

# PHYSICAL THERAPY

Physical Therapy is a Science and Art of treatment by means if therapeutic exercise, heat, cold, light, water, manual manipulation, electricity, and other physical agents. It is an allied medical profession which develops, coordinates, and utilizes selected knowledge and skills in planning, organizing, directing, and evaluating programs for the care of individuals whose ability to function is impaired or threatened by disease or injury.

Physical Therapy requires an in-depth knowledge of human growth and development, human anatomy and physiology, neuroanatomy and neurophysiology, biomechanics and abnormal psychological responses to injury, sickness and disability, and the cultural and socio-economic influences of the individual.

The goal of Physical Therapy is to help the patient reach maximum potential and to assume her/his due place in society while learning to live within the limits of such capabilities. The Physical Therapist works under the supervision of the Physiatrist, the Rehabilitation Medicine specialist.

The Physical Therapist functions in these general types of positions:

1. as staff in a supervisory position who provides direct services to the patient in a hospital setting;
2. as teacher in a clinical and academic setting; and
3. as administrator of a program in an educational institution, a clinical department, or a health agency.

## HISTORY

The Physical Therapy Program was initiated by then President of

Silliman University, Dr. Angel C. Alcala, who formed a three-man committee in 1991 composed of SUCN Dean Dr. Ma. Teresita Sy-Sinda, University Registrar Reynaldo Y. Rivera, and Dr. Lynn D. Larena-Olegario. This Committee also coopted Prof. Gloria G. Futralan of the College of Business Administration to conduct a feasibility study in the program. Together with selected senior business students, the study was completed within one semester. In April 1992, the PT Committee finished a complete draft for action by the Curriculum Committee. During the first semester of school year 1992-1993, the Academic Council approved the PT Degree Program for implementation effective June of SY 1993-1994. The Council also voted to attach the five-year program to the College of Arts and Sciences.

Several meetings were held with Acting Pres. Dr. Betty Abregana, Acting VPAA Dr. Dalisay Dumalag and VPA Cleonico Fontelo to discuss the physical plant as well as the procurement of equipment, one of the DECS requirements before the issuance of a permit to operate could be given for the PT Program to be opened. To ensure the survival of the Program in its infancy stage, the Program and Development Committee of the Board of Trustees decided to place the program under the VPAA office for the school year 1993-1994.

Effective Collegiate Year 1996-97, a Government Recognition was granted by the Commission on Higher Education (CHED), and by Professional Regulation Commission (PRC) on March 18, 1998. The ground floor of the Hibbard Hall

was chosen as the location of the PT Program. Renovation was done in May for the following: PT office, the PT Practicum Room 1, and the Anatomy-Physiology Room. Various Rehab equipment was also installed in the assigned areas.

After two years of hard work, the course was finally launched in June of 1993-1994. Screening of applicants already earlier started, in the second week of April. The entrance exam was given in the fourth week of April and the first week of May. Of the 250 applicants, only 175 students qualified for the first year level. Of the 175 who started in level I, only 99 made it to the third level. A candelighting and dedication ceremony was held on September 9, 1995.

A student association, the SUPT Student Association (SUPTSA), was organized in the same year. The Program also actively participated in the various Founders Day activities like the Miss Silliman Contest, the cheering contest, and in the booth-making contest.

However, the PT Program was again placed under the College of Nursing together with the Medical Technology Department. Thus, the College of Nursing and Allied Medical was founded in SY 1995-96.

With a donation from philanthropist Dr. Angelo King, a two-storey building was constructed inside the SUMC compound to house the Physical Therapy and Medical Technology Departments. Blessing and inauguration was done on May 19, 1996.

With hard work and the resetting of priorities, professional subjects now included an oral revalida con

ducted by consultants from the Philippine General Hospital (PGH) and the PT Program faculty among students in the fourth year level. Hence, only forty-seven (47) students qualified for the fifth year level which is the Clinical Internship Training Program, a 10-month clinical exposure in various hospitals from May up to February.

The places where the students were able to rotate included Manila, Cebu, Dumaguete, Bacolod, Iloilo, Cagayan de Oro, Davao and Butuan. As part of the program's grading system, a 100 item monthly exam with prearranged topics/subjects were sent to them and an Oral Revalida and 2 Written Revalida were scheduled at the end of each semester.

The 47-pioneering batch proudly received their hard earned-diplomas on March 22, 1998, producing 3 Cum Laudes: Gay Garnette P. Abrasaldo, Paul T. Astillero and Mitchell D. Banogon. A 2 month in-house review by the PT Program which started April 998 and a one month review by a Review Center in June were the preparations done for the PTOT Licensure Examination given by the PRC from August 22 to 23, 1998 in Cebu City. Silliman University garnered the 2nd place with its passing percentage of 77% as compared to the National passing percentage of 23%. The program also produced 2 topnotchers, Mitchell D. Banogon and Gay Garnette P. Abrasaldo, who were in the 13th and 15th placers. On September 19, 1998, the oath-taking was held at the Manila Midtown Hotel. Attended by its program director, Dr. Lynn D. Larena-Olegario also received an award from the PRC for being the 2nd top PT School in the Philippines.

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The ground floor of the Hibbard Hall was chosen as the location of the PT Program. Renovation was done for the PT Office, PT Practicum Room 1, and the Anatomy-Physiology Room. Various rehab equipment were purchased and installed in the designated areas.

To ensure the survival of this Program, which is still in its infancy stage, the Program and Development Committee of the BOT decided to place the program under the VPAA office.

The main goal of the PT Program is to nurture the Physical Therapists who are scientifically competent to deliver the full spectrum of physical therapy services required in modern health care. To meet this objective, an integrated and sequential

courses of study are planned, utilizing methods of dialectic instructions, laboratory practice and clinical education.

All these specific goals on program implementations are done in the context of our Christian Faith.

### **The SU Educational System**

Silliman University develops the whole person through Christian values that permeate every facet of University life. It provides opportunities for one's spiritual nurture, service, enhancement of truth, justice, and love. It develops persons who are committed to service for God and others as well as for the responsible stewardship of our environmental resources.

The Bachelor of Science in Physical Therapy at Silliman University upholds the University's philosophy of making available to all, high quality Christian Education. It pursues excellence in learning, teaching, research and extensions to make the Program's life relevant to national development in the service of others

### **Statement of Philosophy**

The faculty of the SU Physical Therapy Program believe that:

The human being is created in the image and likeness of God --- a unique yet unified whole with spiritual, biological, mental, emotional, socio-cultural and environmental components. As a member of a family, a community and the world, his day-to-day encounter with life affects the wholeness of an individual.

Physical Therapy is a humanistic science that seeks to assist

the person in meeting his/her health needs and problems. This is achieved through independent practice or in collaboration with health and non-health disciplines by promoting and restoring health, preventing illness and treating disease conditions, and by improving functional capabilities that provide the best care through rehabilitative techniques.

Physical Therapist is one who has acquired the essential knowledge, skills and desirable attitudes so that he/she can function efficiently in any work setting.

### **Physical Therapy Program Level Objectives**

#### **Level I**

General: At the end of the first year, the student now recognizes that the human being is a unified yet unique whole with biological, psychological, socio-cultural and spiritual needs and that, as an individual, he has a responsibility towards himself, his family, community and the world.

#### **The student is now able to**

1. recognize his needs, rights, preferences, dignity and integrity of himself and of others.
2. recognize activities that enhance the growth of his whole being and the maximization of his potentials.
3. recognize his value and responsibility as a creature loved by God.
4. identify the roles he needs to play as a member of the family, the community, the nation and the world.
5. acquaint himself with his nature biologically, psychologically, socio-culturally and spiritually.
6. interpret ideas and feelings of

himself and of others.

7. communicate effectively in both oral and written forms.

#### **Level II**

General: At the end of the second year, the student is expected to being and his environment; in addition to his acquisition beginning skills in research together with the positive attitude to the self for his role as a future health personnel.

#### **The student is now able to**

1. acquire a deeper holistic understanding of the human being.
2. show appreciation for the various artistic expressions of man's ideas and experiences.
3. participate in activities that promote his potentials and his development as a goal-oriented individual.
4. accept that he is responsible and accountable for every action and decision that he makes.
5. use analytical thinking in evaluating observed and learned facts about human relations.
6. demonstrate effective communication skills to facilitate understanding of man and his environment.
7. observe ethical decision-making in his day-to-day actions.
8. demonstrate beginning skills in implementing the research process.

#### **Level III**

General: At the end of the third year, the student is expected to enough knowledge to understand man as a biological being in the light of health concepts, as well as develop the beginning skills and positive attitudes pertinent to Physical Therapy practice.

### **The student can now**

1. acquire the basic knowledge and skills on the basic concepts of human anatomy, physiology, and pathology, human growth and development, and physical therapy techniques.

2. relate these concepts associated with the disease process and the techniques behind the physical therapy modalities.

3. demonstrate beginning physical therapy skills in the implementation of various physical modalities.

4. demonstrate beginning skills in the care of patients in the clinical setting.

5. sustain activities which nurture his human potentials and development as a person.

6. defines accountability to self.

7. recognizes his role as a change agent in meeting health care needs.

8. manifest professional adjustment in varied teaching-learning settings.

### **Level IV**

General: At the end of the fourth year, the student is expected to have learned professional skills in Physical Therapy; acquire the knowledge on the rehabilitative significance of specific diseases, and recognize his moral and ethical responsibilities in the practice of his profession.

### **The student is expected to**

1. utilize the different concepts associated with the disease process and the physical therapy techniques behind the rehabilitative.

2. relate the pathologic changes brought by stresses, illness and others to patient care.

3. apply the physical and

rehabilitative process to more complex health situations. professionals.

4. demonstrate moral and ethical accountability towards the client he serves, his peers, his superiors and the community.

5. plan and implement health-teaching strategies to help create a therapeutic environment for clients.

6. establish and maintain good inter-personal relationships with peer, superior, client, other members of the

7. health team and other allied professionals.

8. demonstrate confidence and a positive attitude in the performance of his role as a student physical therapist.

9. apply the ethical and legal dimensions of Physical Therapy in the care of patients.

demonstrate evidences of personal and professional growth.

### **Level IV**

General: At the end of the fifth year (clinical internship), the student will have acquired knowledge, skills and desired attitudes for professional practice so as to work in collaboration with others in the promotion of health, prevention, control, and the rehabilitation of diseases in an ever-changing society.

### **The student is expected to**

1. demonstrate professional skills, knowledge and attitudes in the practice of the physical therapy profession.

2. positively accept assigned professional tasks with its corresponding accountability requirements.

3. apply sound decision-making using problem-solving concepts in routine or emergency situations.

4. apply management concepts and processes as needed.

5. participate fully and completely in activities utilizing the Physical Therapy and Rehabilitative process.

6. use acquired knowledge on the legal aspects related to the work of a physical therapist.

7. utilize trends, issues and research findings in the field of physical therapy and its fields for the pursuit of local, national and global development.

8. maintain good interpersonal relations with peers, superiors, clients, professionals and other members of the health, and allied health

9. demonstrate moral and ethical accountability towards the client.

10. participate in activities which promote his effective citizenship roles in society.

N.B. adopted and revised from Nursing and Med-tech Manual.

## **RULES AND REGULATIONS: ACADEMIC POLICIES**

### **I. ADMISSION**

A. All applicants for admission must meet the basic criteria to enhance the attainment of the individual and Program objectives. Thus,

#### **1. High School graduates need:**

a. a high school general average of 85% and above;

b. satisfactory SU Admission and Placement Examination (SUAPE) results;

c. satisfactory PT Admission Test results;

d. results of Personal Interview at 75% level of competence;

e. character references from two (2) respected members of these

community; and

f. physical examination results as conducted by SUMC.

2. Students shifting to BSPT curriculum must:

Those who have a history and/ or are presently diagnosed to have a serious communicable disease, any mental illness, epilepsy, cardiac diseases, or other physical conditions that hinder the performance of the physical therapist's function are not qualified for admission.

a. follow requirements 1c, 1d, 1e, 1f as listed above;

b. have a cumulative QPA of at least 2.5;

c. have a grade of at least 2.0 in all Science, Mathematics, and English subjects;

d. have a grade of at least 1.8 for the rest of the general education subject; and

e. present a duly accomplished shifting form.

3. Students from other schools and universities must:

a. follow requirements 1c, 1d, 1e, 1f as listed below;

b. have a cumulative QPA of at least 2.5 or its equivalent

c. have a grade of at least 2.0 or its equivalent in all Science, Mathematics, and English subjects;

d. have a grade of at least 1.8 for the rest of the general education subject; and

e. have all subjects taken from previous school validated by the Registrar's Office for credit purpose.

NOTE: The Program does not accept BSPT students who have been dismissed from their former school for academic reasons.

4. Professionals taking Physical Therapy as a Second Course must:

- a. follow requirements 1b, 1c, 1d, 1e, 1f as listed below;
- b. have a cumulative QPA of at least 2.5 or its equivalent;
- c. have a grade of at least 2.0 or its equivalent in all Science, Mathematics, and English subject;
- d. have a grade of at least 1.8 for the rest of the general education subject; and
- e. have all general education subjects taken from previous degree program validated by the Registrar's Office for credit purposes.

B. All applicants must also submit the following:

1. PT admission Form duly accomplished within designated time;
2. two copies of 2" x 2" picture taken within the last six months;
3. Application Fee of P175.00 (subject to change);
4. authenticated photo copy of birth certificate; and
5. a self-addressed stamped envelope, long folder, and large brown envelope.

C. All applicants must also follow the application procedures as outlined by the Physical Therapy Program.

D. All applicants are screened based on the following criteria:

1. High School Average (for High School graduates);

Cumulative QPA (for Shiftees, Transferees, and Professionals)

2. SU Admission and Placement Examination;

3. PT Entrance Exam; and

4. Interview Result.

E. Those admitted to the Procants for admission and re-admission in consonance with available faculty and facilities.

G. No transferees are accepted to the Levels III, IV and V.

## II. PROMOTION AND RETENTION

A. Academic Load:

No student is allowed to exceed the maximum allotted units for every semester except for graduating students who have written approvals from the Director and the Registrar.

B. Academic Policies: A student

1. must maintain a minimum semestral QPA of 2.5 in all levels.

2. must maintain a minimum grade of 2.0 for all the specified general education subjects such as Science, Mathematics, and English.

3. must maintain a minimum grade of 1.8 for all other general education subject.

4. must maintain a minimum grade of 2.5 in all professional subjects.

5. must repeat those subjects whose grade fall below the minimum requirements.

C. Promotions: A student is to level IV only when she/he

1. has passed all subject and completed all requirements from Levels I and III.

2. has met the required cumulative QPA of at least 2.5.

3. has been recommended by the University Clinic Physician to be physically fit.

to level V (Clinical Internship) only when she/he

1. has completed all the required subjects from the Level I to Level IV.

2. Has passed and secured a Health Clearance from the University Physician. The student must undergo the following tests: Chest X-ray, Hemoglobin, Hematocrit, Blood

**E. List of Pre-requisite subjects:**

Typing, Urinalysis, Fecalyses, and Hepatitis panel.

Those who are 30 years and above must undergo EKG aside from the above-mentioned examinations.

D. A student who decides to seek for a postponement of the Internship Training Program must

1. present a written permit duly confirmed by the PT Program Director.

2. secure the endorsement of the University Registrar before such arrangements can be made final and binding.

3. be allowed only one-year postponement.

| Subjects                        | Pre-requisites                          |
|---------------------------------|---|
| 3rd year, 2nd semester          |   |
| PT 11B Anatomy 2                | Anatomy 1                               |
| PT 11C Kinesiology              | Anatomy 1                               |
| PT 12B Physiology 2             | Physiology 1                            |
| PT 15 Patho/Micro               | Anatomy 1                               |
| PT 16A Thera Ex 1               | Anatomy 1 and Physiology 1              |
| PT 18A Med. Surg. 1             | Anatomy 1 and Physiology 1              |
| 4th year, 1st semester          |   |
| PT 14B Electro                  | PT14A, Physio 1 and 2                   |
| PT 14C Principles of Evaluation | Anatomy 3, Thera Ex 1                   |
| PT 16B Thera Ex 2               | Thera Ex 1                              |
| PT 18B Med. Surg. 2             | MS 1, Patho/Micro                       |
| PT 17 Organization              | 4th year regular standing, 1st Semester |
| PT 19 Ethics                    | 4th year regular standing, 1st Semester |
| PT 20 Seminar 1                 | 4th year regular standing, 1st Semester |
| 4th year, 2nd semester          |   |
| PT 16C Thera Ex 3               | Thera Ex 2, PT 3                        |
| PT 18C Med. Surg. 3             | Med. Surg. 2                            |
| PT 20B Seminar 2                | Seminar 1                               |
| PT 21 Orthotics & Prosthetics   | Anatomy 3 (Kines)                       |
| PT 22 Psychiatry                | 4th year regular standing, 1st Semester |
| PT 23 Clinical Education        | 4th year regular standing, 1st Semester |

N.B. Students with regular standing are classified as those who have passed all the pre-requisite subjects.

### **III. ACADEMIC PROBATION:**

A student is on academic probation when she/he

- A. earns a semestral QPA below 2.5 in all year levels.
- B. is given a reduced load of six (6) units based on the regular semestral load.
- C. is given only one semester to improve his/her cumulative QPA.
- D. is not allowed to hold any elective office within and outside the program during such period.
- E. submits 3 copies of the duly signed OP slip to the PT Program Director together with a stamped envelope with the parent or guardian's address.
- F. submits to a guidance and counseling program.

### **IV. SHIFTING:**

A student is generally advised to shift when she/he

- A. obtains a grade of "F" in any of the professional subjects.
- B. fails to improve his/her cumulative QPA to the minimum requirements of the level after the probationary period of one semester.
- C. no longer qualifies to remain in the program. Note: A student who has been advised to shift is no longer re-admitted to the program.

### **V. WITHDRAWAL FROM THE PROGRAM**

A student who wants to shift or transfer is required to see the Adviser, Guidance Counselor, and the Director before obtaining the necessary forms.

### **VI. RE-ADMISSION OF STUDENT**

- A. A student who leaves the SU Physical Therapy Program for some valid reasons must put into writing such request, asking for a study leave within a specified semester but with the intention for a re-admission. Upon return, he/she must submit a written application to the Director for re-admission. However, all documents to support the leave of absence such as a medical certificate or its equivalent as well as the approved leave papers must be accomplished before leaving the University.
- B. The Director reviews the application and informs the student of the action on the request for re-admission.
- C. A student who leaves the Program without proper communication and clearance from the University will not be re-admitted.

### **VII. LEVEL POLICIES**

#### **Level III/Level IV:**

#### **A. Attendance**

- 1. A student is expected to attend all classes.
- 2. Work covered during any excused absences must be made up to the instructor's satisfaction.
- 3. A student who is absent from classes should notify the teacher by writing a formal letter addressed to the faculty, duly noted by the Program Director. The signed excused

letter must be submitted to the faculty during the next class schedule.

4. In instances of missed exams, it is the responsibility of the student to inform the faculty concerned and request for a make-up exam. A student who fails to take the scheduled make-up exam within one (1) week after the excused absence, is no longer qualified for another test.

5. A student who incurs 20% of the total number of contact hours for a certain subject is automatically dropped from the course.

## **B. Examination**

1. Quizzes maybe announced or unannounced.

2. Unit exams and practical exams must be announced and pointers should be provided to the students.

3. Long exams must be comprehensive.

4. Examination permits must be collected and signed during Mid-term, and Final examinations.

## **C. Review of Examination Results**

1. Exam results are presented to the student for verification. Exam data should be recorded in the class record and transferred to the monitoring sheet per grading period.

2. Students are only allowed to verify/re-check/make corrections in their exam results with the presence/authority of the teacher of the said subject.

3. After the student has reviewed the test results, he/she should sign on the upper right side of the test paper signifying that he/she has thoroughly reviewed the results and cannot anymore make additional corrections.

4. Refusal to countersign the test papers after the teacher presented the test results within the scheduled date, does not however, imply that the student will be allowed to review the test paper again.

5. Inability to review the test papers within the scheduled time without any valid reason forfeits the student's chance to review/recheck his/her exam results.

## **D. Grade Computation. A student is required to achieve**

1. a mastery level at 75% with grade equivalent of 2.5

2. a passing grade of 2.5. Subjects with grades below 2.5 can only be repeated ONCE.

## **E. Grade Computation Related Policies**

1. The MT and PMT grade-monitoring sheets must be presented to the student for verification, then duly signed by the student and the faculty.

2. Grade computation will be as follows:

### 1.1 For Theory Subjects:

|      |                  |  |            |       |
|------|------------------|--|------------|-------|
| 100% | MTC              |  | PMTC       |       |
|      | Quizzes (20%)    |  | Quizzes    | (20%) |
|      | Unit Exam (40%)  |  | Unit Exam  | (20%) |
|      | Midterm Ex (40%) |  | Ind. Prest | (20%) |
|      |                  |  | Final Exam | (40%) |

### 1.2 For Theory & Lab Subjects:

|              |                 |  |                |       |
|--------------|-----------------|--|----------------|-------|
| Theory (70%) | Quizzes (20%)   |  | Graded Recit/Q | (10%) |
|              | Unit Exam (40%) |  | Unit Exam      | (40%) |
|              |                 |  | Midterm Ex     | (40%) |
|              |                 |  | Final Exam     | (40%) |
| Lab (30%)    | Quizzes (40%)   |  | Project/Quiz   | (40%) |
|              | Prac Exam (40%) |  | Prac Exam      | (40%) |
|              | Lab Work (20%)  |  | Lab Work       | (20%) |

### 1.3 For Theory, Lab & RLE Subjects:

|              |                     |  |               |       |
|--------------|---------------------|--|---------------|-------|
| Theory (60%) | Quizzes (25%)       |  | Quizzes       | (25%) |
|              | Unit Exam (35%)     |  | Unit Exam     | (35%) |
|              |                     |  | Midterm Ex    | (40%) |
|              |                     |  | Final Exam    | (40%) |
| Lab (35%)    | Quizzes (20%)       |  | Quizzes (20%) |       |
|              | Unit Exam (30%)     |  | Unit Exam     | (30%) |
|              | Prac Exam (40%)     |  | Prac Exam     | (40%) |
|              | Lab Work (10%)      |  | Lab Work(10%) |       |
| RLE (15%)    | Eff. Rating (10%)   |  | Eff. Rating   | (10%) |
|              | Case Report (40%)   |  | Case Report   | (40%) |
|              | Prac Exam (30%)     |  | Prac Exam     | (30%) |
|              | Pre/Post Test (20%) |  | Pre/Post Test | (20%) |

### 1.4 Final Grade Computation

|                           |   |     |   |
|---------------------------|---|-----|---|
| Mid Term Computation      | x | 40% | = |
| Post Mid Term Computation | x | 60% | = |

3. Components of the grading system and the entire grading system are subject to modification in consultation with the students.

### F. Dropping from roll. A student is considered dropped when he/she

1. obtains a grade of "F" in any of the professional subjects.
2. is advised to shift, and will no longer be admitted to the Program.
3. obtains a failing grade in the professional subjects enrolled for the second time.

## **G. Use of Laboratory Equipment and Facilities**

1. Anatomical Models, Physiology equipment, and Rehab modalities to be used by the students must be duly signed out from the Borrower's logbook in the presence of the Lab Assistant.
2. The instructor conducting the class is accountable for any materials used in his/her class.
3. The faculty using the practicum rooms must strictly follow the rules and regulations concerning the use of ALL modalities.
4. Students who wish to study beyond the regular class hours must secure a permit one (1) day before the said schedule.

## **H. Breakage and Losses**

1. Losses and breakages must be reported immediately to the lab assistant who then informs the office of the incident.
2. The student concerned must submit an incident report duly signed by the faculty to be submitted to the Program Director.
3. A lost item must be replaced; if not, this should be paid.

## **I. Accountability of Personnel**

1. Clearances cannot be signed unless various accountabilities have been settled.

## **VIII. CLASS ATTENDANCE AND ABSENCES (From the revised SU-Faculty and Staff Manual, March 1995)**

- A. Students are required to attend all scheduled classes, college and university activities such as Convocations, Assemblies, Parties, Parade and etc.
- B. Work covered during any excused absence, must be made up to competency levels.
- C. No make-up exam is given to unexcused absences incurred by the student.
- D. Three (3) unexcused absences may be incurred and the rest of the 20% excusable absences allowed must be incurred only for valid reasons. The teacher concerned determined the validity of the absence. Communication in writing before the absence will be positively taken into consideration.
- E. Absence is considered excused only when prior communication has been made either verbally or in writing.
- F. If absences (excused or unexcused) are excessive, the instructor may recommend to the dean that a student be dropped from the course with a grade of "F".

## **IX. EXAMINATIONS AND EXAM PERMITS (From the Revised SU-Faculty and Staff Manual, 1995)**

tions at the time scheduled by the Director's Office.

B. Examinations should be used as educational or teaching techniques designed to encourage a thorough review and integration of the courses by each student. The emphasis is on the student's learning. Examinations should then be announced in advanced where the general nature of the examination is given. Papers should be made available to them after evaluation. Students should have the opportunity to discuss their papers with their teachers.

C. Examinations should be sufficiently comprehensive enough in scope to give evidence of competent knowledge of subject matter. They should give opportunities for the student to demonstrate his ability to organize data and reach valid conclusion.

D. Final examinations shall be two (2) hours in length which should be extensive enough to keep the best students busy for at least one and a half-hours.

E. Examination permits are required of all students for mid-term and final examinations. Teachers are instructed to urge students to settle their accounts well in advance of the date of examinations.

## **X. CHEATING AND OTHER FORMS OF DISHONESTY (From the Revised SU-Faculty and Manual, 1995)**

A. Any case of dishonesty must be reported in writing to the director of the college to which the student belongs. Dishonesty refers to any academic work done by the students such as plagiarism in reading reports or term papers, dishonesty in examinations, forgery, intentional furnishing of fraudulent information, stealing, etc.

B. Penalty for dishonesty is suspension or dismissal from the college after due process.

## **XI. BOY-GIRL RELATIONSHIPS (From the Revised SU-Faculty and Manual, 1995)**

A. In cases of pregnancy among unmarried students, the female involved is asked by the dean of the college to give a written report about the case indicating, among others, the name of the man responsible for her condition.

B. Upon receipt of such written report, if the male is also a student of the university, the college dean of the female student should immediately arrange for a conference with the male student and his college dean together with the guidance counselors of the two colleges.

C. In cases where the two parties accept the responsibility, both should be advised to leave the school for at least one academic year whether they marry or not. This is a redemptive measure to protect the female student from undue anxiety and stress if she remains on campus. This also promotes a healthy pregnancy and prepares the student or adjustments related to parenthood.

D. In cases of conflicting reports like denial on the part of the male student, inconsistency of testimonies between parties, etc., the students may be referred to the guidance counselor who assists the students in the resolution of their conflicts.

It is understood that the rights of students to confidentiality of information in a counseling session are also respected.

E. Whatever the findings are during the conference or investigation, the parents or guardian and the Dean of Student Affairs should be informed and furnished minutes of the meeting, with consent of the parties involved.

F. Readmission of the students concerned is based on the review of the case, subject to existing admission policies of the Physical Therapy Program.

## **XI. DECORUM**

A. Students must conduct themselves properly when dealing with individuals (co-students, teachers, superiors and the general public) and property whether private or public by demonstrating courtesy, care and respect not only within the campus but also outside of it.

B. Any misconduct is dealt with accordingly by the Disciplinary Committee of the Program and by the Dean of Student Affairs, if the need arises.

C. Campus attire must promote dignity and respect of the individual that creates positive impression of the wearer. This means that Physical Therapy students cannot attend classroom or academic activities in rubber slippers, micro-mini skirts/shorts, clothes with plunging necklines, bare backs, midriff blouses, torn pants or sandals.

D. Students are requested to keep the school premises neat and clean. Blackboards and chalk are to be used for academic purposes only. Smoking within the campus is not allowed. Trash must be placed in proper containers.

E. Students should avoid conduct which can distract ongoing classes or school activities (e.g.: whistling, shouting, loud talking).

F. The marking of walls, chairs or surfaces other than personal items is prohibited. One should learn to respect and value the property of others.

G. A healthy interaction with members of the opposite sex is encouraged but gestures which are offensive to other members of the community are not allowed.

## **XII. GRADUATION**

### **A student is recommended for graduation**

1. if all year level requirements have been satisfactorily completed.
2. the student has completely satisfied his/her clinical internship training requirements at least one (1) week before the commencement date of the university where
  - 2.1 internship grade must be at least 2.5. Failure to attain the desired Internship QPA will not qualify the student to march upon graduation.
  - 2.2 he has completely accomplished all requirements from the different clinical centers that the intern has rooted.
  - 2.3 he has completely served his/her extension incurred from the

sences and/or demerits.

## **PHYSICAL THERAPY CLINICAL INTERNSHIP TRAINING PROGRAM MANUAL**

### **I. Introduction**

The Physical Therapy Internship Training Program is the final and most advanced phase in the series of clinical experiences prior to graduation and conferment of the title, Bachelor of Science in Physical Therapy. The Physical Therapy Clinical Internship Training Program is a ten-month-40 hours per week rotating type of service training program which provides a comprehensive learning environment for the intern to apply and further develop his/her theoretical and practical knowledge and skills.

### **II. Requirements for Physical Therapy Interns**

#### **Physical Therapy Interns must**

- a. have finished and passed BSPT level IV at Silliman University and must have completed all the required subjects from the first to fourth year.
- b. sign an application for Internship at the Physical Therapy Program.
- c. have passed and secured a health clearance from the University Physician.
- d. have attended the Internship Orientation, Academic convocation, retreat and special lectures.
- e. have read, understood, accepted and the rules and regulations pertaining to the Clinical Internship Training Program found in this manual. Likewise, he must carry out such rules and regulations signing the certificate of waiver at the end this manual.
- f. enroll and register for BSPT internship at the Registrar's Office at the beginning of each semester.

### **III. General Rules**

- a. Schedule of Internship Rotation is posted at the Dean's Office. No swapping of assignments is allowed between co-interns.
- b. The ten (10) hospitals and centers are assigned at random.

\* Interns are allowed a travel time of one day including Sundays and holidays for rotation shifting between two (2) centers located in another area.

- a. Each Intern should render a minimum 1,600 exposure hours or 200 days for the whole Internship. Absences exceeding 20% of the total number of required Clinical Exposure hours would result in deficiencies that require the Intern concerned to repeat the whole Internship Program.
- b. Duty hours are the specified by individual training centers.

c. Each PT intern shall submit one (1) case study and one (1) journal report before the end of each assignment. Reports should be handwritten.

d. A written and/or practical exam is given at the end or during each rotation period.

e. A comprehensive oral and written revalida is given to all PT interns. Written revalida is given at the end of every semester and oral revalida during the second semester. Failure to pass will have a maximum of 15 days extension.

f. Any female intern who gets pregnant during the internship training program shall stop from the training and will lose all the credits she has earned.

g. Interns are assigned by means of decking systems by the Clinical Instructor In-charge and/or Department Head.

## **IV. Rules and Regulations**

### **A. Conduct and Behavior**

1. PT Interns must conduct themselves according to the Code of Ethics of Physical Therapy.

2. Contact with patients must be done with compassion and consideration. Undue familiarity and intimacy with patients is not allowed.

3. Interns are not allowed to accept fees, gifts, or presents in any form from the patients.

4. Courtesy, respect and harmonious work relationship with personnel and staff of the center and hospital in general is always expected.

5. The center and hospital's facilities must be used properly and with utmost care.

6. Loitering in the corridors, boisterous laughing, smoking, whistling and singing are forbidden in the hospital's premises.

7. Gambling, intoxication, and possession of deadly weapons are strictly prohibited and will be disciplined by either indefinite suspension or failure on their Clinical Internship rotation training program.

8. Social activities maybe carried out only after the organizers have secured proper permission from the PT Program Office. Social telephone calls are not allowed during duty hours.

9. PT Interns are not allowed to issue certificates or give out statements to the press concerning patient's illness, diagnosis, prognosis, and treatment.

### **B. Appearance and Attendance**

1. Whenever on duty, PT Interns must wear the prescribed uniform (blouse/pants for females; white polo/pants for males).

2. A nameplate must be worn on the prescribed uniform when at the hospital.

3. Male Interns must have their hair cut not below the collar line. Female interns with long hair must tie/keep their hair neatly. The nails of female/male

male interns must be cut short and without nailpolish.

4. Slippers and open-toed sandals are not allowed in the treatment areas. Wearing of jewelry is not acceptable except for a wedding ring when appropriate. Dangling earrings are not allowed.

5. In general, duty hours are from 8:00 a.m. to 12:00 noon and 1:00 p.m. to 5:00 p.m., Mondays to Fridays and an optional duty on Saturdays. In some affiliation centers, work hours or workdays may be different; however, PT Intern is expected to follow. On Sundays and official legal holidays, the PT intern is off duty; but if deemed necessary, the duty is counted as an overtime as well as duty days exceeding the 20-day minimum requirement in one center. Absences exceeding 20% of the total number of required Clinical Internship exposure hours would result in deficiencies that require the Intern concerned to repeat the whole Clinical Internship Program.

6. Excuse slips for absences must be countersigned by the PT Program Director or Clinical Internship Coordinator and presented to the Clinical Instructor on the day of duty when the PT intern returns; otherwise, the absence is considered unexcused.

7. Absences due to an illness must be supported by a Medical Certificate before an excused slip can be issued. The Clinical Instructor must be notified by telephone or letter of the absence on the first day of illness. All excuse slips must be signed by the PT Program Director and Clinical Internship Coordinator.

### **C. Duties and Responsibilities**

1. The PT Intern is expected to come on time, in prescribed uniform and make his/her presence known by having the Clinical Instructor sign his/her time in the Daily Time Record.

2. Complete all assignments given to him/her before leaving the hospital/center.

3. Observe and practice all rules of hygiene and infection control to protect himself/herself and the patient.

4. Record and submit a complete Initial Evaluation (IE) within forty-eight (48) hours after a patient is assigned to him/her.

5. Accomplish Progress Notes (SOAP) every three (3) days for patients on daily treatment and weekly for those on alternate day treatments (or as specified by the Clinical Instructor).

6. Sign over his/her printed name below the accomplished Initial Evaluation, Progress Notes, Discharge Notes and Endorsement Notes.

7. Read thoroughly the patient chart and consult with his/her Clinical Instructor on the prescription for physical therapy treatment.

8. Follow the prescription for physical therapy to the letter and not add any treatment without prior consultation with the Clinical Instructor who in turn consults the Physiatrist.

9. Record necessary vital signs of all patients before, during and after treatment sessions.

10. Leave behind any hospital chart. This chart therefore cannot be

brought home for any reason.

11. Leave the treatment premises with proper permission and for not longer than 15 minutes if allowed to do so.

13. Possess thorough knowledge of the procedure of treatment before administering it.

14. Return all instruments to their proper places after use and before leaving the Physical Therapy area.

15. Be assigned special duties to individual interns by the Clinical Instructor, Department Head or his/her Staff.

16. Keep to himself/herself any confidential information given to the intern by his/her patients.

17. Refrain from discussing personal details of his/her patients illness with others unless during case conferences. Discussions using the patient's real name can only be made with permission.

18. See to it that the patient follows up with the attending Physician after his/her specified course of treatment.

19. Verbally report instantly and submit an incident report to the Clinical Instructor In-charge and to the Department Head within 24 hours of any untoward incident that may happen during the course of treatment.

20. Follow special care and precautions regarding instruments and equipment by

a. acquainting himself/herself thoroughly with the mechanics of all equipment so as to use instruments with extreme care.

b. checking all electrical connections before using an electrical instrument on a patient.

c. testing the electrical instrument on himself/herself prior to using it on the patient.

d. strictly observing aftercare procedures (instruments, lights, ceiling fans, etc.).

e. placing soiled linen in their proper depositories.

21. All other rules and regulations of the hospital or center not herein stipulated must also be followed. The PT Intern must observe at all times the unwritten rules of ethics, loyalty, cooperation, respect and courtesy.

## V. Disciplinary Measures

### A. Attendance

### Makeup days

One (1) day (excused) .....one (1)

One (1) day (unexcused).....three (3)

Half day (excused) .....half day (½)

Half day (unexcused) .....one & half (1½)

Tardiness: (Beyond 30 minutes equivalent to ½ day)

1st offense (\*) .....warning

|                                     |              |
|-------------------------------------|--------------|
| 2nd offense (**)                    | half day (½) |
| 3rd offense (***)                   | one (1)      |
| Succeeding offenses                 | one (1)      |
| Absence during a scheduled activity | one (1)      |

| <b>B. Deficiencies and Misdemeanors or Infractions</b>   | <b>Make-up days</b> |
|--|---------------------|
| 1. Failure to accomplish a complete Initial Evaluation (IE) at a specified time  | one (1)             |
| 2. Failure to make (Progress Notes, Discharge Notes or Endorsement Notes) at a specified time  | one (1)             |
| 3. Not wearing of the proper uniform   | one (1)             |
| 4. Leaving treatment area without prior permission from Clinical Instructor In-charge  | three (3)           |
| 5. Leaving patient unattended  | five (5)            |
| 6. Bringing home patient's chart   | ten (10)            |
| 7. Loss of patient's chart   | ten (10)            |
| 8. Alteration of Doctor's Orders   | fifteen             |
| (15) or suspension for succeeding offense  |                     |
| 9. Falsification of Documents  | thirty (30) or      |
| suspension for succeeding offense  |                     |
| 10. Making unnecessary noise in the treatment area   | two (2)             |
| 11. Sleeping, eating, smoking during duty hours  | two (2)             |
| 12. Gambling   | ten (10)            |
| or suspension for succeeding offense   |                     |
| 13. Intoxication with alcohol or drugs   | thirty (30) or      |
| suspension for succeeding offense  |                     |
| 14. Insubordination  | ten (10) or         |
| 15. Loss of book, journal or manual replacement  | five (5) and        |
| 16. Improper use and care of equipment   | five (5)            |
| and suspension for succeeding offense  |                     |
| 17. Failing average in the center affiliation grade to repetition of duty  | four(4) weeks       |
| 18. Accumulated extension or make-up duties amounting to forty percent (40%) of the whole Internship rotation is a ground for non-promotion that requires the Intern concerned to repeat the whole Internship Program. |                     |

**C. "The Best Intern Award" is given to an intern who has accumulated the highest rating based on the following criteria:**

in 10 centers (39 points for the next highest, etc.)

2. 30 points for topping the revalida examinations (29 points for the next highest, etc.)

3. 10 points for having the most number of intern recommendations given by the Clinical Instructors (9 points for the next highest, etc.)

4. 10 points for topping the monthly exam (9 points for the next highest, etc.)

5. 10 points for having none or the lowest accumulation of extension (9 points for the next highest, etc.)

## **VI. Intern Evaluation**

### **A.Criteria for evaluation at each rotation area**

(Intern Evaluation Sheet)

|                         |       |
|-------------------------|-------|
| 1. Clinical Performance | (70%) |
| Patient Evaluation      | (25%) |
| Patient Care            | (25%) |
| Attendance              | (10%) |
| Conduct and Attitude    | (10%) |
| Requirements            | (30%) |
| Case Study Presentation | (10%) |
| Journal Report          | (10%) |
| Written/Practical Exam  | (10%) |

2. A final grade of each intern shall be computed and average from the Intern's Evaluation Sheets and shall be signed by both the Clinical Instructor In-charge and the Psychiatrist or Department Head of the Affiliation Center.

### **B. TOPICS FOR THE MONTHLY EXAMS:**

|                    |   |
|--------------------|---|
| 1st month (May)    | Anatomy<br>Kinesiology  |
| 2nd month (June)   | Physiology<br>General Pathology/Microbiology  |
| 3rd month (July)   | Pediatrics and Internal Medicine<br>Human Growth and Development                              |
| 4th month (August) | Neurology/Neurosurgery/<br>Neuroanatomy/Neurophysiology                                       |
| 5th month (Sept)   | Gen. Surgery, Orthopedic & Traumatology,<br>Obstetrics and Gynecology; Prosthetics/ Orthotics |

|                  |  |
|------------------|--|
| 6th month (Oct)  | Intro to Patient Care, Hydrotherapy, Massage, Superficial Heat |
| 7th month (Nov)  | PT Evaluation  |
| 8th month (Dec)  | Ethics, Organization and Psychology                            |
| 9th month (Jan)  | Therapeutic Exercises 1,2,3                                    |
| 10th month (Feb) | Electrotherapy   |

**C. Written Revalida from the PT Program (20%)**

The written revalida is given twice a year. The first written revalida is scheduled in last week of October to cover Basic Sciences and Medical Surgical Conditions. The second written is scheduled in first week of March, to cover PT Applications

**D. Oral Revalida (10%)**

The Oral Revalida starts on the 4th month of internship.

E. An Intern who obtains a failing grade in the Clinical Internship Training Program is allowed to repeat the Clinical Internship rotation only once.

INC- incomplete. The intern is given a grade of INC if he/she is to submit the requirements at least ONE WEEK AFTER the end o the rotation with the center; otherwise, the intern gets no credit for the rotation in that particular center.

F. The Clinical Internship grade for the school year is computed as follows:

|  |      |
|--|------|
| Average affiliation grade for 10 centers | 60%  |
| Revalida Exam: Written revalida          | 20%  |
| Oral revalida                            | 10%  |
| Monthly Exam/SUPT didactics              | 10%  |
|  | 100% |

**G. Passing Average is 75% with grade equivalent of 2.5.**

**VII. Rules for Graduation: A student**

A. must have completed all requirements for Clinical Internship with a grade of 75% and above.

B. must have studied at Silliman University for four (4) years.

C. must have a clearance from all Departments of the University.

## CURRICULUM

The Bachelor of Science in Physical Therapy is a five-year curriculum program. The first two years emphasizes on general education which broadens the intellectual foundation of the student for a specialized study, leading to patient-oriented and comprehensive care program.

The third and fourth years focus on the professional subjects in Human Anatomy and Kinesiology, Physiology, Human Growth and Development, Pathology, Physical Therapy, Therapeutic Exercises, Rehabilitation principles and other medical. Surgical, pediatric subjects essential to his clinical practice.

The fifth year provides the student a supervised clinical experience in several hospitals, with Silliman University Medical Center as base. The purpose here is to expose him to the complexity of health care as integrated member of a comprehensive rehabilitation team.

### First Year

| First Semester                       | Units           | Second Semester                           | Units           |
|--------------------------------------|-----------------|---|-----------------|
| BC 11 (Basic Communication Skills I) | 3               | BC 12 (Basic Communication Skills II)     | 3               |
| Biology 33 (General Zoology)         | 5               | Speech 11 (Basic Spch. Comm.)             | 3               |
| Chemistry 15 (General Chemistry)     | 5               | Biology 34 (Compa Verte Ana)              | 5               |
| Math 11 (College Algebra)            | 3               | Chemistry 18 (Gen Org. Chem with Biochem) | 5               |
| Psychology 11 (Gen. Psychology)      | 3               | Math 12 (Plane Trigonometry)              | 3               |
| Sociology 11 (Intro to Sociology)    | 3               | Religion 22 (New Testament)               | 3               |
| Religion 11 (Old Testament Message)  | 3               | PE 12                                     | 2               |
| PE 11                                | 2               | ROTC 12                                   | (1.5)           |
| ROTC 11                              | (1.5)           |   |                 |
| <b>Total</b>                         | <b>27(28.5)</b> | <b>Total</b>                              | <b>24(25.5)</b> |

### Second Year

| First Semester                              | Units           | Second Semester                    | Units           |
|---|-----------------|------------------------------------|-----------------|
| BC 21                                       |                 | Litt 20 (Literatures of the Phils) | 3               |
| (Adv Comp & the Research Paper)             | 3               | Speech 23 (Spch. & Oral Com)       | 3               |
| History 52 (Phil Hist. w/ Rizal)            | 3               | Physics 46 (Gen. Physics II)       | 4               |
| Physics 45 (Gen. Physics 1)                 | 4               | Filipino 24 (Panitikang Pilipino)  | 3               |
| Math 18 (Statt w/ Prep Research)            | 3               | Philo 61 (Ethics & Social Reform)  | 3               |
| Filipino 13 (Sining ng Pakikipagtalastasan) | 3               | FA 51R (Understanding the Arts)    | 3               |
|   |                 | Comp Sci 11 (Basic Computer)       | 3               |
| Filipino 25 (Retorics)                      | 3               | PT 24                              |                 |
| Pol Sci 51 (Phi)                            | 3               | (Research Design & Methodology)    | 3               |
| Philo 31 (Intro to Logic)                   | 3               | PE 22                              | 2               |
| PE 21                                       | 2               | ROTC 22                            | (1.5)           |
| ROTC 21                                     | (1.5)           |                                    |                 |
| <b>Total</b>                                | <b>27(28.5)</b> | <b>Total</b>                       | <b>27(28.5)</b> |

### Third Year

#### First Semester

|  | Lec | Lab | Units |
|--|-----|-----|-------|
| PT 11A Anatomy 1<br>(Histology, Embryology, Anatomy of the Limbs and Back)                       | 4   | 2   | 5     |
| PT 11B Anatomy 2 (Internal Organs, Face Neuroanatomy)  | 4   | 2   | 5     |
| PT 12A Physiology 1 (General Physiology, Neurophysiology)  | 3   | 2   | 4     |
| PT 13 Human Growth and Development   | 2   |     | 2     |
| PT 14A Physical Therapy 1 (Intro to Patient Care, Hydrotherapy,<br>Massage and Superficial Heat) | 3   | 2   | 4     |
|  |     |     | 21    |

#### Second Semester

|  |   |   |    |
|--|---|---|----|
| PT 11C Anatomy 3 (Kinesiology)   | 5 |   | 5  |
| PT 12B Physiology 2 (Organ System Physiology)                                | 3 | 2 | 4  |
| PT 15 Pathology/Microbiology (Gen. Pathology and<br>General Microbiology)    | 2 | 2 | 3  |
| PT 16A Therapeutic Exercise 1 (Physiology of<br>Exercise, Types and Posture) | 3 | 2 | 4  |
| PT 18A Med Surg 1 (Gen. Med. Condition)                                      | 5 |   | 5  |
|  |   |   | 21 |

### Fourth Year

#### Fourth Year

##### First Semester

|   | Lec | Lab | Units |
|---|-----|-----|-------|
| PT 14B Physical Therapy 2 (Electrotherapy)  | 3   | 2   | 4     |
| PT 14C Physical Therapy 3 (Principles of Eval Techniques,<br>ROM, MMT, History Taking and Charting) | 3   | 2   | 4     |
| PT 16B Therap Ex 2 (Specific Exercise, PRE's)   | 3   | 2   | 4     |
| PT 17 Organization and Administration   | 2   |     | 2     |
| PT 18B Med Surg Cond 2 (Neurology)  | 3   |     | 3     |
| PT 19 Ethics in Physical Therapy  | 3   |     | 3     |
| PT 20A Seminar 1 (Clinical Correlation & Team Approach)   | 2   |     | 2     |
|   |     |     | 22    |

##### Second Semester

|   |   |   |    |
|---|---|---|----|
| PT 16C Therap Ex 3 (Adva. Therap Exercise, PNF)   | 3 | 2 | 4  |
| PT 18C Med Surg Cond 3 (Gen Surg Cond, Radiology,<br>Ortho & Traumatology, Obs-Gyne, Misc.) | 5 | 5 |    |
| PT 20B Seminar 2 (Clinical Correlation & Team Approach)                                     | 2 | 2 |    |
| PT 21 Ortho & Prosthetics (Splinting, Casting, Bandaging,<br>Bracing, Artificial Limbs)     | 3 | 2 | 4  |
| PT 22 Psychiatry  | 3 |   | 3  |
| PT 23 Clinical Education (Intro to Clinics)   | 2 |   | 2  |
|   |   |   | 20 |

### Fifth Year

#### Fifth Year

Clinical Internship Program

30 units

10 Months of Rotating Internship (5 days a week)

2,080 hours

W.C.P.T. Requirements

1,500-1,800 hours

## COURSE DESCRIPTION

### **Anatomy 1: Histology, Embryology, Anatomy of the Limbs and Back**

The course is designed to provide basic learning experiences in human embryology, histology, genetics and gross anatomy of the human body with emphasis on the study of the upper and lower extremities and the back. Cadaver dissection and practical and practical correlation of the subject matter are performed during laboratory sessions.

Credit: 5 Units; 4 Hours Lecture, 2 Hours Lab

Prerequisite: Junior Standing

### **Anatomy 2: Internal Organs, Face, Neuroanatomy**

The course provides a continuum in the study of gross human anatomy and neuroanatomy which includes the regional anatomy of the head and neck, brain and spinal column, and thorax. First hand dissection experiences which include brain cutting are provided during laboratory periods.

Credit: 5 Units; 4 Hours Lecture, 2 Hours Lab

Prerequisite: Junior Standing

### **Anatomy 3: Kinesiology**

This is a study of the biomechanics, physiology, and anatomy of bodily motion as related to locomotion, activities of daily living and physical exertion in normal and abnormal individuals.

Credit: 5 Units

Prerequisite: Anatomy 1

### **Physiology 1: General Physiology, Neurophysiology**

This course is an introduction to cellular physiology where a thorough study of neurophysiology and neuromuscular physiology is presented. Laboratory sessions demonstrate the basic principles in neurophysiology.

Credit: 4 Units; 4 Hours Lecture, 2 Hours Lab

Prerequisite: Junior Standing

### **Physiology 2: Organ System Physiology**

The course provides an introduction to cellular physiology which is concerned with properties that characterize all living cells and those that are unique to special cell types such as neurons and muscle fibers. The course continues with a systematic physiology in which the activity of different tissues and organs subserve the various coordinated functions of the human body (e.g. cardiovascular, respiratory and nervous system). Emphasis is on the understanding of the physiological basis of treatment procedures administered by physical therapists. Lectures are supplemented by demonstrations and laboratory experiences.

Credit: 3 Units; 3 hours Lecture, 2 hours Lab

Prerequisite: Physiology 1

### **Pathology and Microbiology: General Pathology and General Microbiology**

The subject provides a background knowledge on general pathology, tissue/cellular reaction to inflammation and injury, degeneration, tissue repair and process of healing and immunity. It also provides background knowledge in the study of the relationships among the host, environ and pathogen in health pathologic changes of tissue/cell and the common pathogen.

Credit: 3 Units; 2 hours Lecture, 2 hours Lab

Prerequisite: Anatomy 1

### **Human Growth and Development**

This is an introduction to principles of growth and development from infancy to old age with emphasis on the motor, perceptual, cognitive, language, psychological and social development of man.

Credit: 2 Units; 2 hours Lecture

Prerequisite: Junior Standing

### **Medical-Surgical Conditions 1: General Medical Conditions**

The subject offers 5 lecture hours per week on medical/surgical terminologies; disability-causing disease entities in adults and pediatrics with emphasis on rheumatology, cardiovascular diseases, pulmonary diseases and brain injuries (traumatic or infections, malignancy, genetic abnormalities, endocrine deficiencies, etc.).

Credit: 5 Units; 5 hours Lecture

Prerequisite: Anatomy 1 and Physiology 1

### **Orthotics and Prosthetics: Splinting, Casting, Bandaging, Bracing, Artificial Limbs**

The course deals with the study of the principles of splinting, casting, bandaging, bracing and the use of artificial limbs. It also includes the indications, contraindications, prescriptions, measurements, principles of fabrication, fitting and checking out of orthopedic shoes and appliances.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab

Prerequisite: Anatomy 3

### **Medical-Surgical Conditions 3: General Surgical Conditions, Radiology, Ortho and Traumatology, Obs and Gyne, Misc**

This is a study of surgical conditions that lead to transient or permanent disability-causing conditions and their sequel. The course included topics on bone and correlation of various disease processes. Specific orthopedic conditions such as tumors, amputations, congenital defects and abnormalities, fractures and infections, prosthetic replacements of hip, knee, interphalangeal joints, etc. are taken up.

Credit: 5 Units; 5 hours Lecture

Prerequisite: Medical Surgical Conditions 2

### **Psychiatry 1: Psychological Reactions to Disability**

This is an introduction to psychiatry that includes stages of psychological development, emotional reactions to stresses and various coping mechanisms, behavioral patterns, stages of psychological reactions to disability in normal and abnormal circumstances; mechanisms of operant conditioning in the management of handicapped patients.

Credit: 3 Units; 3 units lecture

Prerequisite: Senior Standing, 2nd Semester

### **Medical Surgical Conditions 2: Neurology**

This is an introduction to neurology and neuroanatomy including diseases of the nervous system, central and peripheral diseases of the muscles and myoneural junction.

Credit: 3 Units

Prerequisite: Medical-Surgical Conditions 1, Pathology/Microbiology

### **Research 1: Research Design and Methodology**

The course offers a basic learning experience on the principles of statistical analysis, measures of central tendencies, dispersion, research design and methodology, research protocol writing, types of researches, and methods of sample gathering.

Credit: 3 Units

Prerequisite: Grades in English Courses

### **Physical Therapy 1: Intro to Patient Care, Hydrotherapy, Massage and Superficial Heat**

This course deals is an introduction and demonstration in procedures necessary for basic care of patients. It includes techniques of sterile dressing application, vital signs, hydrotherapy, therapeutic massage, superficial heat, traction and intermittent compression.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab, 2 Hours RLE

Prerequisite: Junior Standing

### **Physical Therapy 2: Electrotherapy**

This course deals with the basic principles of electricity and their application to therapeutic and diagnostic use in Physical Therapy. Includes principles, techniques, physical and physiological bases for the therapeutic use of heat, cold, light, low frequency and high frequency currents and sound waves, and methods of performing and interpreting electromyography and nerve conducting measurements. Includes TENS, interferential current, laser, biofeedback, iontophoresis and phonophoresis.

Credit: 4 Units; 3 hours Lecture, 2 hours Lab

Prerequisite: Physics 45, PT 1, Physiology 1 and 2

### **Physical Therapy 3:Principles of Eval Techniques, ROM, MMT, History Taking and Charting)**

This course is an application of fundamental knowledge in the sciences of anatomy, physics, biomechanics and neurophysiology to measurement and movement. It deals with the evaluation and application of equipment, appliances and training procedures utilized to assist the handicapped to achieve maximum functioning. It includes teaching methods for independence at home and at work as well as architectural barriers, range of motion, manual muscle testing, transfers and assistive devices.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab, 2 Hours RLE

Prerequisite: Anatomy 3, Therapeutic Exercise 1

### **Therapeutic Exercise 1: Physio of Exercise, Types and Posture**

The course includes principles and physiology of exercise for all ages and their general types and classification. Postural alignment of body segments for maximum functions is also emphasized as well as postures evaluation and correction.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab, 2 Hours RLE

Prerequisite: Anatomy 1, Physiology 1

### **Therapeutic Exercise 2: Specific Exercise, PRE's**

This course deals with the sequential development of various exercise programs for specific entities and the development of basic teaching skills for the implementation of these exercises. This course also deals with planning for home exercise programs for patients, families or community agencies.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab, 2 Hours RLE

Prerequisite: Therapeutic Exercise 1

### **Therapeutic Exercise 2: Specific Exercise, PRE's**

The theories and techniques of specialized exercise regimen with emphasis on proprioceptive neuromuscular facilitation based on neurophysiological mechanisms are the foci in this course.

Credit: 4 Units; 3 Hours Lecture, 2 Hours Lab, 2 Hours RLE

Prerequisite: Therapeutic Exercise 2, Physical Therapy 3

### **Organization and Administration**

This is a course on direction and management of rehabilitation/physical therapy units in hospitals, community centers, schools for handicapped individuals and public health agencies. It also includes personnel selection, staff education, supervision and interdepartmental planning.

Credit: 2 Units ; 2 units lecture

Prerequisite: Senior Standing, 1st Semester

### **Ethics in Physical Therapy**

The course helps physical therapy students to familiarize themselves with the process of ethical reasoning especially as it refers to medical situations. Its

Its aim is to help the students arrive at a right decision after considering the scientific, moral, legal and ethical aspects of a given situation.

Credit: 3 Units ; 3 units lecture

Prerequisite: Senior Standing, 1st Semester

### **Seminars 1 and 2: Clinical Correlation and Team Approach**

These courses introduce the students to the various medical, surgical, orthopedic, neurologic and pediatric conditions commonly encountered in physical therapy. This emphasized on the physical therapy management of these conditions. Roles of other rehabilitation workers are also discussed.

Credit: Seminar 1, 2 Units

Credit: Seminar 2, 2 Units

Prerequisite: Senior Standing

Prerequisite: Seminar 1

### **Clinical Education: Intro to Clinics**

The course reviews the principles of evaluation techniques, ROM, MMT, special tests and charting as applied to actual clinical and ward work.

Credit: 2 Units; 2 hours Lecture, 8 Hours RLE

Prerequisite: Senior Standing, 2nd Semester

### **Clinical Internship Program**

This is a 10-month, 1600-hours (minimum) internship training of the students in various rehabilitation clinics in hospitals and community settings.

Credit: 30 Units

Prerequisite: All Level subjects

### **Members of the Faculty**

Lyn L. Olegario, Director

BS General Science, Silliman University; Doctor of Medicine, West Visayas State University

Dean Fidel D. Evangelista – Instructor. BSPT, Cebu Doctors College

Alommea M. Gonzales – Instructor. BSPT, Riverside College

Sharon B. Jamandron – Instructor. BSPT, Southwestern University

Karen L. Piñero – Instructor. BSPT, Velez College

Cyflor E. Putong – Instructor. BSPT, Riverside College

Fe Maricel Salazar – Instructor. BSPT, Cebu Doctors College

Leopoldo D. Samonte, Jr. – Instructor. BSPT, Cebu Doctors College

Ernesto III P. Sayo – Instructor, BSPT, Riverside College

Part-time Medical Faculty:

Ma. Antonia Gem C. Austria – BSMT, West Visayas State University; MD, West Visayas State University

Brenda V. Diputado – BS (General Science), Silliman University; MD, West Visayas State University

Erlinda L. Juan – BS PreMed, Silliman University; MD, Cebu Institute of Medicine

Emmanuel D. L. Katada – BS (General Science), Silliman University; MD, Cebu Institute of Medicine

Danilo V. Olegario – BS (General Science), Silliman University; MD, West Visayas State University

Enrique Rey B. Rosario – BSMT, Silliman University; MD, University of the Visayas

Ma. Lourdes E. Ursos – Bs (Biology), Silliman University; MD, Gullas College of Medicine

Walden R. Ursos – BS (Biology), Silliman University; MD, West Visayas State University

Milagros D. Uy

Ma. Carmelita N. Veracruz – BS (Zoology), University of the Philippines-Diliman; MD, UERMMC, Manila

Secretary. Russel E. Ygnalaga

Lab. Asst. Efren G. Narciso

Office Asst. Mate V. Nocete