

## **CONTENT STANDARD 1.0: ETHICAL, LEGAL, AND PROFESSIONAL RESPONSIBILITIES**

### **Performance Standard 1.1: Professionalism**

- 1.1.1 Discuss different aspects of positive character.
- 1.1.2 Observe realistic workplace experience through industry-related activities.
- 1.1.3 Demonstrate professional dress and appearance in the workplace.
- 1.1.4 Describe the basic traits that make up professionalism.
- 1.1.5 Demonstrate appropriate written and oral communication skills in the workplace.
- 1.1.6 Define continuous process improvement as it relates to the individual patient, health care provider, team, and profession.

### **Performance Standard 1.2: Ethical Behavior in Healthcare**

- 1.2.1 Practice responsibility within the ethical framework of the health professionals.
- 1.2.2 Identify the code of ethics for rehabilitation professionals.
- 1.2.3 Differentiate between ethical and legal issues impacting rehabilitation professions.
- 1.2.4 Compare personal and professional ethics.
- 1.2.5 Recognize ethical, cultural, and social issues and their implications related to rehabilitation professions.

### **Performance Standard 1.3: Legal Responsibilities in Healthcare**

- 1.3.1 Identify the Health Insurance Portability and Accountability Act (HIPAA).
- 1.3.2 Identify the Family Education Rights and Privacy Act (FERPA).
- 1.3.3 Compare and contrast FERPA and HIPAA.
- 1.3.4 Comprehend legal terminology associated with the medical profession.
- 1.3.5 Apply the concept of confidentiality to patient information and records.
- 1.3.6 Discuss common methods of payment for healthcare.
- 1.3.7 Explain patients' bill of rights and advance directives.
- 1.3.8 Differentiate between the scopes of practice of rehabilitation professionals.
- 1.3.9 Define Health Informatics.
- 1.3.10 Define evidence-based practice.

## **CONTENT STANDARD 2.0: GENERAL HEALTH AND WELLNESS**

### **Performance Standard 2.1: Understand Concepts of Wellness**

- 2.1.1 Demonstrate the ability to apply principles of physical fitness, nutrition, and weight control.
- 2.1.2 Recognize signs and symptoms of alcohol and drug abuse.
- 2.1.3 Identify common disease and injury prevention strategies.
- 2.1.4 Identify physical, mental, emotional, and social wellness and stress management concepts.
- 2.1.5 Identify management strategies of environmental and consumer health.
- 2.1.6 Understand the significance of self-responsibility in negative/positive lifestyle habits.
- 2.1.7 Distinguish between the health belief model, social-cognitive model, and trans-theoretical model.

## **CONTENT STANDARD 3.0: ANATOMY AND PHYSIOLOGY**

### **Performance Standard 3.1: Medical Terminology**

- 3.1.1 Define common prefixes, suffixes, and word roots relating to body structures and functions.
- 3.1.2 Spell and pronounce medical terms correctly.
- 3.1.3 Identify basic medical abbreviations.

- 3.1.4 Use proper terminology while describing common injuries and pathologies.

## **Performance Standard 3.2: Body Systems Structures and Functions**

- 3.2.1 Identify the role and structure of the cardiovascular system.
- 3.2.2 Identify the role and structure of the circulatory system.
- 3.2.3 Identify the role and structure of the respiratory system.
- 3.2.4 Identify the role and structure of the nervous system.
- 3.2.5 Identify the role and structure of the endocrine system.
- 3.2.6 Identify the role and structure of the reproductive system.
- 3.2.7 Identify the role and structure of the sensory system.
- 3.2.8 Identify the role and structure of the excretory/urinary system.
- 3.2.9 Identify the role and structure of the digestive system.
- 3.2.10 Identify the role and structure of the muscular system.
- 3.2.11 Identify the role and structure of the skeletal system.
- 3.2.12 Identify the role and structure of the integumentary system.

## **Performance Standard 3.3: Musculoskeletal System**

- 3.3.1 Differentiate between the four basic tissue types in the body.
- 3.3.2 Explain the general mechanism and type of muscle contraction.
- 3.3.3 Categorize the structures of the body into the organizational system.
- 3.3.4 Summarize functions of the skeletal system.
- 3.3.5 Identify the bones of the axial and appendicular skeleton and their gross anatomical landmarks.
- 3.3.6 Identify standard anatomical position and directions.
- 3.3.7 Distinguish among three types of cartilage.
- 3.3.8 Differentiate among the various types of joints.
- 3.3.9 Compare the characteristics of muscles.

## **CONTENT STANDARD 4.0: ASPECTS OF THE INTERPROFESSIONAL TEAM**

### **Performance Standard 4.1: Members of the Team**

- 4.1.1 Explore various medical specialties.
- 4.1.2 Differentiate between the roles and responsibilities of the rehabilitation team.
- 4.1.3 Compare and identify professional associations.
- 4.1.4 Identify the importance and purpose of medical documentation.
- 4.1.5 Identify the components of medical documentation.

### **Performance Standard 4.2: Educational Requirements**

- 4.2.1 Research educational requirements for rehabilitation services careers.
- 4.2.2 Explain certification or licensure requirements for rehabilitation services careers.
- 4.2.3 Compare and contrast between certification, registration, and licensure for rehabilitation services careers.

### **Performance Standard 4.3: Career Opportunities**

- 4.3.1 Identify the employment opportunities for rehabilitation professions.
- 4.3.2 Identify the practice settings and specialties for rehabilitation professions.

## **CONTENT STANDARD 5.0: PATIENT CARE SKILLS**

### **Performance Standard 5.1: Safety Practices**

- 5.1.1 Explain blood borne pathogens.
- 5.1.2 Demonstrate universal precautions and the use of Personal Protective Equipment (PPE).
- 5.1.3 Describe effective practices to manage infectious disease transmission.
- 5.1.4 Recognize the importance of safety data sheets (SDS).
- 5.1.5 Identify and explain the components of an exposure control plan.
- 5.1.6 Identify and explain the components of an emergency action plan.
- 5.1.7 Demonstrate proper body mechanics and patient transfer techniques.

## **Performance Standard 5.2: Basic First Aid and CPR Training**

- 5.2.1 Apply the concept of Universal Precautions to the practice of first aid and CPR.
- 5.2.2 Explain the importance of cardiopulmonary resuscitation (CPR) and how to manage an obstructed airway.
- 5.2.3 Demonstrate the proper technique for performing Basic Life Support for the Healthcare Provider CPR/AED and basic first aid on an adult, child, and infant.

## **Performance Standard 5.3: Vital Signs**

- 5.3.1 Measure height and weight.
- 5.3.2 Measure heart rate, blood pressure, temperature, and skin color.
- 5.3.3 Measure respiratory rate.
- 5.3.4 Demonstrate an understanding of normal values for vital signs.

## **Performance Standard 5.4: Psychological Response**

- 5.4.1 Compare the five psychological phases a patient may experience following a change in function or loss.
- 5.4.2 Examine different coping mechanisms to loss of function, death/dying, illness, and disability.
- 5.4.3 Demonstrate appropriate therapeutic communication including empathy and compassion.
- 5.4.4 Describe the importance of goal setting in the rehabilitation process.
- 5.4.5 Understand the theories of pain management.

## **CONTENT STANDARD 6.0: PRINCIPLES OF THERAPEUTIC INTERVENTIONS**

### **Performance Standard 6.1: Therapeutic Exercise**

- 6.1.1 Define functional mobility.
- 6.1.2 Discuss and identify the components and goals of a rehabilitation program.
- 6.1.3 Compare and contrast aerobic and anaerobic therapeutic exercise.
- 6.1.4 Describe various range of motion exercises including passive, assisted, active, and resistive.
- 6.1.5 Recognize various equipment and tools used in therapeutic exercise.
- 6.1.6 Examine the importance of various flexibility techniques.
- 6.1.7 Identify evidence-based practice.

### **Performance Standard 6.2: Standard Tests and Measures**

- 6.2.1 Define standard muscle testing.
- 6.2.2 Identify standard range of motion testing including goniometry.
- 6.2.3 Identify common orthopedic special tests.

### **Performance Standard 6.3: Modalities and Equipment**

- 6.3.1 Compare and contrast the principles of rest, ice, compression, and elevation (R.I.C.E.) and protection, rest, ice, compression and elevation (P.R.I.C.E.).
- 6.3.2 Demonstrate proper fitting and gait with assistive devices.

- 6.3.3 Demonstrate proper splinting and bracing applications.
- 6.3.4 Identify the purpose of therapeutic modalities.
- 6.3.5 Describe the physiological effects, indications, contraindications, and application of therapeutic modalities.

### **CONTENT STANDARD 7.0: COMMON PATHOLOGIES**

#### **Performance Standard 7.1: Common Injuries**

- 7.1.1 Identify common musculoskeletal injuries.
- 7.1.2 Differentiate between symptoms of sprains and strains.
- 7.1.3 Categorize the most common types of skin injuries.
- 7.1.4 Differentiate between signs and symptoms of concussions.
- 7.1.5 Differentiate between the etiology of soft tissue and bone injuries.

#### **Performance Standard 7.2: General Medical Conditions**

- 7.2.1 Recognize the general impact of diabetes to patient care.
- 7.2.2 Recognize the need for consultation when caring for patients with common diseases and conditions including rheumatoid arthritis, osteoarthritis, obesity, and so forth.
- 7.2.3 Recognize the need for consultation when caring for patients with neurological conditions.

#### **Performance Standard 7.3: Tissue Response to Injury**

- 7.3.1 Describe the inflammatory process.
- 7.3.2 Examine the steps in the healing process of bone and soft tissue.
- 7.3.3 Compare and contrast acute and chronic response to injury.