

The University of Western Ontario
School of Health Studies

Rehabilitation Sciences 4210B

Health Promotion for People with Disabilities - (**Innovations in Rehabilitation**)

Instructor: Dalton Wolfe

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Office Room Number: Parkwood Hospital, Room B3035

Office Hours: Appointments available on Request (Will come to Western as needed – preferably in the hour before class time – Tuesday and Thursday 2:30-3:30)

Class time: Tuesday 3:30-5:30 and Thursday 3:30-4:30

Class location:

Note: A key aspect of this course is that some lectures and practical experiences may also take place at Parkwood Hospital with the necessity of allowing for travel time (e.g., ~20 min by car / ~40 min by bus) between the University and Parkwood.

Prerequisite Checking

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Please refer to the Western Academic Calendar at www.westerncalendar.uwo.ca for information on prerequisites and/or antirequisites.

Course Information

Rehabilitation care providers are well-situated within tertiary care centres to help people with severe disabling conditions to optimize their recovery and better manage the ongoing health challenges that they all too frequently face. This course examines both conceptual and practical approaches to innovations in rehabilitation practice including those that incorporate: 1) health promotion /self-management perspectives, 2) high-intensity activity-based approaches, and 3) evidence-informed ways to implement practice change. Examples will focus on neuro-rehabilitation practice associated with persons with spinal cord and acquired brain injury.

More Specific Information: This course will examine practical and special considerations when planning, implementing and evaluating rehabilitation programs for people with disabling conditions. In particular, this will involve an exploration of the following: introduction to the relationship between disability and health, identification of particular health challenges faced by people with disabilities (with a focus on

those with spinal cord injuries or acquired brain injuries) and examination of current and emerging trends in rehabilitation practice as related to health promotion, therapy intensity and best-practice implementation. Practical applications will be introduced that focus on the role of physical activity (including activity-based therapies) and nutrition in maintaining health and wellness of people with disability. It is expected that the student will achieve a clear understanding of the practice and issues associated with health promotional programming and best practice implementation within a rehabilitation setting.

For the course, there will be a mid-term examination, a final examination and a group project. Expectations and mark breakdowns are provided below in the section entitled “Evaluation”. You are expected to attend every class, as material that is covered during the lecture may not be included in your required readings.

A special aspect of this course is that it will provide several opportunities for practical experiences. This will involve some sessions that require being held at Parkwood Hospital, which houses the Southwestern Ontario Regional Rehabilitation Program. During these sessions there will be opportunities to interact with various Rehabilitation Professionals as well as individuals who are living with disability. **It is expected that students provide their own transportation to Parkwood Hospital acknowledging that it does take ~20 min by car and ~40 min by bus between Western and Parkwood.** Parkwood connects with the University via the LTC Richmond bus line (#6). Parking is also available at a cost of \$4.00 at Parkwood Hospital. There will be an in-class attempt to facilitate ride-sharing among students.

Course Materials

Due to copyright regulations, all materials may not be posted to the course website (OWL). However, required readings will consist of pertinent articles from the scientific literature that are either freely available through Western Libraries or generally via the Internet. The instructor will provide links to these resources and facilitate access to these articles.

Evaluation

Evaluation Component	Date	Proportion of Final Grade
Mid-term Exam	Feb 12/15	20%
Course Project	Due Apr 7/15 (In Class)	40%
Final Exam (Cumulative but focus on material after mid-term)	TBA	40%

Late assignments: – A late assignment will be penalized by 10% for each day, or part of a day, that it is late. For example, an assignment graded as 41/50 will have 5 points deducted from the mark if handed in one day late and will be recorded as 36/50. There will be no exceptions.

In the event a course commitment (i.e., assignment) is missed and in most cases, and where warranted, a make-up examination or assignment will be arranged that is agreeable to the student and instructor.

Preliminary Information (Course Project): – This will consist of a group project (n~5) to prepare a proposal to develop an intervention targeted at people with disabilities. This must involve a rehabilitation or health promotion program which, in part, involves some form of behaviour change and/or incorporates the facilitation of self-management. Alternatively, this project can focus on implementing a practice change by clinicians. This project will consist of a written proposal as well as a short in-class presentation and is based on providing a real-life experience of preparing a proposal to a granting agency that funds rehabilitation or health promotion activities. More information will be available in the first few lectures.

Statement on Use of Electronic Devices

Electronic devices (e.g., cell phones, calculators, laptops) will not be allowed (and are not necessary) during tests and examinations. For final exams, use of communication equipment (e.g., cell phones) is prohibited.

Laptops may be used in the classroom for note-taking but other use during class time is not permitted and students are urged to use good judgement with respect to appropriateness of use and how it might interfere with other students learning experiences.

ADDITIONAL STATEMENTS

Student Code of Conduct

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at The University of Western Ontario, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit <http://www.uwo.ca/univsec/pdf/board/code.pdf>.

English Proficiency for the Assignment of Grades

Visit the website http://www.uwo.ca/univsec/pdf/academic_policies/exam/english.pdf.

Accommodation for Medical Illness or Non-Medical Absences

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf.

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by medical illness. Illness may be acute (short term), or it may be chronic (long term), or chronic with acute episodes. The University further recognizes that medical situations are deeply personal and respects the need for privacy and confidentiality in these matters. However, in

order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities.

A UWO Student Medical Certificate (SMC) is required where a student is seeking academic accommodation. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. An SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm>.

Documentation is required for non-medical absences where the course work missed is more than 10% of the overall grade. Students may contact their Faculty Academic Counselling Office for what documentation is needed.

Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted, as soon as possible, to the appropriate Academic Counselling Office of the student's Faculty of registration. For SHS students, you may go to the School of Health Studies Office in HSB room 222.

Scholastic Offences

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following website: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Additionally,

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (<http://www.turnitin.com>).
2. Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Support Services

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>