

Name: _____

Physical Therapy Assistant

Directions:

Evaluate the student by entering the appropriate number to indicate the degree of competency. The rating for each task should reflect employability readiness rather than the grades given in class.

Student Rating Scale:

- 0 No Exposure** – no experience/knowledge in this area
- 1 Knowledge Received** – area is understood
- 2 Limited Skill** – has exposure, but additional training and supervision is required
- 3 Moderately Skilled** – limited training and supervision may be required, but progress is being made
- 4 Skilled** – no additional training is required; the competency has been mastered and knowledge can be transferred to other applications

| 0 | 1 | 2 | 3 | 4 | A. Effectively Communicate With Others | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Determine the effectiveness of one’s own communication in all settings | |
| | | | | | 2. Modify communications to achieve the desired result in all settings | |
| | | | | | 3. Use effective, appropriate, capable, and timely communication with the client, physical therapist (PT), healthcare delivery personnel, and others | |
| | | | | | 4. Produce documentation that follows the guidelines and format required by law and the clinical setting | |
| | | | | | 5. Listen actively and attentively | |
| | | | | | 6. Use non-verbal communication that is consistent with the intended message | |
| | | | | | 7. Demonstrate respectful and technically-correct verbal communication | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | B. Describe Individual and Cultural Differences | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Deliver established care that reflects sensitivity to individual differences | |
| | | | | | 2. Recognize stereotypes, biases, and prejudices | |
| | | | | | 3. Address the needs of the client with respect to cultural and/or individual differences | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | C. Demonstrate Appropriate Behavior and Conduct | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Adhere to ethical and legal standards | |
| | | | | | 2. Demonstrate an appropriate work ethic (e.g., punctuality, dress, dependability, initiative, and adaptability) | |
| | | | | | 3. Engage in self-assessment and the setting of personal goals | |
| | | | | | 4. Accept responsibility for one’s own actions | |
| | | | | | 5. Interact with others in a respectful manner | |
| | | | | | 6. Demonstrate concern for the dignity and welfare of individuals | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | D. Demonstrate Clinical Problem Solving and Judgment | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Identify the client status and performance in relation to the established goals and outcomes set by the PT | |
| | | | | | 2. Utilize information from multiple data sources to weigh alternatives | |
| | | | | | 3. Determine whether to adjust or suspend client intervention | |
| | | | | | 4. Report all findings to the PT | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | E. Effectively Educate Others | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Educate others (e.g., client, family, caregiver, staff, student, and other healthcare providers) using relevant and effective teaching methods | |
| | | | | | 2. Deliver an effective education presentation | |
| | | | | | 3. Recognize responses to ensure that the client and/or caregiver understands the education | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | F. Demonstrate Proper Data Collection | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Obtain accurate information by performing selected data collection consistent with the plan of care | |
| | | | | | <i>Perform the following data collection skills that are essential for carrying out the plan of care</i> | |
| | | | | | <i>Aerobic Capacity and Endurance</i> | |
| | | | | | 2. Measure vital signs | |
| | | | | | 3. Recognize and monitor responses to positional changes and activities | |
| | | | | | 4. Observe and monitor thoracoabdominal movements and breathing patterns with activity | |
| | | | | | <i>Anthropometrical Characteristics</i> | |
| | | | | | 5. Measure height, weight, length, and girth | |
| | | | | | <i>Arousal, Mentation, and Cognition</i> | |
| | | | | | 6. Recognize changes in the direction and magnitude of the clients state of arousal, mentation, and cognition | |
| | | | | | <i>Assistive, Adaptive, Orthotic, Protective, Supportive, and Prosthetic Devices</i> | |
| | | | | | 7. Identify the ability of the client and/or caregiver to care for a device | |
| | | | | | 8. Recognize changes in skin condition while using devices and equipment | |
| | | | | | 9. Recognize safety factors when using a device | |
| | | | | | <i>Gait, Locomotion, and Balance</i> | |
| | | | | | 10. Describe the safety, status, and progression of the client when engaged in gait, locomotion, balance, wheelchair management, and mobility | |
| | | | | | <i>Integumentary Integrity</i> | |
| | | | | | 11. Recognize absent of altered sensation | |

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| | | | | | 12. Recognize normal and abnormal integumentary changes | |
| | | | | | 13. Recognize activities, positioning, and postures that can aggravate or relieve pain, alter sensations, or produce associated skin trauma | |
| | | | | | 14. Recognize viable versus nonviable tissue | |
| | | | | | <i>Joint Integrity and Motility</i> | |
| | | | | | 15. Recognize normal and abnormal joint movement | |
| | | | | | <i>Muscle Performance</i> | |
| | | | | | 16. Measure muscle strength using manual muscle testing | |
| | | | | | 17. Observe the presence or absence of muscle mass | |
| | | | | | 18. Recognize normal and abnormal muscle length | |
| | | | | | 19. Recognize changes in muscle tone | |
| | | | | | <i>Nueromotor Development</i> | |
| | | | | | 20. Recognize gross motor milestones | |
| | | | | | 21. Recognize fine motor milestones | |
| | | | | | 22. Recognize righting and equilibrium reactions | |
| | | | | | <i>Pain</i> | |
| | | | | | 23. Administer standardized questionnaires, graphs, behavioral scales, or visual analog scales for pain | |
| | | | | | 24. Recognize activities, positioning, and postures that can aggravate or relieve pain or alter sensations | |
| | | | | | <i>Posture</i> | |
| | | | | | 25. Describe resting posture in any position | |
| | | | | | 26. Recognize the alignment of the trunk and extremities | |
| | | | | | <i>Range of Motion</i> | |
| | | | | | 27. Measure the functional range of motion | |
| | | | | | 28. Measure the range of motion using a goniometer | |
| | | | | | <i>Self-care and Home Management and Community or Work Reintegration as Related to Physical Movement and Mobility</i> | |
| | | | | | 29. Inspect the physical environment | |
| | | | | | 30. Measure the physical space | |
| | | | | | 31. Recognize safety and barriers in the home, community, and work environment | |
| | | | | | 32. Recognize the level of functional status | |
| | | | | | 33. Administer standardized questionnaires to the client and others | |
| | | | | | <i>Ventilation, Respiration, and Circulation Examination</i> | |
| | | | | | 34. Recognize cyanosis | |
| | | | | | 35. Recognize activities that can aggravate or relieve edema, pain, dyspena, or other symptoms | |

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| | | | | | 36. Describe chest wall expansion and excursion | |
| | | | | | 37. Describe cough and sputum characteristics | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | G. Describe the Plan of Care | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Recognize the components of the plan of care established by the PT | |
| | | | | | 2. Implement delegated interventions to achieve the goals and outcomes identified in the plan of care | |
| | | | | | 3. Identify the need for modifications to the plan of care based on the clinical problem-solving process | |
| | | | | | 4. Report the need for modifications to the plan of care to the PT based on data collection and client response | |
| | | | | | 5. Progress the client within the established modified plan of care | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | H. Demonstrate Intervention Skills | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Perform in a safe manner to minimize risk to the client, self, and others | |
| | | | | | 2. Perform client interventions in a technically-competent manner | |
| | | | | | 3. Recognize when interventions have been inappropriately delegated | |
| | | | | | 4. Initiate intervention clarification and modification with the PT | |
| | | | | | 5. Take appropriate action in an emergency in any practice setting | |
| | | | | | 6. Provide client-related instruction to family members and caregivers to achieve the outcome in the plan of care | |
| | | | | | <i>Implement the following components of interventions identified in the plan of care that is established by the PT</i> | |
| | | | | | <i>Function Training as Related to Physical Movement and Mobility</i> | |
| | | | | | 7. Activities of daily living | |
| | | | | | 8. Assistive / adaptive devices | |
| | | | | | 9. Body mechanics | |
| | | | | | 10. Developmental activities | |
| | | | | | 11. Gait and locomotion training | |
| | | | | | 12. Prosthetics and orthotics | |
| | | | | | 13. Wheelchair management skills | |
| | | | | | <i>Infection Control Procedures</i> | |
| | | | | | 14. Isolation techniques | |
| | | | | | 15. Sterile techniques | |

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| | | | | | <i>Manual Therapy Techniques</i> | |
| | | | | | 16. Passive range of motion | |
| | | | | | 17. Therapeutic massage | |
| | | | | | <i>Physical Agents and Mechanical Agents</i> | |
| | | | | | 18. Athermal agents | |
| | | | | | 19. Biofeedback | |
| | | | | | 20. Compression therapies | |
| | | | | | 21. Cryotherapy | |
| | | | | | 22. Electrotherapeutic agents | |
| | | | | | 23. Hydrotherapy | |
| | | | | | 24. Superficial and deep thermal agents | |
| | | | | | 25. Traction | |
| | | | | | <i>Therapeutic Exercise</i> | |
| | | | | | 26. Aerobic conditioning | |
| | | | | | 27. Balance and coordination training | |
| | | | | | 28. Breathing exercises and coughing techniques | |
| | | | | | 29. Conditioning and reconditioning | |
| | | | | | 30. Posture awareness training | |
| | | | | | 31. Range of motion exercises | |
| | | | | | 32. Stretching exercises | |
| | | | | | 33. Strengthening exercises | |
| | | | | | <i>Wound Management</i> | |
| | | | | | 34. Apply and remove a dressing or agents | |
| | | | | | 35. Identify the precautions for removing a dressing | |
| | | | | | Other: | |

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| 0 | 1 | 2 | 3 | 4 | I. Measure and Evaluate Outcomes | Notes: |
| | | | | | 1. Participate in performance improvement activities and clinical outcome audits | |
| | | | | | 2. Assist in determining the progress of a client toward the specific outcomes established in the plan of care | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | J. Perform in the Health Care Delivery System | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Provide service under the direction of the PT in primary, secondary, and tertiary settings | |
| | | | | | 2. Manage resources to achieve goals in the practice setting (e.g., time, space, and equipment) | |
| | | | | | 3. Coordinate with the PT and other service providers to facilitate efficient, effective client care | |
| | | | | | 4. Function within the organizational structure of the practice setting | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | K. Demonstrate Administration Skills | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Utilize aides and other support personnel according to legal standards and ethical guidelines | |
| | | | | | 2. Provide accurate and timely information for billing and reimbursement purposes | |
| | | | | | 3. Participate in fiscal management | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | L. Demonstrate Social Responsibility | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Demonstrate social responsibility, citizenship, and advocacy to include participation in community and service organizations and activities | |
| | | | | | 2. Act as a client and consumer advocate | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | M. Develop a Career Plan | Notes: |
|---|---|---|---|---|---|---------------|
| | | | | | 1. Seek opportunities to learn | |
| | | | | | 2. Implement a self-directed plan for career development and lifelong learning | |
| | | | | | 3. Participate in career development based on self-assessment, personal appraisals, the work setting, and special interests | |
| | | | | | 4. Assess career development on a periodic basis | |
| | | | | | Other: | |

| 0 | 1 | 2 | 3 | 4 | N. Leadership Competencies ** | Notes: |
|---|---|---|---|---|--|---------------|
| | | | | | 1. Demonstrate an understanding of SkillsUSA-VICA, its structure, and activities | |
| | | | | | 2. Demonstrate an understanding of one's personal values | |
| | | | | | 3. Perform tasks related to effective personal management skills | |
| | | | | | 4. Demonstrate interpersonal skills | |
| | | | | | 5. Demonstrate etiquette and courtesy | |
| | | | | | 6. Demonstrate effectiveness in oral and written communication | |
| | | | | | 7. Develop and maintain a code of professional ethics | |

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| | | | | | 8. Maintain a good professional appearance | |
| | | | | | 9. Perform basic tasks related to securing and terminating employees | |
| | | | | | 10. Perform basic parliamentary procedures in a group meeting | |
| | | | | | Other: | |

*****NOTE: These competencies are addressed in the Missouri SkillsUSA-VICA Curriculum Guide lessons***