

**PT 635: Management of the Older Adult Patient**  
**Syllabus and Objectives**  
**Spring 2024**

**DESCRIPTION:** Examine the factors and forces that affect life quality in later years. The physiological, psychological, and sociological aspects of aging will be considered, including those influences in the cultural context that enhance and impede continued growth of the person.

**DEPARTMENT OF PHYSICAL THERAPY**

**INSTRUCTORS:** Amanda Wilson, PT, DPT, NCS; Cindy Flom-Meland, PT, MPT, PhD, NCS; Brittany Johnson, PT, DPT

**CREDIT HOURS:** Two (2) credit hours

**CLOCK HOURS:** Lecture, discussion, community activities, active learning: Wednesday 3-5pm

**BEHAVIORAL OBJECTIVES:** Building on objectives of previous courses including clinical education by the end of this course the student will be able to:

1. Apply knowledge of the biological, physical cognitive, psychological and social changes commonly associated with aging.
2. Choose, administer, and interpret a validated and reliable tool/instrument appropriate for use with a given older adult to assess: a) balance, b) cognition, c) mood, d) physical function, e) posture f) nutrition and g) pain.
3. Define the purpose and components of an interdisciplinary comprehensive geriatric assessment and the roles individual disciplines play in conducting and interpreting a comprehensive geriatric assessment.
4. Differentiate between depression, delirium and dementia; demonstrate knowledge of the signs and symptoms of delirium and whom to notify if an older adult exhibits these signs and symptoms.
5. Develop treatment plans based on best evidence and on person-centered and person-directed care goals. Emphasis in this course is across the spectrum of function and includes primary prevention, health promotion, wellness, posture, osteoporosis, PD, general debility & end-of-life care.
6. Develop physical therapy plan of care for older adults receiving end-of-life care which integrates patient/client goals, family and care giver goals, treatment setting, functional and palliative needs of patient/client. Define advance directives and discuss implications for physical therapy management.
7. Communicate and collaborate with older adults, their caregivers, healthcare professionals, payers and policy makers to achieve positive outcomes.

8. Provide information to older adults and their caregivers about the continuum of care services and supports such as community resources, home care, assisted living facilities, nursing facilities, sub-acute care facilities, palliative care and hospice care.
9. Explain how to access and share with older adults and their caregivers/family members, information about the healthcare benefits of programs such as Medicare, Medicaid, Veteran's Service, Social Security and other public programs.
10. Assess specific risks and barriers to older adult safety, including falls, elder mistreatment (including need to report to authorities), and other risks in community, home and care environments.
11. Identify and apply evidence-based approaches to fitness and wellness programs (including Silver Sneakers, Senior Athletics), screening, immunizations, health promotion and disease prevention.
12. Recognize the principles and practices of safe, appropriate, and effective medication use in older adults.
13. Apply knowledge of the indications and contraindications for risks of and alternatives to the use of physical and pharmacological restraints with older adults.

**COURSE PREREQUISITES:** Registered in Professional Physical Therapy curriculum

**TEACHING METHODS AND CURRICULUM PRACTICE MODEL:** Teaching methods in this course include lecture, seminar, class activities and discussion. The above objectives contribute to the Curriculum model in the areas of Patient/Client & Practice Management Expectation, Professional Practice Expectations and Clinical Sciences.

**METHODS FOR EVALUATION:** Written examinations may include true/false, multiple choice, short answer, and/or essay questions. To answer both multiple choice and written questions you will need to draw from previous coursework and clinical information. The exams, quizzes and projects/assignments all must be completed with a minimum score of 76%. Retake of exam is required with score less than 76%, with original score retained for grading.

**OUTLINE OF CONTENT:** See attached course schedule

**REQUIRED/ READINGS:** (both 1 & 2 available on Access Physiotherapy)

1. *Geriatric Physical Therapy: A Case-Based Approach*, William Staples
2. *Functional Performance in Older Adults 4<sup>th</sup> Ed*, Bette Bonder/Vanina Dal Bello-Haas
3. *ACSM Guidelines for Exercise Testing and Prescription*; and other readings as assigned.

**RECOMMENDED (not required):** *Functional Movement Development Across the Life Span*, by Donna J Cech **and** Suzanne Martin; *Geriatric Physical Therapy* by Andrew Guccione, Rita Wong and Dale Avers.

**ATTENDANCE:** Class attendance is expected 100% of the time. Students must first attempt to notify the instructor by phone or in person for any absences. The student must also contact the instructor directly through e-mail or written documentation for any absences.

**MAKE UP WORK/EXAMINATIONS:** If an absence is anticipated, make up examinations should be completed *prior* to the absence. If an absence is unanticipated, arrangements for make-up examinations must be made *by the student within three days* of the student's return to classes. **Students may be assigned additional coursework for all absences.** Students will not be allowed to make-up in-class quizzes/projects due to an absence.

**ASSIGNMENTS & GRADING RUBRICS:** As posted on Blackboard

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<b>Exams</b>	<b>45%</b>
<b>Patient Portfolio/Assignments</b>	<b>30%</b>
<b>Final Exam</b>	<b>25%</b>

**Overall Course Grading**

**90-100% = A**

**80-89% = B**

**76-79% = C**

**Less than 76% Unsatisfactory**

**ACADEMIC INTEGRITY:** In accordance with the rules concerning scholastic dishonesty in the *Code of Student Life\** at the University of North Dakota, I affirm that I understand these rules and I agree to comply with them.

I will not:

- a) receive any additional information or assistance for any exam other than what was provided during class or approved tutor sessions
- b) copy from another student's test
- c) collaborate with or seek aid from another student who may have previously taken the exam
- d) knowingly use/buy/sell/steal/solicit in whole or in part the contents of any exam
- e) bribe another person to obtain information about any exam

## Notice of Nondiscrimination

It is the policy of the University of North Dakota that no person shall be discriminated against because of race, religion, age, color, gender, disability, national origin, creed, sexual orientation, gender identity, genetic information, marital status, veteran's status, or political belief or affiliation and the equal opportunity and access to facilities shall be available to all. Concerns regarding Title IX, Title VI, Title VII, ADA, and Section 504 may be addressed to Donna Smith, Assistant Vice President for Equal Opportunity and Title IX/ADA Coordinator, 102 Twamley Hall, 701.777.4171, [UND.EO.TitleIX@UND.edu](mailto:UND.EO.TitleIX@UND.edu) or the Office for Civil Rights, U.S. Dept. of Education, 230 S. Dearborn St., 37th Floor, 500 West Madison, Suite 1475, Chicago, IL 60611 or any other federal agency.

## Accessibility Statement

The University of North Dakota is committed to providing equal access to students with documented disabilities. To ensure access to this class and your program, please contact [Accessibility for Students](#) to engage in a confidential discussion about accommodations for the classroom and clinical settings. Accommodations are not provided retroactively. Students are encouraged to register with Accessibility for Students at the start of their program.

More information can be obtained by email, [UND.accessibilityforstudents@UND.edu](mailto:UND.accessibilityforstudents@UND.edu), or by phone at 701.777.2664.

## Religious Accommodations

UND offers religious accommodations, which are reasonable changes in the academic environment that enable a student to practice or observe a sincerely held religious belief without undue hardship on the University. Examples include time for prayer or the ability to attend religious events or observe a religious holiday. To request an accommodation, complete [student religious accommodation request form](#). If you have any questions, you may contact the [Equal Opportunity & Title IX Office](#).

## Pregnancy Accommodations

Students who need assistance with academic adjustments related to pregnancy or childbirth may contact the [Equal Opportunity & Title IX Office](#) or Academic Affairs to learn about your options. Additional information and services may be found at [Pregnancy Resources](#).

## Reporting Discrimination, Harassment, or Sexual Misconduct

If you or a friend has experienced sexual misconduct, such as sexual harassment, domestic violence, dating violence, or stalking, please contact the [Equal Opportunity & Title IX Office](#) or UND's Title IX Coordinator, Donna Smith, for assistance at 701.777.4171 or [donna.smith@UND.edu](mailto:donna.smith@UND.edu).

You may also contact the Equal Opportunity & Title IX office if you or a friend has experienced discrimination or harassment based on a protected class, such as race, color, national origin, religion, sex, age, disability, sexual orientation, gender identity, genetic information, pregnancy, marital or parental status, veteran's status, or political belief or affiliation.

## Faculty Reporting Obligations Regarding Discrimination, Harassment, or Sexual Misconduct

It is important for students to understand that faculty are required to share with UND's Title IX Coordinator any incidents of sexual misconduct or of discrimination or harassment based on a protected class that they become aware of, even if those incidents occurred in the past or are disclosed as part of a class assignment. This does not mean an investigation will occur if the student does not want that, but it does allow UND to provide resources to help the student continue to be successful at UND. If you have been impacted by discrimination, harassment, or sexual misconduct, you can find information about confidential support services at the [Equal Opportunity and Title IX](#) webpage.

## Health and Safety

UND is committed to maintaining a safe learning environment while providing quality learning experiences for our students. As such, UND asks students and instructors to be flexible when necessary to promote a safe environment for learning. Please do not attend an in-person class or lab if you are feeling ill or if you have been directed by health professionals to quarantine or isolate. UND follows isolation and quarantine guidelines recommended by the [CDC and the North Dakota Department of Health](#). If you are not able to attend class or lab, please notify your instructor as soon as possible and discuss options for making up any missed work in order to ensure your ability to succeed in the course. If you will have an extended absence due to serious illness or other uncontrollable circumstances, you may request an absence notification through the [Office of Community Standards](#). Similarly, if your instructor is ill they may need to cancel class or temporarily move your course to online delivery to ensure that you are able to complete the course successfully. Please consult the [COVID-19 at UND](#) webpage for information regarding on-campus COVID-19 testing, isolation and quarantine guidelines, and vaccines.

