

Area of Interest: Recreation and Wellness

Occupational Therapist Assistant and Physiotherapy Assistant

Ontario College Diploma
2 Years
Ottawa Campus

Program Code: 1623X01FWO

Our Program

Choose a career in promoting health, restoring function and improving quality of life.

The two-year Occupational Therapist Assistant and Physiotherapist Assistant Ontario College Diploma program gives you the knowledge and skills to work under an Occupational Therapist and/or Physiotherapist. Occupational Therapist Assistants and Physiotherapist Assistants play a vital supporting role in the assessment, planning and implementation of therapeutic care for patients with the goal of achieving functional independence and occupational performance. They help teach clients to cope with limits in movement, daily functioning and activities.

Through classroom theory, lab techniques, group work and practical experience, you prepare to work with patients coping with health limitations. During various clinical placements, you apply theory and knowledge while further developing your skills. With more than 600 hours of clinical placements during the program, you increase your understanding of the field and gain confidence assisting professional therapists in various healthcare facilities.

Upon graduating, you may find work in:

- Hospitals
- Health centres
- Community organizations
- Rehabilitation facilities
- Private clinics
- Long-term care

SUCCESS FACTORS

This program is well-suited for students who:

- Enjoy the challenges of working with and accepting people of all ages and stages of development and of varying backgrounds.
- Possess good communication and interpersonal skills.
- Function well in a team environment.
- Possess strong problem-solving and analytical skills.
- Are able to effectively handle physically demanding situations.
- Enjoy physical and hands-on work.

Employment

Graduates may find employment as an assistant to an occupational therapist or physiotherapist.

Learning Outcomes

The graduate has reliably demonstrated the ability to:

- Communicate appropriately and effectively, through verbal, nonverbal, written and electronic means, with clients, their significant others, occupational therapists, physiotherapists, and members of the interdisciplinary health care team and others.
- Participate in the effective functioning of interdisciplinary health care teams to optimize client physical and occupational functions.
- Establish, develop, maintain, and conclude client-centred, therapeutic relationships.
- Promote a safe environment that prevents or minimizes potential physical or mental harm to the client, therapist assistant and others.
- Practice in a legal, ethical, and professional manner within the role of a therapist assistant.
- Document client records in a thorough, objective, accurate, and timely manner within the role of the therapist assistant.
- Engage in reflective practice and ongoing professional development activities to maintain and enhance competence.
- Perform the roles and responsibilities of the therapist assistant effectively through the application of relevant knowledge of health sciences, psychosocial sciences, health conditions, resource management, and clinical procedures.
- Contribute to the occupational therapist`s or physiotherapist`s assessment of the client and the development, implementation and modification of intervention/treatment plans.
- Maximize the client`s occupational performance by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the occupational therapist.
- Maximize the client`s physical function by accurately and safely implementing the interventions, and related tasks under the direction and supervision of the physiotherapist.
- Identify and apply discipline-specific practices that contribute to the local and global community through social responsibility, economic commitment and environmental stewardship.

Program of Study

Level: 01	Courses	Hours
ENL0073	Interpersonal Communication Skills in Rehabilitation	42.0
ENL1813S	Communications I	42.0
ENV0002	Environmental Citizenship	42.0
HLT0238	Rehabilitation and the Healthcare System	42.0
HLT0239	Rehabilitation Concepts Through the Lifespan	42.0
HLT0240	Introduction to Occupational Therapy and Physiotherapy	28.0
HLT0256	Introduction to Anatomy and Physiology for Health Care	42.0
Choose one from equivalencies:	Courses	Hours
GED1623	General Education Elective	42.0
Level: 02	Courses	Hours

HLT0241	Ota Therapeutic Skills: Musculoskeletal	84.0
HLT0242	Pta Therapeutic Skills: Musculoskeletal	70.0
HLT0243	Fundamentals of the Musculoskeletal System	70.0
HLT0244	Musculoskeletal Conditions	56.0
PSY5609	Introduction to Psychology	42.0
WKT0006P	Clinical Placement I	75.0
WKT0006S	Seminar I	30.0
Level: 03	Courses	Hours
HLT0245	Ota and Pta Therapeutic Skills: Cardiorespiratory and Complex Condi	64.0
HLT0246	Cardiorespiratory and Complex Conditions	32.0
HLT0247	Fundamentals of the Cardiorespiratory System	32.0
HLT0248	Concepts in Mental Health	32.0
HLT0249	Professional Practice in Rehabilitation	24.0
WKT0007P	Clinical Placement II	259.5
WKT0007S	Seminar II	3.0
Level: 04	Courses	Hours
HLT0250	Pta Therapeutic Skills: Neurological	60.0
HLT0251	Ota Therapeutic Skills: Neurological	60.0
HLT0252	Fundamentals of Neurological Structures	40.0
HLT0253	Communication and Function	30.0
HLT0254	Neurological Conditions	40.0
WKT0008P	Clinical Placement III	259.5
WKT0008S	Seminar III	3.0

Fees for the 2023/2024 Academic Year

Tuition and related ancillary fees for this program can be viewed by using the Tuition and Fees Estimator tool at <http://www.algonquincollege.com/fee-estimator>

Further information on fees can be found by visiting the Registrar's Office website at <http://www.algonquincollege.com/ro>

Fees are subject to change.

Additional program related expenses include:

Books and supplies cost approximately \$1,000 per year for the program.

Admission Requirements for the 2024/2025 Academic Year

College Eligibility

- Ontario Secondary School Diploma (OSSD) or equivalent. Applicants with an OSSD showing senior English and/or Mathematics courses at the Basic Level, or with Workplace or Open courses, will be tested to determine their eligibility for admission; OR
- Academic and Career Entrance (ACE) certificate; OR
- General Educational Development (GED) certificate; OR
- Mature Student status (19 years of age or older and without a high school diploma at the start of the program). Eligibility may be determined by academic achievement testing for which a fee of \$50 (subject to change) will be charged.

Program Eligibility

- English, Grade 12 (ENG4C or equivalent)
- Mathematics, Grade 12 (MAP4C or equivalent)
- Biology, Grade 11 or 12
- All applicants must complete an assessment of their knowledge and skills through the Test Centre, and pay an exam fee. Results from the Algonquin College Health Program Admissions Test (AC-HPAT) will be utilized to establish minimum eligibility and applicant ranking. The AC-HPAT can only be written once per academic cycle. For further information on the HPAT and how to book your assessment, please visit Algonquin's Test Centre.
- Applicants with international transcripts must provide proof of the subject specific requirements noted above and may be required to provide proof of language proficiency. Domestic applicants with international transcripts must be evaluated through the International Credential Assessment Service of Canada (ICAS) or World Education Services (WES).
- IELTS-International English Language Testing Service (Academic) Overall band of 6.0 with a minimum of 5.5 in each band **OR** TOEFL-Internet-based (iBT)-overall 80, with a minimum of 20 in each component: Reading 20; Listening 20; Speaking 20; Writing 20 **OR** Duolingo English Test (DET) Overall 110, minimum of 110 in Literacy and no score below 95.

Not sure if you meet all of the requirements? Academic Upgrading may be able to help with that: <https://www.algonquincollege.com/access>

International Applicants

International applicants who meet the program eligibility requirements are required to complete preparatory courses (4-months in duration):

Introduction to Canadian Health Studies (ICHS). Students who successfully complete the introduction will then proceed to their original health program of choice. The ICHS requires applicants to submit an academic IELTS score.

Please click this link for more information
<http://www.algonquincollege.com/healthandcommunity/ICHS>

Police Records Check Documentation

Though not an admission requirement, applicants must note important information listed below regarding Police Records Check program requirements.

Students must provide the College with a current Police Records Check for Service with the Vulnerable Sector (PRCSVS) prior to the deadline identified by the department and students are responsible for any associated costs. If this documentation is not submitted on time, students may not be placed and registration in the program will be jeopardized. If you register in the program without a clear PRCSVS and as a result are unable to participate in placement, you will not be able to graduate and will be asked to withdraw.

Field Placement Eligibility:

Field placements occur in first and second year of the program.

Hospital and Field Placements/Outreach require Health and Safety, N95 Mask fit, WHMIS and OWSHA training. There are additional costs associated with training that should be anticipated by students which are not covered by tuition fees.

To be eligible for placement, you must submit proof of Standard First Aid certification, CPR level C, PRCSVS, and complete immunizations through ParaMed and pay associated costs. ParaMed services are the third-party provider who collects all field placement documentation for the School of Health and Community Studies.

Students may be expected to travel outside of their immediate area of residency. It is the student's responsibility to arrange transportation and incur all costs associated with fieldwork placement. As well, there is a potential for evening and/or weekend labs.

Should you require further information, please contact the Program Chair.

Admission Requirements for 2023/2024 Academic Year

College Eligibility

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Should you require further information, please contact the Program Chair.

Application Information**OCCUPATIONAL THERAPIST ASSISTANT AND PHYSIOTHERAPY ASSISTANT
Program Code 1623X01FWO**

Applications to full-time day programs must be submitted with official transcripts showing completion of the academic admission requirements through:

ontariocolleges.ca
60 Corporate Court
Guelph, Ontario
N1G 5J3
1-888-892-2228

Students currently enrolled in an Ontario secondary school should notify their Guidance Office prior to their online application at www.ontariocolleges.ca

Applications for Fall Term and Winter Term admission received by February 1 will be given equal consideration. Applications received after February 1 will be processed on a first-come, first-served basis as long as places are available.

International applicants please visit this link for application process information:

<https://algonquincollege.force.com/myACint/>

For further information on the admissions process, contact:

Registrar's Office
Algonquin College
1385 Woodroffe Ave
Ottawa, ON K2G 1V8
Telephone: 613-727-0002
Toll-free: 1-800-565-4723
TTY: 613-727-7766
Fax: 613-727-7632
Contact: <https://www.algonquincollege.com/ro>

Additional Information

A current Standard First Aid and CPR Level C certificate is required prior to registration, students cannot attend clinical until this is completed.

As the program and career is physically demanding, accepted applicants must be in good health and submit a Health Assessment Form and an Immunization Form prior to registration. The annual flu vaccine is required for clinical.

Contact Information

Program Coordinator(s)

- Tim Tosh, <mailto:tosht@algonquincollege.com> , 613-727-4723, ext. 5002

Course Descriptions

ENL0073 Interpersonal Communication Skills in Rehabilitation

Communication is an important skill for all members of the healthcare team as this skill is essential for the safe and effective delivery of patient care. Through a combination of lectures, simulation exercises, and learning, students practise verbal and non-verbal communication skills, as well as active listening. Students examine communication within the healthcare setting and gain confidence in communicating appropriately with colleagues, patients and patient families. Special emphasis is placed on patient confidentiality, sensitivity and professionalism.

Prerequisite(s): none
Corerequisite(s):none

ENL1813S Communications I

Communication remains an essential skill sought by employers, regardless of discipline or field of study. Using a practical, vocation-oriented approach, students focus on meeting the requirements of effective communication. Students practise writing, speaking, reading, listening, locating and documenting information, and using technology to communicate professionally. Students develop and strengthen communication skills that contribute to success in both educational and workplace environments.

Prerequisite(s): none
Corerequisite(s):none

ENV0002 Environmental Citizenship

Environmental citizenship is based on the principles of national citizenship, yet it goes beyond political borders to emphasize global environmental rights and responsibilities. An environmental citizen is committed to learning more about the environment and to taking responsible environmental action. Through a combination of interactive activities, assignments and discussions, students learn how they are personally connected with current environmental issues. Students are also encouraged to adopt attitudes and behaviours that foster global environmental responsibility.

Prerequisite(s): none
Corerequisite(s):none

GED1623 General Education Elective

Students choose one course, from a group of general education electives, which meets one of the following five theme requirements: Arts in Society, Civic Life, Social and Cultural Understanding, Personal Understanding, and Science and Technology.

Prerequisite(s): none
Corerequisite(s):none

HLT0238 Rehabilitation and the Healthcare System

The role of the rehabilitation professional is evolving to meet the changing needs of the population. The practitioner must understand this role and how it relates to other health professionals within the Canadian healthcare system. Students become familiar with the healthcare system in Canada and the responsibilities at each level of government through in class lectures, presentations and

group activities. Focus is on the evolution, relevant legislation and current challenges in the system. Class discussion acquaints students with the history of rehabilitation and the principles guiding its practice.

Prerequisite(s): none
Corerequisite(s):none

HLT0239 Rehabilitation Concepts Through the Lifespan

Rehabilitation can occur at any age and takes on many different forms. Through in-class lectures, presentations and class work, students examine the rehabilitation principles across the lifespan from infancy to end of life. The role of the OTA and PTA in supporting physical, cognitive and social development at each stage of life is central throughout.

Prerequisite(s): none
Corerequisite(s):none

HLT0240 Introduction to Occupational Therapy and Physiotherapy

As an assistant it is important to understand the professions of occupational therapy and physiotherapy, as well as the many aspects of rehabilitation. Through a series of learning activities, students learn the principles of rehabilitation therapy, diversity of roles within the field and the impact of relevant regulatory bodies and professional associations. As well, students explore the role of the OTA and PTA as a member of the healthcare team and the inter-professional relationships with other health professionals.

Prerequisite(s): none
Corerequisite(s):none

HLT0241 Ota Therapeutic Skills: Musculoskeletal

The rehabilitation of musculoskeletal conditions requires the healthcare professional to not only treat the physical impairment but to also examine its impact on occupational performance. Through a combination of lectures, labs and simulation activities, students learn the principles of occupational therapy and how to deliver the treatment plan for musculoskeletal disorders. Students also become familiar with various types of assistive devices and strategies used to promote functional independence.

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256
Corerequisite(s):HLT0242

HLT0242 Pta Therapeutic Skills: Musculoskeletal

There are many therapeutic interventions that can be applied to patients diagnosed with a musculoskeletal condition. Through practical labs and in-class lectures students gain an understanding of how to rehabilitate musculoskeletal conditions safely and effectively using ROM, strength and modality techniques. Students also become familiar with various mobility and ambulatory aids and the importance of proper body mechanics when performing lifts and transfers.

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256
Corerequisite(s):HLT0241

HLT0243 Fundamentals of the Musculoskeletal System

Building on the knowledge of anatomy and physiology for health care, students take an in-depth look at the musculoskeletal system. Through a series of lectures and labs, students examine the functional movement of each joint. Students are also introduced to the principles, types and specific application of exercise as it relates to different regions of the body.

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256
Corerequisite(s):none

HLT0244 Musculoskeletal Conditions

Students investigate the musculoskeletal conditions that are commonly seen in the rehabilitation setting. Through a series of in-class lectures and presentations, students systematically examine conditions in each area of the musculoskeletal system and how they can be evaluated. Emphasis is placed on the impact that these conditions present to the individual within the framework of the World Health Organization's International Classification of Functioning, Disability and Health (ICF).

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256
Corerequisite(s):none

HLT0245 Ota and Pta Therapeutic Skills: Cardiorespiratory and Complex Condi

In the rehabilitation environment, patients present with various complex conditions including cardiovascular and respiratory conditions. In the theory lectures, students build on the knowledge of the normal functioning of these vital systems and gain an understanding of disease processes. Interventions required to manage patients with these conditions are presented and integrated into the lab practicum where students practise these skills. Students also learn and apply therapeutic skills and activities to improve occupational performance and maximize functional independence.

Prerequisite(s): HLT0241L and HLT0241T and HLT0242L and HLT0242T and HLT0243L and HLT0243T and HLT0244 and PSY5609 and WKT0006P and WKT0006S
Corerequisite(s):none

HLT0246 Cardiorespiratory and Complex Conditions

Students investigate the cardio respiratory and complex conditions seen in the rehabilitation setting. Through a series of in-class lectures and presentations students explore a selection of disabling conditions based on broad diagnostic categories, encompassing cardiac, respiratory and endocrine systems specific to each age group across the lifespan. Emphasis is on the impact that these conditions present to the individual within the framework of the World Health Organization's International Classification of Functioning, Disability and Health (ICF).

Prerequisite(s): HLT0241L and HLT0241T and HLT0242L and HLT0242T and HLT0243L and HLT0243T and HLT0244 and PSY5609 and WKT0006P and WKT0006S
Corerequisite(s):none

HLT0247 Fundamentals of the Cardiorespiratory System

Through a series of lectures, students explore the structure and function of the cardiovascular and respiratory systems with a brief overview of the endocrine and lymphatic systems. Focus is placed on the normal physiological function of these systems. Students use this foundation in developing an understanding of the various disorders that can arise and the potential impact on rehabilitation.

Prerequisite(s): HLT0241L and HLT0241T and HLT0242L and HLT0242T and HLT0243L and HLT0243T and HLT0244 and PSY5609 and WKT0006P and WKT0006S
Corerequisite(s):none

HLT0248 Concepts in Mental Health

According to the Canadian Mental Health Association, 20 percent of all Canadians personally experience a mental illness in their lifetime, regardless of their age, education, income level or culture. Students become familiar with the mental health system and the characteristics of common psychiatric disorders through in-class lectures and student-lead therapy groups. Students also gain an understanding of the supporting role of the OTA and PTA as part of the mental health team.

Prerequisite(s): HLT0241L and HLT0241T and HLT0242L and HLT0242T and HLT0243L and HLT0243T and HLT0244 and PSY5609 and WKT0006P and WKT0006S
Corerequisite(s):none

HLT0249 Professional Practice in Rehabilitation

In healthcare, practitioners deal with diversity in culture, values and beliefs that sometimes lead to

ethical issues and conflicts. The principles of professional behaviour and appropriate interventions are explored as students examine self-awareness, conflict management, cultural diversity and maintenance of professional boundaries, including privacy and confidentiality. These concepts are integrated with the knowledge and skill necessary for accurate and nonjudgmental documenting of client information. Clinical simulations allow students to integrate knowledge and skills and reflect on the experiences.

Prerequisite(s): HLT0241L and HLT0241T and HLT0242L and HLT0242T and HLT0243L and HLT0243T and HLT0244 and PSY5609 and WKT0006P and WKT0006S

Corerequisite(s):none

HLT0250 Pta Therapeutic Skills: Neurological

A neurological disorder can leave patients with both motor and sensory impairments. Through classroom lectures and practical labs students learn the theories of therapeutic interventions and applications with the goal of promoting functional independence in patients with neurological conditions.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249 and WKT0007P and WKT0007S

Corerequisite(s):HLT0251

HLT0251 Ota Therapeutic Skills: Neurological

Neurological rehabilitation consists of supporting and facilitating an individual to be as independent as possible in their daily life. Through in-class lectures, activities and lab work, students learn these therapeutic strategies and their application to clients with neurological impairments.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249 and WKT0007P and WKT0007S

Corerequisite(s):HLT0250

HLT0252 Fundamentals of Neurological Structures

In order to treat patients with neurological disorders it is important to understand the basic structure and function of the nervous system. Through a series of in-class lectures, students learn the structure and function of the central and peripheral nervous systems and how they relate to different disorders in the human body.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249 and WKT0007P and WKT0007S

Corerequisite(s):none

HLT0253 Communication and Function

Patients presenting with neurological or sensory impairments often have communication difficulties. It is important that an OTA/PTA is able to provide support in overcoming these barriers. Through in-class lectures, students learn normal, and disordered communication and specific-treatment strategies for effective communication. The laboratory module includes learning how to identify possible swallowing and feeding issues and strategies to assist those with disorders.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249 and WKT0007P and WKT0007S

Corerequisite(s):none

HLT0254 Neurological Conditions

Students investigate the common neurological conditions seen in the rehabilitation setting. Through a series of in-class lectures and presentations students investigate a selection of disabling conditions based on broad diagnostic categories and encompassing neurological conditions across the lifespan. Emphasis is on the impact that these conditions present to the individual within the framework of the World Health Organization's International Classification of Functioning, Disability and Health (ICF).

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249 and WKT0007P and WKT0007S

Corerequisite(s):none

HLT0256 Introduction to Anatomy and Physiology for Health Care

Students acquire knowledge of the structure and function within the human body. Students use a systematic approach to explore the following systems under normal conditions: integumentary, skeletal, muscular, nervous, respiratory and cardiovascular. Basic sciences underlying physiological concepts are highlighted, while recurrent physiological themes, such as communication, time, and compartmentalization are used to explain many of the functions within the body.

Prerequisite(s): none

Corerequisite(s):none

PSY5609 Introduction to Psychology

With its applications to behaviour and personality, psychology extends its reach into many aspects of our personal lives. The broad applications of this social science in both an applied and theoretical context are premised on a number of fundamental principles. Students explore research that defines the current boundaries of the discipline and interact with a number of the foundational concepts that resonate throughout daily life and popular culture. Focus is on differing schools of thought in psychology.

Prerequisite(s): none

Corerequisite(s):none

WKT0006P Clinical Placement I

The introductory fieldwork placement is the student's first exposure to a variety of rehabilitation therapy settings. Placement experiences allow for observation and the discovery of the role of the OTA and PTA. Working alongside healthcare professionals, students refine skills in communication and workplace professionalism while continuing to build on knowledge of various rehabilitation conditions.

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256

Corerequisite(s):none

WKT0006S Seminar I

Through a series of seminars, students are prepared for their introductory clinical placement and explore a variety of topics in rehabilitation practice. Seminars also provide students the opportunity to share their placement experiences and reflect on the role of the OTA and PTA in a variety of clinical environments.

Prerequisite(s): ENL0073 and ENL1813S and HLT0238 and HLT0239 and HLT0240 and HLT0256

Corerequisite(s):none

WKT0007P Clinical Placement II

Practising the skills and knowledge in a rehabilitation setting is essential in the learning process. During placement students apply learned theory and knowledge while further developing skills related to the rehabilitation of various complex conditions. Students become familiar with the clinical facility as they demonstrate professionalism and interpersonal skills.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249

Corerequisite(s):WKT0007S

WKT0007S Seminar II

An initial seminar prepares students for their second clinical placement. An emphasis is placed on

safety, ethics and professionalism in the workplace. Upon completion of their clinical placement, a seminar provides students the opportunity to reflect on their experiences and increase their knowledge of various healthcare settings through group discussion and activities.

Prerequisite(s): HLT0245 and HLT0246 and HLT0247 and HLT0248 and HLT0249
Corerequisite(s):WKT0007P

WKT0008P Clinical Placement III

During the final fieldwork placement, students continue to acquire and refine abilities and professional behaviours as OTA/PTAs. Through these collaborative, practical learning experiences, students increase understanding of the role and gain confidence assisting the professional therapist. Knowledge gained through theory and laboratory activities is integrated in a comprehensive manner in a variety of complex rehabilitation environments.

Prerequisite(s): HLT0250 and HLT0251 and HLT0252 and HLT0253 and HLT0254
Corerequisite(s):WKT0008S

WKT0008S Seminar III

An initial seminar prepares students for their final clinical placement. Advanced knowledge in ethical and professional behaviors in the workplace are explored. Upon completion of their clinical placement, a seminar provides students the opportunity to reflect on their experiences and identify lifelong learning objectives related to practice as an OTA/PTA. Students also receive training for job interviews and refine their resumes as they prepare for future careers in healthcare.

Prerequisite(s): HLT0250 and HLT0251 and HLT0252 and HLT0253 and HLT0254
Corerequisite(s):WKT0008P