy interventions including:

- Visual acuity to read lecture information and lab equipment
- Visual ability to identify normal and abnormal movement

- Recognize and understand the speech of another person
- Tactile ability to discriminate between normal and abnormal tone, movement, anatomy, and sensation

COMMUNICATION STANDARDS – English reading, listening, and writing comprehension is required for the PTA curriculum. Verbal and non-verbal communication skills are required to safely and effectively instruct caregivers, family members, or the patient on therapeutic activities or treatment plans including:

- Discussing patient information with the physical therapist or other healthcare provider for planning, modifying, or coordinating treatment
- Instructing or motivating patients during exercises or activities
- Reading and writing documentation of treatment, the patient's response to the treatment, and planning how to achieve the goals of the patient's therapy
- Giving full attention to what others are saying, asking appropriate questions, and not interrupting
- Interacting appropriately with others based on age, cognition, and maturity

COGNITIVE STANDARDS – Sufficient critical thinking and problem-solving, calculating, reasoning, being able to comprehend and process information in order to make decisions. This includes:

- Ability to prioritize tasks
- Identify changes in patient status and adjust patient goals and interventions appropriately within the plan of care and scope of practice of a PTA
- Understand limitations of knowledge and/or scope of practice in order to provide safe and effective patient care
- Ability to apply knowledge attained in general and technical education courses and apply them to the treatment of a patient
- Problem solves in order to react safely and effectively in an emergent situation
- Collection and interpretation of data
- Self-reflection to identify areas of own professional weaknesses
- Ability to carry out a plan of care established by a physical therapist in a safe and effective manner
- Synthesize information to form conclusions
- Utilize evidence-based medicine to appraise efficacy of interventions

BEHAVIOR STANDARDS – Exhibit professional conduct to develop appropriate relationships with patients and others, handle stressful situations, and employ sound judgment including:

- Respect for individual, social, and cultural differences in patients, caregivers, and peers
- Ability to work with patients, families, and other colleagues under stressful conditions
- Comply with confidentiality regulations
- Accept criticism and feedback
- Maintain mature and effective relationships with patients, families, and caregivers

- Appropriately be assertive and able to delegate
- Accountability to actions and outcomes
- Apply professional attributes that include altruism, caring, compassion, integrity, responsibility, continuing competence, duty, PT/PTA collaboration, and social responsibility
- Display organization and time management skills
- Tolerate close physical contact and apply therapeutic touch in a healing manner

PHYSICAL DEMANDS OF THE PTA PROGRAM

| ACTIVITY | | | KEY | Weight/Force | O | F | A |
|--|-----|---|----------------|--------------|---|---|---|
| Position: (percentage of time) | | | O Occasionally | Lifting | | X | |
| Standing | 40% | F | Frequently | Transporting | | X | |
| Walking | 15% | A | Always | Pushing | X | | |
| Sitting | 45% | | | Pulling | X | | |
| Strength Level: (in pounds) | | | | | | | |
| <ul style="list-style-type: none"> • Lift and carry up to 50 lbs. | | | | | | | |
| <ul style="list-style-type: none"> • Transfer up to 300 lbs. | | | | | | | |

| Activities | O | F | A | Conditions | O | F | A |
|------------------|---|---|---|----------------------------------|---|---|---|
| Climbing | X | | | Exposure to weather | X | | |
| Balancing | | | X | Extreme cold | X | | |
| Stooping | | X | | Extreme heat | X | | |
| Kneeling | | X | | Wet and/or humidity | X | | |
| Crouching | X | | | Noise intensity level (moderate) | X | | |
| Reaching | | X | | Moving mechanical parts | X | | |
| Handling | | X | | Electrical current | X | | |
| Keyboarding | X | | | Toxic/caustic chemicals | X | | |
| Palpating | | | X | Other environmental concerns: | | | |
| Talking | | | X | | | | |
| Hearing | | | X | | | | |
| Tasting/Smelling | X | | | | | | |
| Near Acuity | | | X | | | | |
| Far Acuity | | | X | | | | |
| Depth Perception | X | | | | | | |
| Color Vision | | X | | | | | |
| Field of Vision | | X | | | | | |