

Course Title	Preventive Physiotherapy
Course Code	PT503
Course Credit	Lecture: 3
	Practical / Clinical Training: 2
	Total: 5

Course Objective	
<ol style="list-style-type: none"> 1. Understand the scope of physiotherapy in prevention & control of various diseases and disorders of the population. 2. Evaluate and manage various cases of occupational hazards prevailing in the industries. 3. To incorporate importance of ergonomics in prevention & promotion of health 4. To acquire knowledge of policies implemented by various national & international associations/organizations for betterment of health in country 	

Detailed Syllabus		
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Sr. No.	Name of chapter & details	Hours Allotted
Section – I		
1	Introduction to preventive physiotherapy and its scope Special terminology in practice Prevention and promotion of health Prevention and control of disease Prevention is better than cure Health and wellness Life style modification Occupational hazards For special groups including sedentary, elder and high risk populations, etc...	6
2	Health Education: Concepts, aims and objectives, Approaches to health education, Models of health education, Contents of health education, Principles of health education, Practice of health education Prevention of injuries	4

3	Nutrition and Health: Classification of foods, Nutritional profiles of principal foods, Nutritional problems in public health, nutrition programmes	4
4	Ergonomic hazards, prevention and control History of ergonomics, Worker care spectrum Analysis of various jobs like computer operator, heavy load lifter, lorry driver etc. Injury prevention and ergonomics Job site analysis Workplace wellness	8
5	Fitness for special groups including sedentary, elder and high risk populations. Definition, Fitness testing methods, Fitness assessment , Health and wellness Fitness exercises for prevention and control of various physical and functional disabilities Exercises according to levels of fitness.	8
6	Prevention for osteoporosis -Physiotherapy intervention in prevention of osteoporosis Exercises therapy	4
7	OBESITY : Types, causes, complications	3
	Physiotherapy intervention in prevention of obesity and related secondary complications Weight control exercises program	6
8	Diabetes mellitus : Types, complications Physiotherapy intervention in prevention of secondary complications of DM	3
	Exercises therapy for insulin and non-insulin dependent DM	4
9	Hypertension: Types, Complications Different stages of HTN Physiotherapy intervention in prevention of secondary complications of Hypertension	6
SECTION – II		
10	Geriatric population	
	Physiology of Aging Physiotherapy intervention in prevention of age related complications of aging	4

	Problems in the elderly populations e.g balance impairment and repetitive falls, musculoskeletal problems. Tautness, contracture, weakness, psychiatric etc...	6
	services for the elderly, home and public places, support	3
	Role of Physiotherapy in prolonged bed rest and in home for aged Physiotherapy assessment and treatment	6
11	Industrial Physiotherapy	
	Occupational Hazards in the industrial area -- Accidents due to 1. Physical agents-e.g.-Heat/cold, light, noise, Vibration, U.V. radiation, Ionizing radiation, 2. Chemical agents-Inhalation, local action, ingestion, 3. Mechanical hazards-overuse/fatigue injuries due to ergonomic alteration	8
	1. sedentary table work –executives, clerk, 2. inappropriate seating arrangement- vehicle drivers 3. constant standing- watchman- Defense forces, surgeons 4. Role of P.T. in Industrial setup and industrial hazard	6
	Psychological hazards- e.g.-executives, monotonicity and dissatisfaction in job, anxiety of work completion with quality	4
	1. Social security and other measures for the protection from occupational hazard accidents and diseases 2. Details of compensation acts.	6
	Prospective areas of physiotherapy in prevention and control in special groups Women's health, school going children, weight lifters, as well as for good posture. Role of Assistive devices in prevention, walking aids, orthotics and prosthesis	4
12	National and international organizations working for prevention and control 1. Ministry of social justice and empowerment o Integrated program for elder population o Disability prevention 2. Ministry of health and family welfare o NPCDCS, (National Programme for Prevention and Control of Cancer, Diabetes, CVD AND Stroke, 3. WHO, etc... 4. National leprosy eradication programme, 5. National tuberculosis programme, 6. National AIDS control programme, 7. Universal Immunisation programme,	9

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| <ul style="list-style-type: none"> 8. Reproductive and child health programme, 9. National cancer control programme, 10. National mental health programme 11. National diabetes control programme, 12. National family welfare programme, 13. National sanitation and water supply programme | |
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Instructional Method:

1. Teaching and training sessions will be carried out through active learning. Active participation and contribution in group discussion and seminars are mandatory for students
2. Lectures to be conducted with the help of black board and/or audio-visual aids that includes multi-media projector, OHP, etc.
3. Problem based and/or case based assignments based on course content will be given to the students at the end of each unit/topic and will be evaluated at regular interval.
4. The course includes a laboratory where the students have an opportunity to build and appreciation for the concepts being taught in lectures.
5. Instruction method will be integrated with clinical training, bedside / class room teaching and tutorials as necessary.

Text books:

1. [Tidy's Physiotherapy \(Physiotherapy Essentials\)](#) by Stuart Porter.
2. Cash textbook of General Medical and Surgical Conditions for Physiotherapists

Reference Books:

1. [Physical Rehabilitation \(O'Sullivan, Physical Rehabilitation\)](#) by [Susan B. O'Sullivan](#) and Thomas J. Schmitz (2006)
2. Elements in Pediatric Physiotherapy – Pamela M Eckersley



SYLLABUS