

COMMUNITY HEALTH PHYSIOTHERAPY

Course Title	Community Health Physiotherapy
Course Code	PT 803
Course Credit	Lecture: 4
	Practical/ Clinical Training: 4
	Total: 8

Course Objectives

1. To understand the concept of community health and role of physiotherapy at community based physiotherapy.
2. To learn and practice physiotherapy intervention in various communities including normal and special groups with unique diseases and disorders e.g. obesity, diabetes, hypertension, COPD, computer users, stroke patients, elder population, Parkinson diseases, etc...
3. To learn and practice formulating a special community, designing group activities, goal setting to enhance Quality of Care and Quality of Life of every individual within the community.

Detailed Syllabus

Sr. No.	Name of chapter & Details	Hours Allotted
Section - I		
1	Introduction of Community Health Physiotherapy What is Community & Health Physiotherapy? Definition, history, recent updates Need of Community Health Physiotherapy History of public health & evolution of community medicine – physiotherapy Concepts in community medicine – physiotherapy Biostatistics & epidemiology in community medicine – physiotherapy	12
2	Health care delivery system Levels of health care delivery system Healthcare reforms Health information management	6
3	CBR Implementation of Physiotherapy skill at community level	2
	Role of Physiotherapy in Community at PHC, CHC	2
	Screening & Early intervention	3

	Differentiate CBR from IBR	1
4	Rehabilitation Team Organization of Rehabilitation unit	2
	Concept of team approach	1
	Members of rehabilitation team	2
5	Community Health Physiotherapy for normal Communities Stages in formulating a community for normal and special groups scope of training There are following skills and capacities required to achieve above objectives: A. General Skills: B. Physical and functional outcome measures C. Communication Skills: D. Problem Solving skills: E. Health care delivery skills: F. Epidemiological, Statistical and Analytical skills: G. Organizing and management skills: H. Skills to be acquired to manage at primary health center, community health Centers, and district level hospital. For that exposure to these centers and hospital required. I. Teaching Skills: Teaching of medical, nursing, dental, paramedics, etc. Activities of community Rehabilitation program including group exercises Use of assistive devices (orthosis, walking aids) Various national - international organizations and support groups for:	12
	Geriatrics	7
	Children	7
	Adults	7
	Women	7
	Teachers, computer users etc...	7
6	Disability Epidemiology of disability (Impairment, disability, etc...) Disability evaluation Disability prevention, treatment & restoration National & International Legislations for PWD	12
7	Brief outline of Communication disorder & its implications on Rehabilitation process.	6
Section II		
8	Community Health Physiotherapy for special groups	12

	<p>Stages in formulating a community</p> <p>Scope of training</p> <p>There are following skills and capacities required to achieve above objectives:</p> <p>A. General Skills: B. Physical and functional outcome measures C. Communication Skills: D. Problem Solving skills: E. Health care delivery skills: F. Epidemiological, Statistical and Analytical skills: G. Organizing and management skills: H. Skills to be acquired to manage at primary health center, community health Centers, and district level hospital. For that exposure to these centers and hospital required. I. Teaching Skills: Teaching of medical, nursing, dental, paramedics, etc.</p> <p>Activities of community</p> <p>Rehabilitation program including group exercises</p> <p>Use of assistive devices (orthosis, walking aids)</p> <p>Various national - international organizations and support groups</p>	
9	Community for musculoskeletal problems	
	Osteoarthritis of knee	4
	Low back pain	4
	Neck pain	4
	Shoulder pain	4
	Osteoporosis, etc...	4
10	Community for Cardiopulmonary and metabolic problems	
	Hypertension	4
	COPD	4
	Diabetes	4
	Obesity, etc...	4
11	Community for Neuromuscular and other problems	
	Stroke, fall prevention program	4
	Cerebral palsy	4
	Parkinson's disease	4
	Muscular dystrophy, etc...	4
12	Community physiotherapy for amputation	7
	Prosthetic rehabilitations	
	Analysis:	
	Check out procedure for lower limb prostheses	7
	Gait deviation with prostheses	
13	Special assistive devices	5

	Para podium, RGO, Standing frame, Wheel chair, etc....	
14	Clinical Application	5
	Identification of problems, Prescription of appropriate devices, modification, etc...	
15	Vocational Rehabilitation Types of employments	5
16	Health information technology & research methods in community	3

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. Instruction method will be integrated with clinical training, bedside / class room teaching and tutorials as necessary.
5. Practical sessions and assessment will be carried out through Project based learning including Community work, field visit, community interaction, and organizing community meet, etc...

Text Books

1. Physical rehabilitation. 5th edition. Susan B. O Sullivan, Thomas Schmidtz. F.A. Davis Company
2. Textbook of rehabilitation. 3rd edition. S. Sunder. Jaypee Publications
3. Park's textbook of preventive & social medicine. 19th edition. K Park. M/S Banarsidas Bhanot Publishers.

Reference materials

1. Prosthetics & Orthotics in Clinical Practice: A Case Study Approach. 1st edition. May BJ; Lockard MA. F.A. Davis Company
2. <http://www.who.int/disabilities/cbr/guidelines/en/>