

WORK-STUDY DIPLOMA IN REHABILITATION CARE

MODULE OBJECTIVES

Core Modules

Anatomy, Physiology and Neurophysiology

On completion of this module, trainees should be able to explain the various body structures, normal functions as well as common disorders of our human body systems in areas of human body organization, integumentary, musculoskeletal, nervous, cardiovascular, respiratory, endocrine, digestive and urinary systems. This will prepare trainees for their diverse work settings in rehabilitation care.

Biomechanics and Kinesiology

On completion of this module, trainees should be able to apply basic biomechanics concepts and skills comprising mechanical elements and performance of human movement, range of motion, joint mobilisation and upper-and-lower limb dynamics.

Basic Assessment and Screening

On completion of this module, trainees should be able to perform basic nursing and therapy assessment and care. They will also be able to monitor and identify contraindications to treatment.

Rehabilitation Studies 1

On completion of this module, trainees should be able to conduct simple assessments and interventions for the older population and individuals with stroke.

Person-Centred Care

On completion of this module, trainees should be able to explain the importance of engagement in occupation, and how diseases and injuries affect the individual's occupational performance. They should adopt a multi-disciplinary approach so as to provide holistic care for the clients/ patients.

Community Reintegration

On completion of this module, trainees should be able to conduct simple community and home reintegration training.

Group Dynamics and Facilitation

On completion of this module, trainees should be able to plan, implement and evaluate group activities and exercises for different client populations.

Rehabilitation Studies 2

On completion of this module, trainees should be able to conduct simple assessments and interventions for individuals with orthopaedic conditions and musculoskeletal disorders.

Rehabilitation Studies 3

On completion of this module, trainees should be able to conduct simple assessments and interventions for special population groups (intellectual disability, Parkinson's disease and cardiopulmonary conditions).

Ethics and Legal Issues in Healthcare

On completion of this module, trainees should be able to understand the legal and ethical concepts and issues in healthcare, and apply those principles to practice.

Company Project

On completion of this module, trainees should be able to apply skills and knowledge acquired throughout the course to carry out a project relating to rehabilitation care. They would need to conduct literature research, collate data and prepare a project report, and conduct an oral presentation of the completed project.

On-the-Job Training I, II, III

On completion of the module, trainees should be able to apply and integrate skills and knowledge acquired at ITE College, and further develop competencies at the workplace.

On-The-Job Task List

Work-Study Diploma in Rehabilitation Care

S/N	General Competencies
	OJT Year 1
	Patient/ Client Assessment
1	Perform measurements <ul style="list-style-type: none"> • Vital signs • Blood glucose • Skin sensation test • Range of Motion (ROM) • Manual Muscle Testing (MMT) • Grip strength (using dynamometer)
2	Recognize contra-indications to treatment <ul style="list-style-type: none"> • Changes in mental status • Common side effects of common medications • Medical contraindications
3	Monitor client's responses to treatment <ul style="list-style-type: none"> • Tolerance to treatment & activity • Change in patient's functional status • Pain • Coughing/ choking on diet/ fluids during direct therapy trials
4	Identify factors contributing to falls <ul style="list-style-type: none"> • Environmental • Function • Fall history taking
5	Conduct foot/ footwear screening <ul style="list-style-type: none"> • Foot deformity/ conditions • Nail/skin problems • Basic footwear screening • Report and escalate abnormalities • Flag for nail cutting • Changes in foot status
	Outcome Measures
6	Conduct ADL assessment <ul style="list-style-type: none"> • Modified Barthel Index (MBI), or • _____
7	Conduct iADL assessment <ul style="list-style-type: none"> • Lawton iADL
8	Conduct cognitive assessment (with reference to AIC's list)
9	Conduct pain assessment <ul style="list-style-type: none"> • Numerical pain rating scale • Visual analogue scale • Pain behaviours
10	Administer patient/client or caregiver reported outcome measures <ul style="list-style-type: none"> • ZARIT Caregiver burden scale • QOL outcomes (e.g. SF36, WHO-QOL)

S/N	General Competencies
11	Provide mobility training (Must fulfil at least 4 from the list. Please indicate in the checkbox.) <input type="checkbox"/> Bed mobility <input type="checkbox"/> Transfer <input type="checkbox"/> Ambulation <input type="checkbox"/> Prosthetic <input type="checkbox"/> Use of walking aids <input type="checkbox"/> Use of wheelchair <input type="checkbox"/> Use of motorized devices (wheelchair or scooters)
12	Position patients with specific conditions (orthopaedic/ neurological) <ul style="list-style-type: none"> • On bed • Seated • Care of affected limbs
13	Perform nail cutting for non-complex patients
	Operations
14	Report patient's/ client's status to primary therapist
15	Maintain equipment (including basic repair and maintenance work)
16	Maintain inventory of supplies
17	Comply to Workplace Safety and Health WSH policies and procedures
18	Maintain infection control standards at all times
19	Maintain cleanliness and safety of therapy areas and workplace
	Sub-total
	Company-specific tasks to be included
1	
2	
3	
	Sub-total
	Total number of tasks that company agreed to provide

S/N	General Competencies
	OJT Year 2
	Outcome Measures
20	Conduct functional outcome measures (Must fulfil at least 4 from the list. Please indicate in the checkbox.) <input type="checkbox"/> Time Up & Go <input type="checkbox"/> 6-minute walk test <input type="checkbox"/> 10-meter walk test <input type="checkbox"/> Shuttle walk test <input type="checkbox"/> 30-seconds chair stand test

S/N	General Competencies
	<input type="checkbox"/> 5 times sit-to-stand test <input type="checkbox"/> Functional Oral Intake Scale (FOIS)
21	Conduct balance outcome measures (Must fulfil at least 2 from the list. Please indicate in the checkbox.) <input type="checkbox"/> Berg Balance Score <input type="checkbox"/> Functional Reach test <input type="checkbox"/> Single-leg stand <input type="checkbox"/> Mini BEST
22	Perform Short Physical Performance Battery (SPPB)
23	Administer suitable frailty scale to stratify patients
24	Conduct simple diabetic foot screening <ul style="list-style-type: none"> • Obtain and record relevant history • Temperature gradient checks • Ipswich Touch Test • Palpation of pedal pulses • Capillary refill test • Classification of DM risk status
Therapy (in accordance to prescribed protocols)	
25	Set up and operate treatment equipment in a safe and effective manner <ul style="list-style-type: none"> • Gym equipment (e.g. treadmill) • Hand and leg cycle • Standing frame • Tilt table • Continuous Passive Motion (CPM) machine • Ultrasound • Electrical stimulation • Mechanical traction • Cryotherapy • Shortwave diathermy • Heat therapy • Ceiling/ transfer hoist <i>Optional:</i> <ul style="list-style-type: none"> • <i>Rehab technologies</i> • <i>HUR machines</i>
26	Conduct ADL training (including use of assistive devices)
27	Conduct exercises sessions <ul style="list-style-type: none"> • Strengthening exercises • ROM exercises • Balance exercises • Endurance exercises <i>Optional:</i> <ul style="list-style-type: none"> • <i>Speech and oral motor exercises</i>
Group Activities	
28	Screen patient's/ client's suitability for group activities

S/N	General Competencies
29	Plan and conduct activities (Must fulfil at least 6 from the list. Please indicate in the checkbox.) <input type="checkbox"/> Sensory <input type="checkbox"/> Cognitive <input type="checkbox"/> Psycho-social <input type="checkbox"/> Recreational <input type="checkbox"/> Functional <input type="checkbox"/> Outdoor activities/ Outing <input type="checkbox"/> Group exercises <input type="checkbox"/> Strengthening exercises <input type="checkbox"/> ROM exercises <input type="checkbox"/> Balance exercises <input type="checkbox"/> Endurance exercises <input type="checkbox"/> Speech exercises
30	Evaluate group activities
Community Integration	
31	Identify the types of environmental risks during training
32	Implement necessary safety precautions to mitigate the risk
33	Implement therapy interventions (in S/N 17 to 22) in home settings
Operations	
34	Perform setting-specific administrative task (e.g. coordination of transport, coordination of client schedule)
35	Maintain proper documentation <ul style="list-style-type: none"> • Document therapy sessions • Complete relevant checklists or templates or outcome measures • Maintain confidentiality of patient's/ client's records
36	Plan and maintain therapy schedules