



M.S. Ramaiah University of Applied Sciences

Program Structure and Course Details

Of


Master of Physiotherapy

Batch 2022 onwards


Registrar
M.S. Ramaiah University of Applied Sciences
Bangalore - 560 054

M.S. Ramaiah University of Applied Sciences

M.S. Ramaiah College of Physiotherapy


Principal and Dean
M.S. Ramaiah College of Physiotherapy
M.S. Ramaiah University of Applied Sciences
Bangalore-560054


Dean - Academics
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Bangalore - 560 054



Programme Specifications

Master of Physiotherapy Programme

Programme:
Community Health

Department:
Community Physiotherapy

**M.S. Ramaiah College of Physiotherapy
M.S. Ramaiah University of Applied Sciences**

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University's Vision, Mission and Objectives

The M. S. Ramaiah University of Applied Sciences (MSRUAS) will focus on student-centric professional, education and motivates its staff and students to contribute significantly to the growth of technology, science, economy and society through their imaginative, creative and innovative pursuits. Hence, the University has articulated the following vision and objectives.

Vision

MSRUAS aspires to be the premier university of choice in Asia for student centric professional education and services with a strong focus on applied research whilst maintaining the highest academic and ethical standards in a creative and innovative environment

Mission

Our purpose is the creation and dissemination of knowledge. We are committed to creativity, innovation and excellence in our teaching and research. We value integrity, quality and teamwork in all our endeavours. We inspire critical thinking, personal development and a passion for lifelong learning. We serve the technical, scientific and economic needs of our Society.

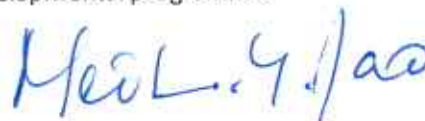
Objectives

1. To disseminate knowledge and skills through instructions, teaching, training, seminars, workshops and symposia in Engineering and Technology, Art and Design, Management and Commerce, Health and Allied Sciences, Physical and Life Sciences, Arts, Humanities and Social Sciences to equip students and scholars to meet the needs of industries, business and society
2. To generate knowledge through research in Engineering and Technology, Art and Design, Management and Commerce, Health and Allied Sciences, Physical and Life Sciences, Arts, Humanities and Social Sciences to meet the challenges that arise in industry, business and society
3. To promote health, human well-being and provide holistic healthcare
4. To provide technical and scientific solutions to real life problems posed by industry, business and society in Engineering and Technology, Art and Design, Management and Commerce, Health and Allied Sciences, Physical and Life Sciences, Arts, Humanities and Social Sciences
5. To instil the spirit of entrepreneurship in our youth to help create more career opportunities in the society by incubating and nurturing technology product ideas and supporting technology backed business
6. To identify and nurture leadership skills in students and help in the development of our future leaders to enrich the society we live in
7. To develop partnership with universities, industries, businesses, research establishments, NGOs, international organizations, governmental organizations in India and abroad to enrich the experiences of faculties and students through research and developmental programmes


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Section 1

Programme Specifications: Master of Physiotherapy (Community Health)

College	M.S Ramaiah College of Physiotherapy
Department	Community Physiotherapy
Programme	Community Health
Dean of College	Prof. Savita Ravindra

1.1 Title of The Award

Master of Physiotherapy (Community Health)

1.2 Mode of Study

Full Time

1.3 Awarding Institution /Body

M.S. Ramaiah University of Applied Sciences

1.4 Joint Award

Not Applicable

1.5 Teaching Institution

M.S Ramaiah College of Physiotherapy, M.S. Ramaiah University of Applied Sciences

1.6 Programme Approved date by the Academic Council of the University

14th July 2022

1.7 Next Review Date

July 2024/ 2025

1.8 Programme Approving Regulating Body and Date of Approval

1.9 Programme Accreditation Body and Date of Accreditation

1.10 Grade Awarded by the Accreditation Body

1.11 Programme Accreditation Validity Duration

1.12 Programme Benchmark



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1.13 Rationale for the Programme

Physiotherapy, as a profession has evolved and has responded to the diverse needs of the society with changing times. From its documented origins in the 19th Century to the present, it has expanded in both scope and reach. It is currently offered in varied settings such as hospitals, clinics, homes, rehab centres, schools, residential facilities, sports centres, workplaces and beyond. The increasing knowledge and research base has led to the need and growth of specializations in different domains of physiotherapy.

Most specializations in Physiotherapy are built on the framework of either a particular human system or a specific patient population. While these system or population-based specializations within the domains of the physiotherapy profession have had tremendous impact on improving the quality and standards of care and subsequently led to better patient outcomes, gaps still exist.

India is going through a demographic transition and this is placing significant burden on the healthcare systems. The disease and population profile of the country is changing and there has been a significant increase in the burden of both preventable non-communicable diseases as well as disability. Effective prevention and management of chronic non-communicable diseases emphasise on the need for health behaviour change at both individual and population levels. On the other hand, WHO estimates that India ranks among the top-5 Nations with greatest number of people (411 million) in need of rehabilitation services. Majority of them will need physiotherapy services and access to physiotherapy services across the needy population is extremely limited. While healthcare delivery at an individual level has been beneficial, the Sustainable Development Goal-3 of the United Nations recommend a more pragmatic approach to healthcare and aims to "Ensure healthy lives and promote well-being for all at all ages". Improving Community Health is recognised as an important strategy to achieving the SDG-3.

The Master of Physiotherapy in Community Health Programme of M.S. Ramaiah University of Applied Sciences has been conceived as part of the solution to the existing gaps in limited access to and delivery of physiotherapy service provisions. The programme aims to develop competent autonomous practitioners who, using the framework of community health, will be able to promote health, prevent disease, restore health and maximize body functioning, independence in activities and participation of individuals, families and communities. They will use their subject and domain expertise to strength health systems, improve access to physiotherapy service provisions, and deliver need and context-based care.


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They would be competent to work in various settings such as independent practitioners in the community, primary, urban and community health centres, health and wellness clinics, general and targeted population clinics, hospitals, teaching institutions, research institutions, non-governmental organizations, various central and state government health programs, government institutions, international health organizations, industrial and office settings, schools, specialized care institutions such as assisted living facilities, geriatric homes, child care institutions.

1.14. Programme Objectives

The objective of the MPT Programme in Community Health is to develop a cadre of dynamic, progressive postgraduate physiotherapists, who upon completion of the programme will be

1. Competent to use the physiotherapy knowledge and skills framework to work with people at both individual and population level to promote inclusive health, prevent disease, identify and treat health conditions; with a goal to maximize their functioning, independence in activities and participation
2. Able to effectively use their knowledge and leadership skills to integrate all resources and strategies, as described in the course content, to deliver high quality innovative services that are affordable, accessible, effective and efficient.
3. Competent to teach and mentor undergraduate and postgraduate students; undertake research; strengthen existing and develop new clinical care pathways
4. Able to efficiently advocate for maximizing access to physiotherapy service provisions within the healthcare delivery framework.


1.15. Program Outcomes

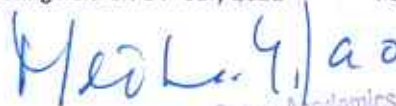
At the end of the Masters Programme the student will be able to:

- PT 163 PO1: Demonstrate the ability to independently plan and conduct a structured comprehensive patient-centred physiotherapy assessment and formulate a functional diagnosis
- PT 163 PO2: Demonstrate the ability to use clinical reasoning and critical thinking to establish patient-centred goals and prescribe an individualized plan based on established standards of practice
- PT 163 PO3: Demonstrate evidence-based interventional skills in managing health conditions across lifespan in different settings using reflective practice
- PT 163 PO4: Conduct research work under supervision and communicate the findings
- PT 163 PO5: Display entrepreneurial, pedagogical and leadership skills in a team across various healthcare and academic settings.

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1.16. Programme Structure

The postgraduate program is designed as a program, wherein at the end of two years, a programme-end examination will be conducted by the University. The programme will consist of four courses and the student will have to pass all the courses collectively. In addition, the programme will have an ongoing assessment of performance and the student will be required to complete a set of defined prerequisites in order to be eligible for appearing in the programme ending examination.

The following are the courses a student is required to complete to appear in the programme ending examination

S. No	Course Title	Course Code
1	Fundamentals in Physiotherapy Practice, Pedagogy and Research	PT F 5 01 A
2	Foundation of Community Health	PT C 5 04 A
3	Assessment Approaches for Physiotherapy Services in Community Health	PT C 5 05 A
4	Physiotherapy Interventions in Community Health	PT C 5 06 A

Students' enrolled in the MPT programme shall also undertake the following electives:

Programme Electives – These electives are mandatory for the MPT Programme.

- Professional Ethics
- Basic Life Support
- Basic course in Biomedical Research

Open Electives – These electives a candidate has to take up a minimum of 1 elective.

- Advanced Life Support
- Medico legal aspects in patient care
- Quality management in Healthcare
- Financial Literacy

*Outline of all the electives is provided in the **Annexure 1**

**1.17. Course Delivery Structure**

The Courses will be delivered from Monday to Saturday of a week. The calendar of events of the programme and the courses shall be available at the beginning of the programme. A detailed timetable shall be available to the students at the beginning of each month.

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1.18 Teaching Learning Methods

The Teaching Learning methods will include but not limited to:

1. Lectures
2. Seminars
3. Group discussions
4. Self-directed Learning
5. Journal review meetings
6. Demonstrations and Skill Labs
7. Case Discussion and Presentation
8. Patient Care in various settings
9. Field visits
10. Inter disciplinary meetings and discussions
11. Continuing Professional Development Programs
12. Conferences / Workshop / Symposium programmes
13. Research

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Section 2: Course Specifications

Course 1: Fundamentals in Physiotherapy Practice, Pedagogy and Research

Course Title	Fundamentals in Physiotherapy Practice, Pedagogy and Research
Course Code	PT F 5 01 A
Course Type	Core Theory Course
Department	Community Health Physiotherapy
College	Physiotherapy

1. Course Summary

This fundamental course in physiotherapy is designed to train postgraduate students in principles of professional practice, research methods, biostatistics and ethics. It also provides training in application of exercise physiology and electrophysiology in clinical decision making. Beyond subject knowledge, the course also aims to train the postgraduates in teaching skills, management skills and entrepreneurship

2. Course Size and Credits

Number of Credits	NA
Credit Structure (Lecture: Tutorial: Practical)	NA
Total Hours	As per the Academic Regulations
Number of Weeks	As per the Academic Regulations
Department Responsible	Community Health Physiotherapy
Total Course Marks	100
Pass Criterion	As per the Academic Regulations
Attendance Requirement	As per the Academic Regulations

3. Course Outcomes (COs)

Upon completion of the course, the postgraduate student will be able to:

PT F 5 01 A CO1: Discuss the principles of professional standards and ethics in evidence-based physiotherapy practice.

PT F 5 01 A CO2: Analyse and apply appropriate research methods and relevant biostatistics in research

PT F 5 01 A CO3: Apply the principles of exercise physiology and electrophysiology in clinical decision making

PT F 5 01 A CO4: Discuss different learning theories and taxonomies.

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- PT F 5 01 A CO5: Demonstrate teaching learning methods in microteaching environment.
 PT F 5 01 A CO6: Explain the management processes and responsibilities as applied to principles of physiotherapy practice
 PT F 5 01 A CO7: Discuss the nature of entrepreneurship in rehabilitation

4. Course Contents

1 Principles and Core Professional Values of Physiotherapy Practice

- a. Definition of Physiotherapy, Scope of Practice
- b. General and Professional competencies
- c. Physiotherapy Knowledge, Skill and Education Framework
- d. Introduction to World Physiotherapy Standards of Physical Therapy Practice Guideline
- e. International Classification of Functioning Disability and Health.
- f. Principles of Evidence Based Practice in Physiotherapy

2 Research Methodology and Biostatistics

Designing Clinical Research: Basic Ingredients

- a. Getting Started: The Anatomy and Physiology of Clinical Research
- b. Fundamentals of Literature Search and Review
- c. Conceiving the Research Question and Developing the Study Plan
- d. Choosing the Study Subjects: Specification, Sampling, and Recruitment
- e. Planning the Measurements: Precision, Accuracy, and Validity
- f. Hypotheses and Underlying Principles to Estimating Sample Size and Power

Designing Clinical Research: Study Designs

- g. Designing Cross-Sectional, Case-Control and Cohort Studies
- h. Enhancing Causal Inference in Observational Studies
- i. Designing a Randomized Blinded Trial, Alternative Clinical Trial Designs and their Implementation Issues
- j. Designing Studies of Diagnostic Tests
- k. Research Using Existing Data
- l. Fundamentals of Qualitative Research Methods
- m. Fundamentals of Systematic Reviews and Meta-analysis

Ethical Principles in Conducting Research

- n. ICMR Ethical Guidelines for Biomedical Research

Implementation of Clinical Research

- o. Designing Questionnaires, Interviews, and Online Surveys
- p. Implementing the Study and Quality Control
- q. Data Management

Biostatistics



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- r. Basic Fundamentals of Biostatistics s. Probability and Normal Distribution
- t. Descriptive Statistics: Measures of Central Tendency and Spread
- u. Hypothesis Testing: One-Sample Inference, Two-Sample Inference, Multi-sample Inference,
- v. Hypothesis Testing: Nonparametric Methods, Categorical Data
- w. Regression, Correlation Methods and Diagnostic Tests

Consuming and Disseminating Research

- x. Strategies for following Emerging Evidence, Clinical Practice Guidelines and Clinical pathways
- y. Best Practices in Research Dissemination
- z. Writing a Manuscript for Publication

3 Exercise Physiology

- a. Fundamentals of Human Energy Transfer
- b. Source of Nutrition and Energy, Macro and Micro Nutrients, Food Energy and Optimum Nutrition for Exercise
- c. Energy Expenditure During Rest and Physical Activity
- d. Body Composition, Its Evaluation, Obesity and Weight Control
- e. Training the Anaerobic and Aerobic Energy Systems

4 Electrophysiology

- a. Instrumentation for neuromuscular electrical stimulation.
- b. Muscles plasticity in response to electrical stimulation.
- c. Electrical stimulation and its effects on various systems.

5 Pedagogy in Physiotherapy Education

- a. Basics of Adult Learning Theories including Learning Styles
- b. Formulating Intended Learning Outcomes.
- c. Teaching Learning Methods
- d. Assessment Methods



6 Management, Entrepreneurship and Leadership in Physiotherapy Practice

- a. Introduction to Management in Physiotherapy: Definition, Principles and Functions
- b. Management Process: Planning, Organizing, Directing, Controlling. Decision making.
- c. Responsibilities of the Physiotherapy Manager
- d. Entrepreneurship in Physiotherapy Practice: Need, Advantages and Opportunities, Challenges and Barriers
- e. Leadership: Need, Relevance, Competencies and Characteristics

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5. Course Map (CO-PO Map)

Course 1: Fundamentals in Physiotherapy Practice, Pedagogy and Research (PTF501A)

Program Outcome / Course Outcome	PT 163 PO1	PT 163 PO2	PT 163 PO3	PT 163 PO4	PT 163 PO5
PT F 5 01 A CO1		2			
PT F 5 01 A CO2				2	
PT F 5 01 A CO3	3		2		
PT F 5 01 A CO4				2	2
PT F 5 01 A CO5				2	2
PT F 5 01 A CO6			1		
PT F 5 01 A CO7					1
3: Very Strong Contribution, 2: Strong Contribution, 1: Moderate Contribution					

6. Course Teaching and Learning Methods

The Teaching and Learning Methods will include but not limited to:

Sl. No.	Teaching and Learning Methods	
1	Lectures	✓
2	Seminars	✓
3	Group discussions	✓
4	Self-directed Learning	✓
5	Journal review meetings	✓
6	Demonstrations and Skill Labs	✓
7	Case Discussion and Presentation	✓
8	Patient Care in various settings	✓
9	Field visits	
10	Inter disciplinary meetings and discussions	✓
11	Continuing Professional Development Programs	✓
12	Conferences / Workshop / Symposium programmes	✓
13	Research and Dissertation	✓



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7. Course Assessment and Reassessment

The details of the components and subcomponents of course assessment is presented in the Academic Regulations document pertaining to the Masters of Physiotherapy (MPT) Programme. The procedure to determine the final course marks is also presented in the Academic Regulations document.

8. Course Resources

1. World Physiotherapy (2019) Description of Physical Therapy: Policy Statement. Available from <https://world.physio/sites/default/files/2020-07/PS-2019-Description-of-physical-therapy.pdf>
2. World Physiotherapy (2011) Physical Therapist Professional Entry Level Education Guideline. (Available from: <https://world.physio/sites/default/files/2020-07/G-2011-Entry-level-education.pdf>)
3. CSP (2011) Physiotherapy Framework: Putting physiotherapy Behaviours, Values, Knowledge & Skills into Practice [updated May 2020](Available from: <https://www.csp.org.uk/professional-clinical/cpd-education/professional-development/professional-frameworks>)
4. Expected Minimum Competencies for an Entry Level Physiotherapist in the Europe Region World Physiotherapy Guidance Document (Available from: https://www.erwcpt.eu/education/expected_minimum_competencies_for_entry_level)
5. Evidence-Based Medicine: How to Practice and Teach EBM, 2nd Edition: By David L. Sackett, Sharon E. Straus, W. Scott Richardson, William Rosenberg, and R. Brian Haynes, Churchill Livingstone, 2000
6. Rob Herbert, Gro Jamtvedt, Kåre Birger Hagen, Judy Mead. Practical Evidence-Based Physiotherapy (Second Edition), Churchill Livingstone, 2011, ISBN 9780702042706,
7. World Physiotherapy (2011) Standards of Physical Therapy Practice Guideline(Available from: <https://world.physio/sites/default/files/2020-06/G-2011-Standards-practice.pdf>)
8. 2017 ICMR National Ethical Guidelines for Biomedical and Health Research involving Human Participant
9. 2020 ICMR Policy on Research Integrity and Publication Ethics (RIPE)
10. Designing Clinical Research 4th Edition. Stephen B. Hulley et al. Published By: Lippincott Williams & Wilkins. ISBN-13: 9781469840543
11. Medical Biostatistics (Chapman & Hall/CRC Biostatistics Series). 4th Edition 2017. Abhaya Indrayan, Rajeev Kumar Malhotra. Chapman and Hall/CRC. ISBN 9781498799539
12. Exercise Physiology Nutrition, Energy, and Human Performance. 8th Edition. William D. McArdle PhD, Frank I. Katch, Victor L. Katch. Lippincott Williams & Wilkins. ISBN/ISSN: 9781451191554
13. Principles of Medical Education. 4th Edition. Tejinder Singh, Piyush Gupta, Daljit Singh. 2013. Jaypee Publishers.
14. Management in Physical Therapy Practices, 2nd Edition. Catherine G. Page PT, MPH, PhD. ISBN-13: 978-0-8036-4033-7
15. Heather A. Current thinking on Leadership and Physiotherapy Practice. 2016. Report Prepared for AGILE Professional Network of the Chartered Society of Physiotherapy (Available from: https://agile.csp.org.uk/system/files/current_leadership_thinking_and_physiotherapy_practice.pdf)

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9. Course Organization

Course Code	PT F 5 01 A		
Course Title	Fundamentals in Physiotherapy Practice, Pedagogy and Research		
Course Leader's Name	Dr. Sundar Kumar		
Course Leader's Contact Details	Phone:	9739468755	
	E-mail:	sundar.rcp@msruas.ac.in	
Course Specifications Approval Date	26.09.2022		
Next Course Specifications Review Date	01.07.2024		
Subsequent Course Specifications Review Date			

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Course 2: Foundation of Community Health

Course Title	Foundation of Community Health
Course Code	PT C 5 04 A
Course Type	Core Theory Course
Department	Community Health Physiotherapy
Faculty	Physiotherapy

1. Course Summary

This fundamental course is designed to train postgraduate students in understanding applied theories, principles and philosophies related to health and illness, behavioural medicine, healthcare delivery and its pathways, disability, occupational health and ergonomics. It also aims to orient the students towards global perspectives related to physiotherapy in community health.

2. Course Size and Credits

Number of Credits	NA
Credit Structure (Lecture: Tutorial: Practical)	NA
Total Hours	As per the Academic Regulations
Number of Weeks	As per the Academic Regulations
Department Responsible	Community Health Physiotherapy
Total Course Marks	100
Pass Criterion	As per the Academic Regulations
Attendance Requirement	As per the Academic Regulations

3. Course Outcomes (COs)

Upon completion of the course, the postgraduate student will be able to:

- PT C 5 04 A CO1: Discuss the principles and applications of behavioural medicine and health education in community health
- PT C 5 04 A CO2: Explain healthcare delivery system and analyse strategies for promoting community health within healthcare pathways
- PT C 5 04 A CO3: Explain the concept of disability, its components, and regulations for health and wellbeing for persons with disabilities
- PT C 5 04 A CO4: Apply the biomechanical principles and regulations in occupational health and ergonomics
- PT C 5 04 A CO5: Discuss the fundamental principles for health and illness in special populations

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4. Course Contents**1. Introduction to Behavioural Medicine and Health Education**

- a. Biopsychosocial approach to Health and Illness
- b. Behaviour Change Theories in Health
- c. Health Professionals' Behaviour and Healthcare Delivery
- d. Role of Behaviour Medicine in Healthcare Delivery for Chronic Health Conditions
- e. Principles of and Rationale for Health Education
- f. Communication Skills and Strategies in Health Education
- g. Principles and Guidelines for Development of Health Information Education and Communication Strategies

2. Health Care Delivery System and Community Health

- a. Components of Healthcare Delivery System
- b. Healthcare Delivery Systems in low- and High-Income Economies
- c. Health Care Delivery System in India
- d. Healthcare Access Disparities
- e. Overview of Access to Physiotherapy Services
- f. National Health Programs
- g. Significance of Clinical care Pathways in Healthcare Access and Delivery
- h. Role of Technology in Improving Access to Healthcare
- i. Definition, Scope, and Principles of Community Health
- j. Consequences of Neglecting Community Health
- k. Relevance of Community Health to Sustainable Development Goals
- l. Strategies for Promoting Community Health

3. Disability, Rehabilitation & Assistive Technology

- a. Prevalence and Burden of Disability
- b. Implications of Disability on Health and Wellbeing
- c. Disability and Sustainable Development Goals
- d. International Conventions and Laws on Disability
- e. National and State Laws, Rules and Regulations for Disability
- f. Rehabilitation in Health Systems
- g. Access to Rehabilitation in Primary Health Care
- h. Community Based Rehabilitation
- i. Rehabilitation in Emergencies: Minimum Technical Standards and Recommendations for rehabilitation
- j. Concept of Universal Design
- k. Principles of Assistive Technology
- l. Biomechanical considerations of mobility devices
- m. Biomechanical Principles of Prosthetics and Orthotics

4. Occupational Biomechanics and Ergonomics

- a. Common Physical Principles in Occupational Biomechanics and Ergonomics
- b. Biomechanical Principles of Load Analysis
- c. Biomechanics of Lifting and Material Handling
- d. Biomechanics of Overexertion injuries
- e. Industrial Safety and Labour Laws


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5. Gerontology

- a. Aging and Population Health
- b. Population Demographics with Aging
- c. Aging and Disability
- d. Theories of Aging
- e. Physiological, Functional and Behavioural Changes with Aging

6. Gender Health

- a. Anatomical and Physiological Changes Across the Life Span and their Implications for Health and Functioning
- b. Physiological and Anatomical changes during Pregnancy, Postnatal and Menopausal period
- c. Gender Influence of Health Behaviour and Outcomes
- d. Body Image and Health Behaviours

7. Oncology and Palliative Care

- a. Overview of Cancer and its Primary Therapies
- b. Health Behaviours during and after a Cancer Diagnosis
- c. Impact of Cancer Diagnosis and its Therapies on Body Functioning, Activity and participation
- d. Lifestyle Medicine and Cancer Survivorship

5. Course Map (CO-PO Map)

Program Outcome / Course Outcome	PT 163 PO1	PT 163 PO2	PT 163 PO3	PT 163 PO4	PT 163 PO5
PT C 5 04 A CO1	3	2			
PT C 5 04 A CO2	2	1			
PT C 5 04 A CO3		2			
PT C 5 04 A CO4	2	3	3		
PT C 5 04 A CO5			2		
3: Very Strong Contribution, 2: Strong Contribution, 1: Moderate Contribution					

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6. Course Teaching and Learning Methods

The Teaching and Learning Methods will include but not limited to:

Sl. No.	Teaching and Learning Methods	
1	Lectures	✓
2	Seminars	✓
3	Group discussions	✓
4	Self-directed Learning	✓
5	Journal review meetings	✓
6	Demonstrations and Skill Labs	✓
7	Case Discussion and Presentation	✓
8	Patient Care in various settings	✓
9	Field visits	✓
10	Inter disciplinary meetings and discussions	✓
11	Continuing Professional Development Programs	✓
12	Conferences / Workshop / Symposium programmes	✓
13	Research and Dissertation	✓

7. Course Assessment and Reassessment

The details of the components and subcomponents of course assessment is presented in the Academic Regulations document pertaining to the Masters of Physiotherapy (MPT) Programme. The procedure to determine the final course marks is also presented in the Academic Regulations document.

8. Course Resources**Recommended Books**

1. Mechanick JI, Kushner RF, editors. Creating a Lifestyle Medicine Center: From Concept to Clinical Practice. Springer Nature; 2020 Sep 4. ISBN: 978-3-030-48087-5
2. Park's Textbook of Preventive and Social Medicine 25th Edition 2019, Publisher: Banarsidas Bhanot Publishers Year: 2019. ISBN: 9789382219156
3. COOK, A. M., & POLGAR, J. M. (2015). Assistive Technologies: Principles and Practice, 4th ed. Missouri. ISBN: 978-0-323-09631-7
4. Bella J. May, Margery A. Lockard. 2011. Prosthetics & orthotics in clinical practice: A Case Study Approach F. A. Davis Company. ISBN-13: 978-0-8036-2257-9
5. Shrawan Kumar. 2007 Biomechanics in Ergonomics 2nd Edition Taylor & Francis. eBook ISBN: 9780429125133
6. Katrin Kroemer Elbert Henrike Kroemer Anne D. Kroemer Hoffman 2018. Ergonomics: How to

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- Design for Ease and Efficiency. 3rd Edition. Academic Press ISBN: 9780128132968
7. Susan B. O'Sullivan, Thomas J. Schmitz, George D. Fulk. 2014. Physical Rehabilitation, 6th edition. F.A. Davis Co. ISBN 9780803625792
 8. Bharati Vijay Bellare, Pavithra Rajan, Unnati Nikhil Pandit. 2018. Textbook of Preventive Practice and Community Physiotherapy. Vol 1 & 2. ISBN: 9789352703258 & ISBN: 9789352704033
 9. Dale Avers, Rita Wong. Guccione's Geriatric Physical Therapy. 4th Edition 2019. Mosby. ISBN: 9780323609128
 10. Jill Mantle Jeanette Haslam Sue Barton. Physiotherapy in Obstetrics and Gynaecology 2nd Edition. 2004. Butterworth-Heinemann ISBN: 9780750622653
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Recommended URLs

1. Dean E, Al-Obaidi S, De Andrade AD, et al. The First Physical Therapy Summit on Global Health: implications and recommendations for the 21st century. Physiother Theory Pract. 2011;27(8):531-547.
2. Dean E, Skinner M, Myezwa H, et al. Health Competency Standards in Physical Therapist Practice. Phys Ther. 2019;99(9):1242-1254.
3. Johanna Fritz, Lars Wallin, Anne Söderlund, Lena Almqvist & Maria Sandborgh (2020) Implementation of a behavioral medicine approach in physiotherapy: impact and sustainability, Disability and Rehabilitation, 42:24, 3467-3474
4. Fritz, J., Wallin, L., Söderlund, A. et al. Implementation of a behavioral medicine approach in physiotherapy: a process evaluation of facilitation methods. Implementation Sci 14, 94 (2019). <https://doi.org/10.1186/s13012-019-0942-y>
5. Fisher EB, Fitzgibbon ML, Glasgow RE, et al. Behavior matters. Am J Prev Med. 2011;40(5):e15-e30. doi:10.1016/j.amepre.2010.12.031
6. Dekker J, Stauder A, Penedo FJ. Proposal for an Update of the Definition and Scope of Behavioral Medicine. Int J Behav Med. 2017;24(1):1-4. doi:10.1007/s12529-016-9610-7
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8. Promoting health: Guide to national implementation of the Shanghai Declaration. Geneva: World Health Organization; 2017 (WHO/NMH/PND/18.2). <https://www.who.int/publications/i/item/WHO-NMH-PND-18.2>
9. World Health Organization. 2012. Health education: Theoretical concepts, effective strategies and core competencies: A foundation document to guide capacity development of health educators Available from: https://applications.emro.who.int/dsaf/EMRPUB_2012_EN_1362.pdf
10. O'Sullivan GA, Yonkier JA, Morgan W, Merritt AP. A field guide to designing a health communication strategy. Baltimore: Johns Hopkins Bloomberg School of Public Health/Centre for Communication Programs. 2003 Mar. Available from: <http://ccp.jhu.edu/documents/A%20Field%20Guide%20to%20Designing%20Health%20Comm%20Strat%20egy.pdf>

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11. Goodman RA, Bunnell R, Posner SF. What is "community health"? Examining the meaning of an evolving field in public health. *Prev Med.* 2014;67 Suppl 1(Suppl 1):S58-S61. doi:10.1016/j.ypmed.2014.07.028
12. Litwin, Adam Seth. 2020. Technological Change in Health Care Delivery: Its Drivers and Consequences for Work & Workers. Berkeley: UC Berkeley Labor Center. Available from: <https://laborcenter.berkeley.edu/wp-content/uploads/2020/07/Technological-Change-in-Health-Care-Delivery.pdf>
13. Disability and the Millennium Development Goals: A Review of the MDG Process and Strategies for Inclusion of Disability Issues in Millennium Development Goal Efforts. 2011) United Nations Publication. Sales No. E.11.IV.10. ISBN-13: 978-92-1-130318-6, e-ISBN-13: 978-92-1-055231-8. (Available from: https://www.un.org/disabilities/documents/review_of_disability_and_the_mdgs.pdf)
14. The UN Report on Disability and Development 2018 – Realizing the SDGs by, for and with persons with disabilities. Available from <https://social.un.org/publications/UN-Flagship-Report-Disability-Final.pdf> & <https://www.un.org/development/desa/disabilities/wp-content/uploads/sites/15/2019/12/UN-Development-and-Disability-Report-v4.pdf>
15. Ministry of Law and Justice. Legislative Department. THE RIGHTS OF PERSONS WITH DISABILITIES ACT, 2016 <http://legislative.gov.in/actsofparliamentfromtheyear/rights-persons-disabilities-act-2016>
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19. World Health Organization. Community health workers: What do we know about them. Geneva: WHO Department of Human Resources for Health. 2007 Oct. https://www.who.int/hrh/documents/community_health_workers.pdf
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22. Werner D, Thuman C, Maxwell J. Nothing about us without us. Developing innovative technologies for, by and with disabled persons. Palo Alto: Healthwrights. 1998. <https://www.dinf.ne.jp/doc/english/global/david/dwe001/dwe00101.html>
23. Werner D. Disabled village children. The Hesperian Fdn, Palo Alto. 1987. <https://www.dinf.ne.jp/doc/english/global/david/dwe002/dwe00201.html>
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- children with cerebral palsy: a guide for mid-level rehabilitation workers. World Health Organization. <https://apps.who.int/iris/handle/10665/62696>
26. World Health Organization. Towards a common language for functioning, disability, and health: ICF. The international classification of functioning, disability and health. 2002. https://www.who.int/docs/default-source/classification/icf/icfbeginnersguide.pdf?sfvrsn=eead63d3_4
 27. ICF Browser. <https://apps.who.int/classifications/icfbrowser/>
 28. World Health Organisation. Rehabilitation. https://www.who.int/health-topics/rehabilitation#tab=tab_1
 29. World Health Organization. "Rehabilitation in health systems." (2017). <https://www.who.int/publications/i/item/rehabilitation-in-health-systems>
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 32. World Health Organization. Guidelines on the provision of manual wheelchairs in less resourced settings. World Health Organization; 2008. <https://www.who.int/publications/i/item/guidelines-on-the-provision-of-manual-wheelchairs-in-less-resourced-settings>
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 36. World Health Organization. The global strategy and action plan on ageing and health. 2016. <https://www.who.int/ageing/global-strategy/en/>
 37. Directorate General of Health Services. Ministry of Health & Family Welfare. Proposal Of Strategies for Palliative Care in India. 2012. <https://palliumindia.org/wp-content/uploads/2020/05/National-Palliative-Care-Strategy-Nov-2012.pdf>
 38. Sushma Bhatnagar, Anil Paleri, Mayank Gupta, et al: Facilitator Guide, Training manual for doctors and nurses under National Programme for Palliative Care. 2017. [https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685685054\(1\).pdf](https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685685054(1).pdf)
 39. National Programme for Palliative Care. Facilitator Guide for Community Health Workers. 2019. [https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685693352\(1\).pdf](https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685693352(1).pdf)
 40. National Programme for Palliative Care. Handbook for Community Health Workers. [https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685700905\(1\).pdf](https://dghs.gov.in/WriteReadData/userfiles/file/a/5127_1558685700905(1).pdf)
 41. Jeba J, Atreya S, Chakraborty S, et al. Joint position statement Indian Association of Palliative Care and Academy of Family Physicians of India - The way forward for developing community-based palliative care program throughout India: Policy, education, and service delivery considerations. J Family Med Prim Care. 2018;7(2):291-302.
 42. Campbell KL, Winters-Stone KM, Wiskemann J, et al. Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable. Med Sci Sports Exerc. 2019;51(11):2375-2390. <https://journals.lww.com/acsm->

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[msse/Fulltext/2019/11000/Exercise Guidelines for Cancer Survivors .23.aspx](https://www.sciencedirect.com/science/article/pii/S1549731519300000)

43. Cormie P, Atkinson M, Bucci L, Cust A, Eakin E, Hayes S, McCarthy S, Murnane A, Patchell S, Adams D. Clinical Oncology Society of Australia position statement on exercise in cancer care. Med J Aust. 2018;209:184-187. <https://www.cancer.be/sites/default/files/cosa.pdf>

Recommended Journals

1. Annals of Physical and Rehabilitation Medicine <https://www.journals.elsevier.com/annals-of-physical-and-rehabilitation-medicine>
2. Disability and Rehabilitation. <https://www.tandfonline.com/loi/idre20>
3. American Journal of Health Promotion. <https://journals.sagepub.com/home/ahp>
4. Clinical Rehabilitation. <https://journals.sagepub.com/home/cre>
5. Archives of Physical Medicine and Rehabilitation. <https://www.sciencedirect.com/journal/archives-of-physical-medicine-and-rehabilitation>
6. Disability and Rehabilitation: Assistive Technology <https://www.tandfonline.com/loi/iidt20>
7. Disability, CBR & Inclusive Development. <https://dcidj.org/>
8. Bulletin of the World Health Organization. <https://www.who.int/publications/journals/bulletin>
9. Journal of Geriatric Physical Therapy. <https://journals.lww.com/jgpt/pages/default.aspx>
10. PTJ: Physical Therapy & Rehabilitation Journal. <https://academic.oup.com/ptj>
11. Physiotherapy journal. <https://www.journals.elsevier.com/physiotherapy>
12. Journal of Rehabilitation Research & Development. <https://www.rehab.research.va.gov/jrrd/index.html>
13. Journal of Women's Health Physical Therapy. <https://journals.lww.com/jwhpt/pages/default.aspx>
14. Applied Ergonomics. <https://www.sciencedirect.com/journal/applied-ergonomics>
15. Supportive Care in Cancer. <https://www.springer.com/journal/520>
16. Indian Journal of Palliative Care. <https://www.jpalliativecare.com>

9. Course Organization

Course Code	PT C 5 04 A		
Course Title	Foundation of Community Health		
Course Leader's Name	Dr. Sundar Kumar		
Course Leader's Contact Details	Phone:	9739468755	
	E-mail:	sundar.rcp@msruas.ac.in	
Course Specifications Approval Date	26.09.2022		
Next Course Specifications Review Date	01.07.2024		
Subsequent Course Specifications Review Date			



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Course 3 : Assessment Approaches for Physiotherapy Services in Community Health

Course Title	Assessment Approaches for Physiotherapy Services in Community Health
Course Code	PT C 5 05 A
Course Type	Core Theory Course
Department	Community health Physiotherapy
Faculty	Physiotherapy

1. Course summary:

This course on assessment approaches is designed to train the post graduate students to apply community health assessment strategies in the evaluation of health systems, its pathways, occupational health and ergonomics, and functioning and disability in specific clinical and special populations by using appropriate outcome measures.

2. Course size and credits

Number of Credits	NA
Credit Structure (Lecture: Tutorial: Practical)	NA
Total Hours	As per the Academic Regulations
Number of Weeks	As per the Academic Regulations
Department Responsible	Community Health Physiotherapy
Total Course Marks	100+100 (theory+practical)
Pass Criterion	As per the Academic Regulations
Attendance Requirement	As per the Academic Regulations

3. Course Outcomes (COs)

Upon completion of the course, the postgraduate student will be able to

PT C 5 05 A CO1: Demonstrate the use of appropriate outcome measures in community health

PT C 5 05 A CO2: Demonstrate the ability to apply community health assessment strategies and evaluate health system pathways

PT C 5 05 A CO3: Apply the principles of assessment in disability and rehabilitation

PT C 5 05 A CO4: Conduct a comprehensive workplace and ergonomic assessment

PT C 5 05 A CO5: Demonstrate the ability to conduct a comprehensive assessment in special populations.

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4. Course Contents**1. Outcome Measures for Physiotherapy Assessment in Community Health**

- a. Relationship and Difference between ICD and ICF
- b. ICF as a Universal Tool for Measuring Functioning in Society
- c. Components, Approaches and Tools for Health Behaviour Assessment
- d. Outcome Measures for Assessment of Body Functioning
- e. Outcome Measures for Assessment of Activity and Participation
- f. Assessment of contextual factors and quality of life in various contexts

2. Assessment of Health Education, Health Systems and Pathways

- a. Assessment for Health Literacy and Tools for Health Education Assessment
- b. Patient Education and IEC Needs Assessment
- c. Overview of WHO Framework for Health System Performance Assessment
- d. Clinical Pathways as a Healthcare Tool

3. Physical Fitness and Community Health Assessment Relevant to Physiotherapy Service**Provisions**

- a. Relationship between Physical Fitness and Health
- b. Components of Health-related Fitness and Factor influencing Physical Fitness Assessment
- c. Methods and Tools for Health-related Fitness Assessment
- d. Fitness Assessment in Special Population including individuals with Disabilities and in Resource-limited Settings
- e. Principles of Community Health Assessment
- f. Community Health Assessment & Planning Models, Frameworks & Tools
- g. Common Elements of Assessment and Planning Frameworks
- h. Application of Community Health Assessment Strategies in Different Settings (Urban and Rural Communities, Special Population Communities, Institutions, Industries, Schools)

4. Disability and Rehabilitation

- a. Methods of Disability and Rehabilitation Needs Assessment across Lifespan
- b. Assistive Technology Need Assessment
- c. Wheelchair Prescription and Skills Assessment
- d. Assessment for Orthotic and Prosthetic Prescription
- e. Components, Principles and Guidelines for Accessibility Audit in Built Environment, Public Spaces & Access to Technologies

5. Industrial Health and Ergonomics

- a. Assessment of Occupational Hazards
- b. Common Ergonomic Assessment Tools
- c. Technology-enabled Ergonomic Assessment
- d. Evaluation of Workplace Physical Demand
- e. Return to Work Evaluation

6. Geriatrics

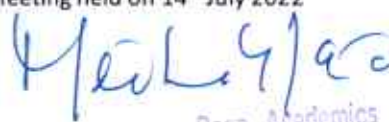
- a. Health Behaviour in Elderly
- b. Multisystem Assessment
- c. Assessment of Chronic Pain and Disability in Elderly



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- d. Assessment of Fall Risk and Frailty

7. Gender Health

- Adolescent Health
- Assessment of Pelvic Floor Integrity and Function
- Antenatal & Postnatal Assessment
- Aging and Pelvic Health

8. Oncology and Palliative Care

- Health Behaviour Change Assessment in Oncology
- Assessment for Pre-habilitation, Cancer Related Fatigue and Pain
- Evaluation of Complications of Cancer Therapies
- Palliative Care Need Assessment

5. Course Map (CO-PO Map)

Program Outcome / Course Outcome	PT 163 PO1	PT 163 PO2	PT 163 PO3	PT 163 PO4	PT 163 PO5
PT C 5 05 A CO1	2				
PT C 5 05 A CO2	3	2			
PT C 5 05 A CO3	1	1	3		
PT C 5 05 A CO4	2	2			
PT C 5 05 A CO5	3	3			
3: Very Strong Contribution, 2: Strong Contribution, 1: Moderate Contribution					

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6. Course Teaching and Learning Methods

The Teaching and Learning Methods will include but not limited to:

Sl. No.	Teaching and Learning Methods	
1	Lectures	✓
2	Seminars	✓
3	Group discussions	✓
4	Self-directed Learning	✓
5	Journal review meetings	✓
6	Demonstrations and Skill Labs	✓
7	Case Discussion and Presentation	✓
8	Patient Care in various settings	✓
9	Field visits	✓
10	Inter disciplinary meetings and discussions	✓
11	Continuing Professional Development Programs	✓
12	Conferences / Workshop / Symposium programmes	✓
13	Research and Dissertation	✓

7. Course Assessment and Reassessment

The details of the components and subcomponents of course assessment is presented in the Academic Regulations document pertaining to the Masters of Physiotherapy (MPT) Programme. The procedure to determine the final course marks is also presented in the Academic Regulations document.

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15. Park's Textbook of Preventive and Social Medicine 25th Edition 2019. Publisher: Banarsidas Bhanot Publishers Year: 2019. ISBN: 9789382219156
16. COOK, A. M., & POLGAR, J. M. (2015). Assistive Technologies: Principles and Practice. 4th ed. Missouri. ISBN: 978-0-323-09631-7
17. Bella J. May, Margery A. Lockard. 2011. Prosthetics & orthotics in clinical practice: A Case Study Approach F. A. Davis Company. ISBN-13: 978-0-8036-2257-9
18. Shrawan Kumar. 2007 Biomechanics in Ergonomics 2nd Edition Taylor & Francis. eBook ISBN: 9780429125133
19. Katrin Kroemer Elbert Henrike Kroemer Anne D. Kroemer Hoffman 2018. Ergonomics: How to Design for Ease

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20. Susan B. O'Sullivan, Thomas J. Schmitz, George D. Fulk. 2014. Physical Rehabilitation, 6th edition. F.A. Davis Co. ISBN 9780803625792
21. Bharati Vijay Bellare, Pavithra Rajan, Unnati Nikhil Pandit. 2018. Textbook of Preventive Practice and Community Physiotherapy. Vol 1 & 2. ISBN: 9789352703258 & ISBN: 9789352704033
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Recommended Journals

1. Annals of Physical and Rehabilitation Medicine <https://www.journals.elsevier.com/annals-of-physical-and-rehabilitation-medicine>
2. Disability and Rehabilitation. <https://www.tandfonline.com/loi/idre20>
3. American Journal of Health Promotion. <https://journals.sagepub.com/home/ahp>
4. Clinical Rehabilitation. <https://journals.sagepub.com/home/cr>

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5. Archives of Physical Medicine and Rehabilitation. <https://www.sciencedirect.com/journal/archives-of-physical-medicine-and-rehabilitation>
6. Disability and Rehabilitation: Assistive Technology <https://www.tandfonline.com/loi/iidt20>
7. Disability, CBR & Inclusive Development. <https://dcdi.org/>
8. Bulletin of the World Health Organization. <https://www.who.int/publications/journals/bulletin>
9. Journal of Geriatric Physical Therapy. <https://journals.lww.com/jgpt/pages/default.aspx>
10. PTJ: Physical Therapy & Rehabilitation Journal. <https://academic.oup.com/ptj>
11. Physiotherapy Journal. <https://www.journals.elsevier.com/physiotherapy>
12. Journal of Rehabilitation Research & Development. <https://www.rehab.research.va.gov/jrrd/index.html>
13. Journal of Women's Health Physical Therapy. <https://journals.lww.com/jwhpt/pages/default.aspx>
14. Applied Ergonomics. <https://www.sciencedirect.com/journal/applied-ergonomics>
15. Supportive Care in Cancer. <https://www.springer.com/journal/520>
16. Indian Journal of Palliative Care. <https://www.jpalliativecare.com>

9. Course Organization

Course Code	PT C 5 05 A	
Course Title	Assessment Approaches for Physiotherapy Services in Community	
Course Leader's Name	Dr. Sundar Kumar	
Course Leader's Contact Details	Phone:	9739468755
	E-mail:	sundar.rcp@msruas.ac.in
Course Specifications Approval Date	26.09.2022	
Next Course Specifications Review Date	01.07.2024	
Subsequent Course Specifications Review Date		

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Course 4: Physiotherapy Interventions in Community Health

Course Title	Physiotherapy Interventions in Community Health
Course Code	PT C 5 06 A
Course Type	Core Theory Course
Department	Community Health Physiotherapy
Faculty	Physiotherapy

1. Course summary

This course on physiotherapy interventions in community health is designed to train postgraduate students in planning and prescribing physiotherapy interventions to promote health, prevent chronic diseases and rehabilitate persons with disabilities. The students will also be trained in designing and executing workplace wellness programs, and for advocating physiotherapy services within healthcare delivery systems.

2. Course size and credits

Number of Credits	NA
Credit Structure (Lecture: Tutorial: Practical)	NA
Total Hours	As per the Academic Regulations
Number of Weeks	As per the Academic Regulations
Department Responsible	Community Health Physiotherapy
Total Course Marks	100+100 (theory + practical)
Pass Criterion	As per the Academic Regulations
Attendance Requirement	As per the Academic Regulations

3. Course Outcomes (COs)

Upon completion of the course, the postgraduate student will be able to,

PT C 5 06 A CO1: Design and prescribe therapeutic interventions including exercise to promote health, prevent chronic diseases, identify and treat chronic health conditions

PT C 5 06 A CO2: Plan and implement rehabilitation interventions for persons with disabilities

PT C 5 06 A CO3: Design and execute workplace wellness and rehabilitation interventions

PT C 5 06 A CO4: Develop and implement comprehensive intervention strategies in special populations.

PT C 5 06 A CO5: Advocate and advance physiotherapy service provisions within healthcare delivery pathway.

4. Course Contents**1 Improving Physiotherapy Service Provisions within Healthcare Delivery Pathway****a. Strategies for Developing Clinical Care Pathways**

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- b. Strategies for Educating Healthcare Team Members on Service Provisions and Delivery
- c. Strategies for Communicating Evidence and Advocacy for Physiotherapy Service provisions with Stakeholders
- d. Translating Research Evidence to Practice within Healthcare Delivery Pathways
- e. ICF Applications: Service Provision, Policy Development, Economic Analysis, Research Use

2 Health Promotion & Health Education

- a. Components of Health Promotion Interventions
- b. Strategies for Health Promotion Interventions
- c. Implementation and Monitoring of Health Promotion Interventions in different settings
- d. Design and Development of IEC Resources
- e. Planning for IEC Interventions
- f. Implementation and Monitoring of Health Education Interventions
- g. Strategies for Effective Implementation of Health Education Interventions
- h. Facilitators and Barriers to Implementation of Health Education Interventions
- i. Training of Healthcare Providers, Caregivers and Community Workers and Volunteers in Health Education Delivery

3 Behavioural and Community Health Approaches to Management of Chronic Neuromuscular, Musculoskeletal and Non-Communicable Diseases

- a. Application of Behavioural Medicine in Health Promotion & Disease Prevention
- b. Facilitators and Barriers to Behaviour Change Intervention
- c. Principles & Strategies for Behaviour Change Interventions
- d. Guidelines for Behaviour Change Initiation and Adherence Enhancing Strategies
- e. Implementation and Monitoring of Behaviour Change Intervention
- f. Community-based Approaches towards Management and Care of Chronic Health Impairments

4 Planning and Implementation of Rehabilitation Interventions

- a. Sustainable Development Goals and Rehabilitation
- b. WHO Recommendations on Rehabilitation in Health Systems
- c. Rehabilitation in Health Systems-WHO Guide for Action
- d. Delivery of Effective Rehabilitation Interventions Across Lifespan
- e. Best Practices in Implementation of Rehabilitation Interventions

5 Community Based Approach to Healthcare

- a. Community Participations as a Fundamental Component of Primary Health Care
- b. Strategies for Community Engagement in Healthcare Delivery
- c. Implementing Health Promotion through Community Participation
- d. Evidence-based Strategies for Community Mobilization and Participation
- e. Community-Based Rehabilitation as a Strategy within Community Development for People with Disabilities
- f. Understanding and Implementing WHO CBR Guidelines
- g. Planning and Management of CBR Programs

6 Assistive Technology and Products

- a. Use of Assistive Technology across Lifespan
- b. Integrating Universal Design Assistive Technology Products
- c. Adapting WHO's Eight-Step Wheelchair Service Provision for Assistive Technology Prescription

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- d. WHO Priority Assistive Products List and National List of Essential Assistive Products
- e. Guidelines for Prescription & Training of Orthosis and Prosthesis
- f. Guidelines for adapted seating systems
- g. Guidelines for Wheelchair Prescription & Training
- h. Usability and aesthetics of Assistive Technologies

7 Industrial Health and Ergonomics

- a. Workstation Modifications to Prevent Occupational Hazards
- b. Ergonomic Interventions as a Treatment and Preventative Tool for Work-Related Musculoskeletal Disorders
- c. Principles of Work-hardening and Conditioning Programs
- d. Return-to-Work Health and Fitness Programs
- e. Education and Training of Employers & Employees in Ergonomic Solutions

8 Geriatrics

- a. Implementation of Healthy Aging Programs
- b. Components of Geriatric Care and Rehabilitation
- c. Developing a Multi-component Geriatric Rehabilitation
- d. Improving Geriatric Rehabilitation Service Provisions in Healthcare Delivery
- e. Implementing Geriatric Rehabilitation Programs across Settings (In-patient, out-patient, specialized institutions, communities)

9 Gender Health

- a. Health Promotion in Adolescents
- b. Screening and Education Programs for lifestyle diseases
- c. Pelvic Floor Dysfunction and Management Across Lifespan
- d. Exercise Programs for Improvement of ante natal, Post-Natal Health and Fitness
- e. Management of Urinary & bowel Incontinence and other dysfunctions
- f. Exercise Interventions for Health and Fitness specific to gender concerns (men, women and third gender)

10 Oncology and Palliative care

- a. Evidence Summary of Benefits of Physiotherapy Interventions in Cancer care
- b. Integrating Physical Activity and Exercise as an Intervention Strategy across the Spectrum of Cancer Care
- c. Implementing Evidence-based Physiotherapy Interventions in Cancer Rehabilitation
- d. Physiotherapy Service Provisions in Palliative Care

11 Research and Innovation in Community Health and Rehabilitation

- a. Principles of community participation research including action research methodologies
- b. Evidence summaries of Assessment and Intervention Strategies in Community Health and Rehabilitation
- c. Best Practice Guidelines in Community Health and Rehabilitation
- d. Opportunities for Innovation in Community Health and Rehabilitation



5. Course Map (CO-PO Map)

Program Outcome / Course Outcome	PT 163 PO1	PT 163 PO2	PT 163 PO3	PT 163 PO4	PT 163 PO5
PT C 5 06 A CO1			3		
PT C 5 06 A CO2		2	3		
PT C 5 06 A CO3		3	2		
PT C 5 06 A CO4		2	1		
PT C 5 06 A CO5					2
3: Very Strong Contribution, 2: Strong Contribution, 1: Moderate Contribution					

6. Course Teaching and Learning Methods

The Teaching and Learning Methods will include but not limited to:

Sl. No.	Teaching and Learning Methods	
1	Lectures	✓
2	Seminars	✓
3	Group discussions	✓
4	Self-directed Learning	✓
5	Journal review meetings	✓
6	Demonstrations and Skill Labs	✓
7	Case Discussion and Presentation	✓
8	Patient Care in various settings	✓
9	Field visits	✓
10	Inter disciplinary meetings and discussions	✓
11	Continuing Professional Development Programs	✓
12	Conferences / Workshop / Symposium programmes	✓
13	Research and Dissertation	✓

7. Course Assessment and Reassessment

The details of the components and subcomponents of course assessment is presented in the Academic Regulations document pertaining to the Masters of Physiotherapy (MPT) Programme. The procedure to determine the final course marks is also presented in the Academic Regulations document.



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8. Course Resources

Recommended Books

1. Mechanick JI, Kushner RF, editors. Creating a Lifestyle Medicine Center: From Concept to Clinical Practice. Springer Nature; 2020 Sep 4. ISBN: 978-3-030-48087-5
2. Park's Textbook of Preventive and Social Medicine 25th Edition 2019. Publisher: Banarsidas Bhanot Publishers Year: 2019. ISBN: 9789382219156
3. COOK, A. M., & POLGAR, J. M. (2015). Assistive Technologies: Principles and Practice. 4th ed. Missouri. ISBN: 978-0-323-09631-7
4. Bella J. May, Margery A. Lockard. 2011. Prosthetics & orthotics in clinical practice: A Case Study Approach F. A. Davis Company. ISBN-13: 978-0-8036-2257-9
5. Shrawan Kumar. 2007 Biomechanics in Ergonomics 2nd Edition Taylor & Francis. eBook ISBN: 9780429125133
6. Katrin Kroemer Elbert Henrike Kroemer Anne D. Kroemer Hoffman 2018. Ergonomics: How to Design for Ease and Efficiency. 3rd Edition. Academic Press ISBN: 9780128132968
7. Susan B. O'Sullivan, Thomas J. Schmitz, George D. Fulk. 2014. Physical Rehabilitation, 6th edition. F.A. Davis Co. ISBN 9780803625792
8. Bharati Vijay Bellare, Pavithra Rajan, Unnati Nikhil Pandit. 2018. Textbook of Preventive Practice and Community Physiotherapy. Vol 1 & 2. ISBN: 9789352703258 & ISBN: 9789352704033
9. Dale Avers, Rita Wong. Guccione's Geriatric Physical Therapy. 4th Edition 2019. Mosby. ISBN: 9780323609128
10. Jill Mantle Jeanette Haslam Sue Barton. Physiotherapy in Obstetrics and Gynaecology 2nd Edition. 2004. Butterworth-Heinemann ISBN: 9780750622653
11. Giammatteo, Sharon; Giammatteo, Thomas. Functional Exercise Program for Women's and Men's Health Issues (International College of Integrative Manual Therapy Wellness). 2001. North Atlantic Books ISBN 13: 9781556433665
12. American College of Sports Medicine. ACSM's exercise testing and prescription. Lippincott Williams & Wilkins; 2017. ISBN/ISSN: 9781496339065
13. Mary M. Yoke and Carol Armbruster. Methods of Group Exercise Instruction. 2019. Human Kinetics, Inc. ISBN: 9781492571766

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2. Dean E, Skinner M, Myezwa H, et al. Health Competency Standards in Physical Therapist Practice. Phys Ther. 2019;99(9):1242-1254.
3. Johanna Fritz, Lars Wallin, Anne Söderlund, Lena Almqvist & Maria Sandborgh (2020) Implementation of a behavioral medicine approach in physiotherapy: impact and sustainability, Disability and Rehabilitation, 42:24, 3467-3474
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16. Government of India. Ministry of Social Justice and Empowerment. Department of Empowerment of Persons with disabilities. <http://disabilityaffairs.gov.in/content/>
17. Government of India. Ministry of Social Justice and Empowerment. Department of Empowerment of Persons with disabilities. Guidelines. <http://disabilityaffairs.gov.in/content/page/guidelines.php>
18. Government of India. Ministry of Health & Family Welfare. Departments of Health And Family Welfare. <https://main.mohfw.gov.in/organisation/Departments-of-Health-and-Family-Welfare>
19. World Health Organization. Community health workers: What do we know about them. Geneva: WHO Department of Human Resources for Health. 2007 Oct. https://www.who.int/hrh/documents/community_health_workers.pdf
20. World Health Organization. How to use the ICF: A practical manual for using the International Classification of Functioning, Disability and Health (ICF). Exposure draft for comment. October 2013. Geneva: WHO. https://www.who.int/docs/default-source/classification/icf/drafticfpracticalmanual2.pdf?sfvrsn=8a214bd1_4
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Recommended Journals

1. Annals of Physical and Rehabilitation Medicine <https://www.journals.elsevier.com/annals-of-physical-and-rehabilitation-medicine>
2. Disability and Rehabilitation. <https://www.tandfonline.com/loi/idre20>
3. American Journal of Health Promotion. <https://journals.sagepub.com/home/ahp>
4. Clinical Rehabilitation. <https://journals.sagepub.com/home/cre>
5. Archives of Physical Medicine and Rehabilitation. <https://www.sciencedirect.com/journal/archives-of-physical-medicine-and-rehabilitation>
6. Disability and Rehabilitation: Assistive Technology <https://www.tandfonline.com/loi/iidt20>
7. Disability, CBR & Inclusive Development. <https://ddidj.org/>
8. Bulletin of the World Health Organization. <https://www.who.int/publications/journals/bulletin>
9. Journal of Geriatric Physical Therapy. <https://journals.lww.com/jgpt/pages/default.aspx>
10. PTJ: Physical Therapy & Rehabilitation Journal. <https://academic.oup.com/ptj>
11. Physiotherapy journal. <https://www.journals.elsevier.com/physiotherapy>
12. Journal of Rehabilitation Research & Development. <https://www.rehab.research.va.gov/jrrd/index.html>
13. Journal of Women's Health Physical Therapy. <https://journals.lww.com/jwhpt/pages/default.aspx>
14. Applied Ergonomics. <https://www.sciencedirect.com/journal/applied-ergonomics>
15. Supportive Care in Cancer. <https://www.springer.com/journal/520>
16. Indian Journal of Palliative Care. <https://www.ipalliativecare.com>

9. Course Organization

Course Code	PT C 5 06 A			M.S. Ramaiah University
Course Title	Physiotherapy Interventions in Community Health			Bangalore
Course Leader's Name	Dr. Sundar Kumar			
Course Leader's Contact Details	Phone:	9739468755		
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Course Specifications Approval Date	26.09.2022			
Next Course Specifications Review Date	01.07.2024			
Subsequent Course Specifications Review Date				

Approved by the Academic Council at its 26th Meeting held on 14th July 2022

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