

## **Training Program for Physiotherapist**

### **Day 1: Foundations and Specialized Patient Care**

#### **Morning Session: Theoretical Foundations**

1. **Welcome and Introduction (30 minutes)**
  - Overview of the training program.
  - Objectives, schedule, and expectations.
2. **Introduction to Physiotherapy in a Hospital Setting (1 hour)**
  - Roles and responsibilities.
  - Integration into the multidisciplinary care team.
3. **Overview of Paralysis and Related Conditions (1 hour)**
  - Definitions and classifications: Paralytics, paraplegics, hemiplegics.
  - Pathophysiology and common causes.
4. **Break (15 minutes)**
5. **Assessment and Care of Paraplegics (1.5 hours)**
  - Clinical assessment techniques.
  - Treatment goals: mobility, pressure ulcer prevention, and rehabilitation.
  - Case studies and practical examples.

#### **Lunch Break (1 hour)**

#### **Afternoon Session: Specialized Patient Care**

1. **Assessment and Care of Hemiplegics (1.5 hours)**
  - Clinical assessment techniques.
  - Treatment strategies: motor retraining, spasticity management, and functional independence.
  - Hands-on practice with simulated patients.
2. **Assessment and Care of Paralytics (1 hour)**
  - Comprehensive assessment techniques.
  - Multi-disciplinary approaches to care and rehabilitation.
3. **Break (15 minutes)**
4. **Patient Education and Communication (1 hour)**
  - Educating patients and families about care plans and home exercises.
  - Techniques for effective communication and motivation.
5. **Q&A and Review (30 minutes)**
  - Addressing questions and summarizing the day's content.

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### **Day 2: Equipment Planning, Procurement, and Maintenance**

#### **Morning Session: Equipment Overview and Procurement**

1. **Review of Day 1 (30 minutes)**
  - Recap key points and skills from previous sessions.
  - Addressing any questions or concerns.
2. **Planning and Procurement of Physiotherapy Equipment (1.5 hours)**
  - Identifying needs: assessment tools, therapeutic devices, and mobility aids.
  - Procedures for procurement: budgeting, vendor selection, and acquisition.





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3. **Break (15 minutes)**

4. **Prosthetic Aids and Implants (1.5 hours)**

- Overview of common prosthetic devices: types, indications, and fitting.
- Introduction to implants used in rehabilitation.
- Considerations for patient-specific customization and follow-up.

**Lunch Break (1 hour)**

**Afternoon Session: Equipment Maintenance and Management**

1. **Maintenance of Physiotherapy Equipment (1.5 hours)**

- Routine maintenance and troubleshooting for common devices.
- Safety checks and ensuring equipment efficacy.

2. **Integration of Equipment into Treatment Plans (1 hour)**

- How to effectively incorporate equipment into patient care.
- Case studies demonstrating equipment use in treatment plans.

3. **Break (15 minutes)**

4. **Workshop: Hands-On Equipment Practice (1.5 hours)**

- Practical sessions on using and adjusting various types of equipment.
- Simulated scenarios for equipment application in patient care.

5. **Debrief and Feedback (30 minutes)**

- Review of the day's activities.
- Collecting feedback and addressing any concerns.

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**Day 3: Advanced Techniques, Integration, and Evaluation**

**Morning Session: Advanced Techniques and Care Coordination**

1. **Review of Day 2 (30 minutes)**

- Quick review of previous day's topics and skills.
- Preparation for advanced techniques.

2. **Advanced Techniques in Rehabilitation (1.5 hours)**

- Techniques for optimizing rehabilitation outcomes for paraplegics, hemiplegics, and paralytics.
- Advanced manual therapy and functional training strategies.

3. **Break (15 minutes)**






4. **Care Coordination and Discharge Planning (1.5 hours)**

- Developing comprehensive discharge plans.
- Coordination with other healthcare providers and community resources.

**Lunch Break (1 hour)**

**Afternoon Session: Integration and Evaluation**

1. **Integrated Clinical Scenarios (2 hours)**

- Hands-on simulation involving complex cases.
  - Emphasis on integrating assessment, treatment, and equipment use.
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## 2. Practical Skills Assessment (1 hour)

- Evaluation of practical skills through individual assessments.
- Demonstration of techniques learned and application in simulated scenarios.
- 3. **Break (15 minutes)**
- 4. **Written Knowledge Test (1 hour)**
  - Test covering theoretical knowledge, assessment techniques, and equipment management.
- 5. **Certification and Closing Remarks (30 minutes)**
  - Awarding of certificates of completion.
  - Summary of training outcomes and next steps for continued professional development.
- 6. **Final Q&A and Closing (30 minutes)**
  - Addressing any final questions.
  - Providing additional resources and support information.

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## ALTERNATE PROGRAM:

### Day 1: Foundations and Core Skills

#### Morning Session: Theoretical Foundations

1. **Welcome and Introduction (30 minutes)**
  - Overview of the training program.
  - Objectives, schedule, and expectations.
2. **Introduction to Physiotherapy in a Hospital Setting (1 hour)**
  - Roles and responsibilities of physiotherapists in a hospital.
  - Overview of the multidisciplinary team and integration into patient care.
3. **Assessment Techniques (1.5 hours)**
  - Patient history and subjective assessment.
  - Objective assessment techniques: range of motion (ROM), strength testing, and functional assessment.
4. **Break (15 minutes)**
5. **Orthopedic Physiotherapy (1.5 hours)**
  - Common orthopedic conditions: fractures, sprains, and post-surgical rehabilitation.
  - Assessment and treatment protocols.

#### Lunch Break (1 hour)

#### Afternoon Session: Practical Skills





1. **Manual Therapy Techniques (1.5 hours)**
    - Introduction to manual therapy.
    - Techniques such as joint mobilization and soft tissue manipulation.
  2. **Therapeutic Exercise Prescription (1.5 hours)**
    - Designing exercise programs for different conditions.
    - Techniques for improving strength, flexibility, and functional mobility.
  3. **Break (15 minutes)**
  4. **Patient Education and Communication (1 hour)**
    - Strategies for effective patient communication.
    - Educating patients on self-management and home exercise programs.
  5. **Q&A and Review (30 minutes)**
    - Addressing questions and reviewing key concepts from the day.
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## **Day 2: Advanced Techniques and Interdisciplinary Collaboration**

### **Morning Session: Advanced Techniques**

1. **Review of Day 1 (30 minutes)**
  - Recap of key points and skills.
  - Addressing any questions or concerns.
2. **Neurological Physiotherapy (1.5 hours)**
  - Overview of common neurological conditions: stroke, spinal cord injury, and Parkinson's disease.
  - Assessment and treatment strategies for neurological rehabilitation.
3. **Cardiopulmonary Physiotherapy (1.5 hours)**
  - Principles of cardiopulmonary rehabilitation.
  - Techniques for managing conditions such as COPD, heart failure, and post-operative care.
4. **Break (15 minutes)**
5. **Advanced Manual Therapy and Modalities (1.5 hours)**
  - Advanced techniques in manual therapy.
  - Use of modalities: ultrasound, electrical stimulation, and heat/ice therapy.

### **Lunch Break (1 hour)**

### **Afternoon Session: Interdisciplinary Collaboration**

1. **Multidisciplinary Team Approach (1.5 hours)**
    - Roles of other healthcare professionals: physicians, nurses, occupational therapists, etc.
    - Effective communication and collaboration within the healthcare team.
  2. **Case Studies and Scenario-Based Learning (1.5 hours)**
    - Analyzing real-life case studies.
    - Discussion on treatment plans and interdisciplinary collaboration.
  3. **Break (15 minutes)**
  4. **Patient Safety and Risk Management (1 hour)**
    - Identifying and managing risks in physiotherapy practice.
    - Safety protocols and emergency procedures.
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5. **Debrief and Feedback (30 minutes)**
    - Review of the day's activities.
    - Collecting feedback and addressing any concerns.
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## **Day 3: Integration, Application, and Evaluation**

### **Morning Session: Integration of Skills**

1. **Review and Refresher (30 minutes)**
  - Quick review of concepts from previous days.
  - Preparation for practical assessments.
2. **Integrated Clinical Scenarios (2 hours)**
  - Hands-on simulation with integrated assessment and treatment.
  - Scenarios involving orthopedic, neurological, and cardiopulmonary conditions.
3. **Break (15 minutes)**
4. **Developing and Implementing Treatment Plans (1.5 hours)**
  - Creating comprehensive treatment plans based on patient needs.
  - Setting goals and measuring outcomes.

### **Lunch Break (1 hour)**

### **Afternoon Session: Assessment and Certification**

1. **Practical Skills Assessment (1.5 hours)**
  - Evaluation of practical skills through individual assessments.
  - Hands-on demonstration of techniques learned.
2. **Written Knowledge Test (1 hour)**
  - Test covering theoretical knowledge, assessment techniques, and treatment protocols.
3. **Break (15 minutes)**
4. **Certification and Closing Remarks (1 hour)**
  - Awarding of certificates of completion.
  - Summary of training outcomes and next steps for continued professional development.
5. **Final Q&A and Closing (30 minutes)**
  - Addressing any final questions.
  - Providing additional resources and support information.



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