**Course Syllabus**

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| **1** | **Course title** | Upper Extremity Rehabilitation | |
| **2** | **Course number** | 1832305 | |
| **3** | **Credit hours** | 3 |  |
| **Contact hours (theory, practical)** | 6 (2,4) | |
| **4** | **Prerequisites/corequisites** | 1811202, 1802221 | |
| **5** | **Program title** | BSs in Occupational Therapy | |
| **6** | **Program code** | 1802 | |
| **7** | **Awarding institution** | The University of Jordan | |
| **8** | **School** | Rehabilitation Sciences | |
| **9** | **Department** | Occupational Therapy | |
| **10** | **Course level** | Undergraduate | |
| **11** | **Year of study and semester (s)** | 3rd year, 2nd semester | |
| **12** | **Other department (s) involved in teaching the course** | None | |
| **13** | **Main teaching language** | English | |
| **14** | **Delivery method** | ☐Face to face learning ☐Blended ☐Fully online | |
| **15** | **Online platforms(s)** | ☐Moodle ☐Microsoft Teams ☐Skype ☐Zoom  ☐Others………… | |
| **16** | **Issuing/Revision Date** | Feb 26th,2023 | |

**17 Course Coordinator:**

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| Name: Majd Jarrar Contact hours: Tuesday 12:00-15:00  Office number: 527 Phone number: -  Email: m.jarrar@ju.edu.jo |

**18 Other instructors:**

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| None |

**19 Course Description:**

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| This course introduces students to hand rehabilitation as a specialized theoretical perspective and practice area. This course covers the evaluation procedures and treatment protocols of the most common upper extremity conditions. Anatomy, diagnosis & pathology, timelines and healing, deferential diagnosis tests, conservative management, and post-operative management, will be discussed for each diagnosis. |

**20 Course aims and outcomes:**

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| A- Aims:  Upon successful completion of this course, Students who attend all classes, labs, and actively participate should possess the knowledge and skill components required to fabricate splints function. Having clinical reasoning skills for making judgments, planning interventions and promoting caregiver’s involvement.  B- Students Learning Outcomes (SLOs):  Upon successful completion of this course, students will be able to:   |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Program SLOs  SLOs of the course | SLO (1) | SLO (2) | SLO (3) | SLO (4) | SLO  (5) | SLO  (6) | SLO  (7) | SLO  (8) | SLO  (9) | SLO  (10) | SLO  (11) | | Identify the relationship between anatomical structures of the shoulder, elbow, forearm, wrist, and hand and common clinical problems in the upper limb. | X |  |  |  |  |  |  |  |  |  |  | | Identify common upper limb diagnoses | X |  |  |  |  |  |  |  |  |  |  | | Identify the major principles of traditional and contemporary upper extremity rehabilitation conceptual models. | X |  |  |  |  |  |  |  |  |  |  | | Choose and apply the theoretical approaches in OT treatment process with upper extremity conditions | X |  |  |  |  |  |  |  |  |  |  | | Distinguish the common medical terms and procedures that govern the management of the common upper extremity conditions encountered by occupational therapists. | X |  |  |  |  |  |  |  |  |  |  | | Describe and perform assessment procedures used with different patients. |  | X |  |  |  |  |  |  |  |  |  | | Obtain competency in performing standardized and non-standardized hand therapy evaluation procedures and differential diagnosis tests and applying them to common clinical problems |  |  | X |  |  |  |  |  |  |  |  | | Develop the ability to apply hand therapy evaluation and treatment techniques to specific clinical diagnoses. |  |  |  | X |  |  |  |  |  |  |  | | Demonstratethe ability to screen and evaluate patients with upper extremity conditions to determine their need for occupational therapy services accurately and effectively. |  |  |  |  |  | X |  |  |  |  |  | | Identify and distinguish client needs that are appropriate for referrals to other members of the healthcare team. |  |  |  |  |  |  | X |  |  |  |  | | Expect the associated symptoms/problems with a certain diagnose and refine those by the appropriate selection and use of assessment and evaluation tools. |  |  |  |  |  |  |  | X |  |  |  | | Build a List of problems in performance that the client has based on the results of evaluation |  |  |  |  |  |  | X |  |  |  |  | | Compose a system of documenting the plan and results of intervention starting from screening till reaching discharge. |  |  |  |  |  | X |  |  |  |  |  | | Demonstrate respect of the rules and regulations of the setting that governs ethical behaviour, dress code, system of documentation, and service management. |  |  |  |  |  | X |  |  |  |  |  | | Demonstrate professional behaviour at all times during the practice including cell phone policy, professional language and communication, attire, attendance, following institutional policies |  |  |  |  |  |  |  | X |  |  |  | | Demonstrate the ability to address the implications of upper extremity impairments to activity limitation and participation restrictions. |  |  |  |  |  |  |  |  | X |  |  | | Develop and Show effective communication skills with the client and the family and workers in the centers/hospitals |  |  |  |  |  |  |  |  |  | X |  | | Appraise research findings from recent research studies. |  |  |  |  |  |  |  |  |  |  | X |   Program SLOs:   1.   Use knowledge in occupational therapy philosophy, theories, models, approaches, and frameworks in the practice of occupational therapy.   2.   Apply the therapeutic use of occupation for individuals of different age groups and communities, within contemporary and future settings such as hospitals, schools, and homes etc, and with different diagnoses (such as pediatrics, neurological, physical, and psychiatry)   3.   Assess and evaluate individual and environmental barriers to occupational performance, using a variety of formal, informal, standardized, and non-standardized assessment tools and methods   4.   Develop treatment plans collaboratively with clients, demonstrating application of best evidence, effective use of resources and client-centered practice.   5.   Implement, identify and critically evaluate interventions.   6.   Document, evaluation results and progress using a variety of methods (including accurate evaluation forms/progress notes/discharge records), demonstrating the ability to adapt communication styles to meet different needs of practice   7.   Demonstrate an understanding of service management principles and the government, economic, social and political issues that affect clinical practice.   8.   Respect the rights, culture, dignity, confidentiality and individuality of clients and their families expected by the profession and realize the importance of client-centered practice with people from diverse backgrounds and advocate as a professional for the occupational therapy services offered and for the recipients of those services.   9.   Develop problem solving strategies, clinical reasoning and critical reflection on practical scenarios, and synthesize knowledge through evaluation   10. Reflect skillful communication, leadership, time management, lifelong learning, using appropriate communication technologies and scientific research, work within a team, has the ability to think critically and solve problems.   11. Bear the responsibilities and exercise his rights and duties within the value system of society and public morals, and he has self-confidence and independence of personality and communicate with others orally and written in an effective and kind way. |

**21. Topic Outline and Schedule:**

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| | **Week** | **Lecture** | **Topic** | **Student Learning Outcome** | **Learning Methods (Face to Face/Blended/ Fully Online)** | **Evaluation Methods** | **Resources** | | --- | --- | --- | --- | --- | --- | --- | | 1 | Lecture | Introduction to the course and assignments overview | 1 | Face to face | Active participation Group discussion | - | | Lab | No lab |  | Face to face | Active participation Group discussion | - | | 2 | Lecture | Inflammation and inflammation management common forms of Tendinitis/Tendinosis | 1-17 | Face to face | Active participation Group discussion | Ch 24 | | Lab | Hospital Visit | 1-17 | Face to face | Active participation Group discussion | Ch 5 | | 3 | Lecture | Inflammation and inflammation management common forms of Tendinitis/Tendinosis | 1-17 | Face to face | Active participation Group discussion | Ch 24 | | Lab |  | 1-17 | Face to face | Active participation Group discussion | Ch 8 | | 4 | Lecture | Thoracic outlet syndrome  Frozen shoulder  Impingement syndrome | 1-17 | Face to face | Active participation Group discussion | Ch 18 | | Lab | Evaluation of the hand | 1-17 | Face to face | Active participation Group discussion | - | | 5 | Lecture | Common Peripheral Nerve Problems | 1-17 | Face to face | Active participation Group discussion | Ch 20 | | Lab | Evaluation of the hand | 1-17 | Face to face | Active participation Group discussion | - | | 6 | Lecture | Common Peripheral Nerve Problems | 1-17 | Face to face | Active participation Group discussion | Ch 20 | | Lab | Edema control, scar management, desensitization and modalities | 1-17 | Face to face | Active participation Group discussion | - | | 7 | Lecture | Common Peripheral Nerve Problems | 1-17 | Face to face | Active participation Group discussion | Ch 20 | | Lab | Moblization | 1-17 | Face to face | Active participation Group discussion | - | | 8 |  | Exams Week |  |  |  |  | |  |  |  |  |  |  | | 9 | Lecture | Common Peripheral Nerve Problems | 1-17 | Face to face | Active participation Group discussion | Ch 20 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | | 11 | Lecture | Flexor Tendon Injury | 1-17 | Face to face | Active participation Group discussion | Ch 26 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | | 12 | Lecture | Extensor Tendon Injury | 1-17 | Face to face | Active participation Group discussion | Ch 27 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | | 13 | Lecture | Extensor Tendon Injury | 1-17 | Face to face | Active participation Group discussion | Ch 27 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | | 14 | Lecture | Common wrist and hand fractures | 1-17 | Face to face | Active participation Group discussion | Ch 21 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | | 15 | Lecture | Common wrist and hand fractures | 1-17 | Face to face | Active participation Group discussion | Ch 21 | | Lab | Hospital visits | 1-17 | Face to face | Active participation Group discussion | - | |

**22 Evaluation Methods:**

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| Opportunities to demonstrate achievement of the SLOs are provided through the following assessment methods and requirements:   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Evaluation Activity** | **Mark** | **Topic(s)** | **SLOs** | **Period (Week)** | **Platform** | | Midterm | 30 | All pre-mid material | 1-17 | TBD | Face to face | | Quizzes | 20 | To be decided | 1-17 | One just after you finish the evaluation of the hand lab  June 5th (General information based on your clinical observations) | face to face | | Theoretical case study assignment | 20 | To be decided | 1-17 | May 26 (23:59 pm) | Moodle | | Final exam | 30 | All post-mid material | 1-17 | The finals week | Face to face | | | |
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| **Theoretical case study** | | |
| **Assignment description:** | Theoretical case study will be shared with you along with few questions on and you will have one week to complete it and submit it, the correct answers will be shared with you later. Note this is an individual assignment. |
| **Assignment objective:** | Practice and applying your clinical reasoning skills |
| **Assignment due date:** | May 26 (23:59 pm) |
| **Grade:** | 20 points |
| Clinical setting observation assignment | |

**23 Course Requirements**

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**24 Course Policies:**

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| A- Attendance policies:   * Attendance will be taken periodically throughout the semester. * Students are expected to attend and actively participate in all classes. * Students are expected to be on time. * When the student is unable to attend class, it is a courtesy to notify the instructor in advance using either e-mail or phone. * Repeated tardiness or leaving early will not be accepted. * Students who miss class (or any portion of class) are responsible for the content. Any student who misses a class has the responsibility for obtaining copies of notes, handouts, assignments, etc. from class members who were present. If additional assistance is still necessary, an appointment should be scheduled with the instructor. Class time is not to be used to go over material with students who missed class(es). * An absence of more than 15% of all the number of classes, which is equivalent of ( 5 ) classes, requires that the student provides an official excuse to the instructor and the dean. * If the excuse was accepted the student is required to withdraw from the module. * If the excuse was rejected the student will fail the module and mark of zero will be assigned as suggested by the laws and regulations of the University of Jordan. Please refer to pages 133, 134 of the student handbook.   B- Absences from exams and submitting assignments on time:   * The instructor will not do any make-up exams. * Exceptions for make-up exams and late submission of class assignments will be made on a case-by-case basis for true personal emergencies that are described as accepted by the regulations of UJ (e.g., documented medical, personal, or family emergency). * Make-up exams will be arranged if justifications for missing the exam satisfy the above. It is the student's responsibility to contact the instructor within 24 hours of the original exam to schedule a make-up session. A make-up exam should be taken within a week from the original exam date, unless the student can provide documentation that makes meeting that deadline impossible; otherwise, the recorded score for that exam for the student will be a zero. * Late assignments will not be accepted and submission of assignments (due to unjustified absence from class) by other students will not be accepted regardless of how much work the student put into its preparation.   C- Health and safety procedures:   * Students will not be in direct contact with patients during this course. * Students are not expected to use any heavy tools or equipment that might impose health and safety issues during this course. * Students should work safely, including being able to select appropriate hazard control and risk management, reduction or elimination techniques in a safe manner in accordance with health and safety legislation. * Students should understand the importance of and be able to maintain confidentiality. * Students should understand the importance of and be able to obtain informed consent. * Students should know the limits of their practice and when to seek advice or refer to another professional   D- Honesty policy regarding cheating, plagiarism, misbehavior:   * Students are expected to observe all University guidelines pertaining to academic misconduct. * Any work submitted by a student for academic credit must be the student's own work. Submission of work taken directly from another source (e.g., book, journal, internet, clinic forms, or another student work) will be considered plagiarism and the student/group will get a zero grade for that work if part of an assignment. In addition, if copying occurred, both the student who copied the work and the student who gave material to be copied (if applicable) will receive a zero for the assignment. * Students are expected to do work required for assignments on their own. Asking other instructors at the JU clinic or the staff, or other students to assist in or do any part of the assignment for them will negatively affect their grade on that assignment. The course instructor is the person the student needs to talk to if s/he has any difficulties pertaining to an assignment or project and is strongly encouraged to schedule an appointment with the instructor if such difficulties arise during the semester. * Course materials prepared by the instructor, together with the content of all lectures and review sessions presented by the instructor are the property of the instructor. Video and audio recording of lectures and review sessions without the consent of the instructor is prohibited. * Any forms of academic misconduct will be handled according to the University of Jordan guidelines.   E- Grading policy:  Grading for this course will be determined based upon the accumulation of points for variety of assignments and exams. All work will be evaluated on completeness, organization, clarity of information, and the integration and application of the material.  F- Available university services that support achievement in the course:  The University of Jordan provides many services to support social, health, and mental well-being of students in general and students with disabilities in specific. Students are advised to visit the Faculty of Students Affairs to learn more about those services. If you are a student with a disability for which you may request accommodations, please notify the staff of Services for Student with Disabilities (Faculty of Students Affairs) as soon as possible. Please also contact the instructor as soon as possible (email is acceptable) so the appropriate accommodations for this course can be made. |

**25 References:**

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| A- Required book(s), assigned reading and audio-visuals:  Wietlisbach, C. M. (2019). *Cooper's Fundamentals of Hand Therapy: Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity*. Elsevier Health Sciences.  B- Recommended books, materials, and media: |

**26 Additional information:**

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| Dress code in the clinic:   * **No** jeans whatsoever!! * **No** hanging accessories or scarfs * Your hair must be tied and away from your face * **No** cleavage or mid-drift * **No** excessive make-up Or bright nail polish * **No** perfumes * **Very** short nails * **NO** high heels * Lab coats are **required** in the RMS and Basheer * Scrubs are okay/ Maroon and red lab coats are not allowed in RMS * Gloves are okay * **ARABIC name tag** |

Name of Course Coordinator: ------Majd Jarrar------Signature: -MJ-- Date: Feb 27th,2023

Head of Curriculum Committee/Department: ---------------------------- Signature: ------------------------------------

Head of Department: ---------Majd Jarrar--------------------------- Signature: ---MJ------------------

Head of Curriculum Committee/Faculty: **Prof. Kamal Hadidi** Signature: KAH

Dean: **Prof. Kamal Hadidi** Signature: KAH