

The University of Western Ontario  
School of Health Studies

Rehabilitation Sciences 4970

**Conceptual and Practical Basis for Rehabilitation Practice**

**Instructor:** Dalton Wolfe, Scientist

Fall 2022 – Winter 2023

**Email:** [dwolfe@uwo.ca](mailto:dwolfe@uwo.ca) - **(Note: Email is preferred method of communication)**

**Phone:** (519) 685-4292 x42957

**Office Room Number:** Parkwood Institute, Room B3-191

**Office Hours:** Appointments available on Request (Will come to Western as needed – however, will be easiest to arrange meetings with student in the times prior to or after the Wednesday class time or during each student's practicum time).

**Course Teaching Assistant:** Olivia Crozier ([ocrozier@uwo.ca](mailto:ocrozier@uwo.ca))

**Class time:** Wednesday 3:30-5:30 (each student will also complete~ 6 hours/week of practical-related activity which will vary in terms of time and specific activity depending on the specific placement opportunity provided to the student).

**Class location:** Parkwood Institute (Various locations)

**Contingency plan for an in-person class pivoting to 100% online learning:** In the event of a COVID-19 resurgence during the course that necessitates the course delivery moving away from face-to-face interaction, all remaining course content will be delivered entirely online, delivered synchronously (i.e., at the times indicated in the timetable for the Wednesday seminar) although it will also be available asynchronously (e.g., posted on OWL for students to view at their convenience). The grading scheme will not change. Any remaining assessments will also be conducted online as determined by the course instructor. Placement experiences will shift to an on-line approach, although this will vary depending on the specific preceptor involved and the project that the student is working on.

**Note: In addition to University policy, the above processes will be based on decisions and policy made by hospital leaders at Parkwood Institute (St. Joseph's Health Care London).**

**If at all possible, all Wednesday seminars as well as the practical experiences will take place at Parkwood Institute with the necessity of allowing for travel time (e.g., ~25 min by car / ~40 min by bus) between the University and Parkwood.**

**Antirequisite(s):** The former Health Sciences 4900E, the former Health Sciences 4910F/G.

**Prerequisite(s):** Permission of the School of Health Studies; Enrolment in the fourth year of an Honors Specialization module in the School of Health Studies. Application Required.

**Extra Information:** 2 seminar hours, 1.0 course; Priority will be given to students enrolled in the Honors Specialization in Rehabilitation Sciences.

**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](http://www.westerncalendar.uwo.ca) for information on prerequisites and/or antirequisites.

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### **Course Information**

This experiential learning course offers an in-depth examination of the required background, concepts and practical considerations related to a series of rehabilitation practices selected to expose the student to a broad range of activities over several patient populations and associated with a variety of health care disciplines.

### **Course Objectives**

1. To achieve an understanding of the conceptual and clinical basis of key rehabilitation practices across typical rehabilitation populations (e.g., spinal cord injury, acquired brain injury, amputation, stroke).
2. To obtain skills and insight associated with conducting various rehabilitation practices. These practices will include general PT, OT or SLP practices as well as specialized practices such as body-weight supported treadmill training, robotic-assisted locomotor training, use of functional electrical stimulation to enhance both upper and lower limb function, enhancing self-management skills in patients, fitness for persons with disabilities, etc. Some opportunities will also include assisting hospital leaders in the development, evaluation or continuous quality improvement of new rehabilitation programs.
3. To gain an appreciation of what key rehabilitation processes entail and also what they consist of in real-life practice e.g., different assessment procedures, inter-disciplinary care, developing a plan of care, discharge planning.
4. To gain an understanding of the roles and practice patterns of various rehabilitation health care professionals across an inter-disciplinary team.

**More Specific Information:** This course will revolve around an experiential learning focus. Students will be placed in a clinical setting to work alongside clinicians (typically physical or occupational therapists working with acquired brain or spinal cord injured patients). This “placement” will comprise ~6 hours / week where the student takes direction from a preceptor (e.g., Course instructor, clinician or administrative leader) in order to assist with their activities. There may be program development activities assigned to students as part of this (again under the supervision of a member of the clinical team, a hospital program coordinator or the course instructor). These practical experiences will be designed to assist the student toward achieving an understanding of some of the key therapeutic activities that may comprise a rehabilitation program and also to understand some of the underlying concepts or principles that reflect the rationale for these activities, relative to a specific patient.

**Note: As stated earlier, there may be restrictions to student experiential learning opportunities at Parkwood Institute, which may mean some aspects of these opportunities may have to be conducted virtually. This is subject to change, based on decisions made by hospital leaders at Parkwood Institute (St. Joseph’s Health Care London).**

In addition to the practical component, students will be expected to attend a weekly seminar that will consist of either:

- a) a mix of didactic or interactive seminar format aimed at providing background, overview, concepts, rationale related to specific rehab practices that the students will see as part of their practical work.
- b) a lab or discussion-based format where the course instructor(s) and teaching assistant would briefly introduce concepts surrounding rehabilitation practices and/or provide training experiences associated with these practices. This would transition to students presenting their observations and learnings associated with their practicum area of focus so as to give an overview to all students of each rehab practice covered in the course.

A special aspect of this course is that it will provide several opportunities for practical experiences. This will involve being at Parkwood Institute, 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 \$6.00 at Parkwood Institute.

**Course Materials**

There are no textbooks for the course. However, various resources associated with the practical experiences will be posted to the course website (OWL).

**Evaluation**

<b>Evaluation Component</b>	<b>Date</b>	<b>Proportion of Final Grade</b>
Participation and quality of practicum-related duties	Nov 10/2022	15% (12% = practicum, 3% = seminar participation)
	Apr 10/2023	25% (20% = practicum; 5% = seminar participation)
Seminar / Lab / Problem-based Assignments	Due at Wed seminars: Date: TBD (1 <sup>st</sup> term)	10%
	Date: TBD (2 <sup>nd</sup> term)	10%

Presentation (Summary of Learning Experience – or Topic of Particular Interest)	Presented during last 3 classes of 2 <sup>nd</sup> Term Mar 22-Apr 6/2023	20%
Synopsis of Learnings (Written summary ~5 pages; focus on a practice, what student learned and Implications for future)	Due 1 week after last seminar of 2 <sup>nd</sup> term Apr 13/2023	20%

**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, please contact the instructor as soon as possible. It may be that a make-up examination or assignment will be arranged that is agreeable to the student and instructor.

### **Statement on Evaluation and Compliance to University Policy**

The university-wide descriptor of the meaning of letter grades, as approved by Senate:

A+	90-100	One could scarcely expect better from a student at this level
A	80-89	Superior work that is clearly above average
B	70-79	Good work, meeting all requirements and eminently satisfactory
C	60-69	Competent work, meeting requirements
D	50-59	Fair work, minimally acceptable.
F	below 50	Fail

It is expected that the average grades for this course will fall between 74-80. In the event that the course average falls outside this range, a constant may be added (or subtracted) from each student's grade, by the instructor, to bring the class average in line with school policy.

### **Statement on Health and Wellness**

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at <http://www.health.uwo.ca/>. You can also check out the Campus Recreation Centre or the McIntosh Gallery ( <http://www.mcintoshgallery.ca/>), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western [Mental Health Support - Health & Wellness - Western University \(uwo.ca\)](#) for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: [Health & Wellness - Western University \(uwo.ca\)](#). It's also advisable

to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

### **Statement on Use of Electronic Devices**

**During Lectures and Tutorials:** Although you are welcome to use a computer during seminars, you are expected to use the computer for scholastic purposes only, and refrain from engaging in any activities that may distract other students from learning. From time to time, your professor may ask the class to turn off all computers, to facilitate learning or discussion of the material presented in a particular class. **Unless explicitly noted otherwise, you may not make audio or video recordings of the seminars – nor may you edit, re-use, distribute, or re-broadcast any of the material posted to the course website.**

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## **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 [Academic Calendar - Western University \(uwo.ca\)](http://www.uwo.ca/academic-calendar)

### **Academic Consideration**

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by extenuating circumstances, including short-term illness or injury. Reasonable academic consideration is a cooperative process between the University, the student, and academic staff. All participants in the process must act in good faith, and fulfil their respective obligations, if it is to succeed.

Students who experience an extenuating circumstance (illness, injury, or other extenuating circumstance) sufficiently significant as to temporarily render them unable to meet academic requirements, may submit a request for academic consideration through the following routes:

- (i) For medical absences, submitting a Student Medical Certificate (SMC) signed by a licensed medical or mental health practitioner, in order to be eligible for academic consideration; or
- (ii) For non-medical absences, submitting appropriate documentation (e.g., obituary, police report, accident report, court order, etc.) to the academic advising office in their Faculty of registration, in order to be eligible for academic consideration.

Students seeking academic consideration:

- Are advised to consider carefully the implications of postponing tests or midterm exams or delaying handing in work;
- Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for an SMC;

- **Must communicate with their instructors no later than 24 hours** after the end of the period covered by the SMC, or immediately upon their return following a documented absence;
- **Are advised that all necessary documentation, forms, etc. are to be submitted to the academic advising office within two business days after the date specified for resuming responsibilities**

### **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: [Academic Calendar - Western University \(uwo.ca\)](#)

### **Support Services**

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

1. Student Development Centre -- <http://academicsupport.uwo.ca/>
2. Student Health -- <https://www.uwo.ca/health/>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombudsperson Office -- <http://www.uwo.ca/ombuds/>

### **Common Concerns Guidelines**

The table below summarizes a list of common student concerns and how they are to be resolved. If you have a concern that is not listed here, then please email your instructor.

Concern	How to address concern
Course administrative matters	Read through the course outline or email instructor if question cannot be answered from information in the course outline
Course content questions	Refer to the OWL Resources (notes, calendar, etc). Email the instructor.
Grade disputes and requests for appeals	<p>A student requesting an appeal to a specific course with respect to a grade for an assignment or examination must first contact their instructor to discuss such matters.</p> <p>Visit the following website for guide on submitting an appeal:  <a href="https://uwo.ca/fhs//policies/appeals.html">https://uwo.ca/fhs//policies/appeals.html</a></p>