

BPT
FIRST
SEMESTER
CURRICULUM

Bachelors of Physiotherapy Programme
COLLEGE OF PHYSIOTHERAPY

SEMESTER – I						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr	Marks		
ANT.101	Human Anatomy I	4	100	2.5	100	6.5	200
PHY.101	Human Physiology I	4	100	1	100	5	200
BIC.101	Biochemistry I	3	100	1	100	4	200
SOC.101	Sociology	2	100	-	-	2	100
FOUNDATION COURSES							
CIS.101	Basic Computer and Information Science	1	100	1	100	2	200
ECS.101	English, Communication and Soft Skills	2	100	0.5	100	2.5	200
EVS.201	Environmental Studies	3	100	-		3	100
YOG.101	Introduction to Yoga	1	100	1	100	2	200
BPT.102	PBL/Assignment/ICT Learning	-	-	-	-	1 (NC)	-
BPT.103	Community Orientation and Clinical Visit	-	-	-	-	2 (NC)	-
Total		20	800	07	600	30	1400

HUMAN ANATOMY I

SUBJECT DESCRIPTION - It is designed to provide students with the working knowledge of the structure of the human body which is essential foundation for their clinical studies. Studies are concerned with the topographical and functional anatomy of the thorax and abdominal viscera.

THEORY –

1. General Anatomy - (All the topics to be taught in detail)

- a. Anatomical positions of body, axes, planes, common anatomical terminologies (Groove, tuberosity, trochanters etc)
- b. Connective tissue classification.
- c. Bones- Composition & functions, classification and types according to morphology and development.
- d. Joints-definition-classification, structure of fibrous, cartilaginous joints, blood supply and nerve supply of joints.
- e. Muscles – origin, insertion, nerve supply and actions.

2. Histology : General Histology, study of the basic tissues of the body; Microscope, Cell, Epithelium, Connective Tissue, Cartilage, Bone, Muscular tissue, Nerve Tissue – TS & LS, Circulatory system – large sized artery, medium sized artery, large sized vein, lymphoid tissue, Skin and its appendages.

3. Embryology

- a. Ovum, Spermatozoa, fertilization and formation of the Germ layers and their derivations.
- b. Development of skin, Fascia, blood vessels, lymphatic,

- c. Development of bones, axial and appendicular skeleton and muscles,
- d. Neural tube, brain vessels and spinal cord,
- e. Development of brain and brain stem structures

4. Regional Anatomy

a. Thorax: Radiological anatomy

i. Cardio – Vascular System Mediastinum: Divisions and contents Pericardium: Thoracic Wall: position, shape and parts of the heart; conducting System; blood Supply and nerve supply of the heart; names of the blood vessels and their distribution in the body – region wise.

ii. Respiratory system – Outline of respiratory passages: Pleura and lungs: position, parts, relations, blood supply and nerve supply; Lungs – emphasize on bronchopulmonary segments.

iii. Diaphragm: Origin, insertion, nerve supply and action, openings in the diaphragm.

iv. Intercostals muscles and Accessory muscles of respiration: Origin, insertion, nerve supply and action.

b. Abdomen:

i. Peritoneum: Parietal peritoneum, visceral peritoneum, folds of peritoneum, functions of peritoneum.

ii. Large blood vessels of the gut.

iii. Location, size, shape, features, blood supply, nerve supply and functions of the following: stomach, liver, spleen, pancreas, kidney, urinary bladder, intestines, gall bladder.

c. Pelvis: Radiological anatomy, Position, shape, size, features, blood supply and nerve supply of the male and female reproductive system.

d. Endocrine glands: Position, shape, size, function, blood supply and nerve supply of the following glands: Hypothalamus and pituitary gland, thyroid glands, parathyroid glands, Adrenal glands, pancreatic islets, ovaries and testes, pineal glands, thymus.

PRACTICAL - List of Practical / Demonstrations

1. Histology-Elementary tissue including surface Anatomy.
2. Embryology-models, charts & X-rays
3. Thorax including surface anatomy, abdominal muscles, Radiological anatomy

List of Reference Books

1. Human Anatomy – Chaurasia, B.D- CBS- New Delhi - 4th Edition -2004
2. Human Anatomy with Atlas Singh, Indebir-1st Edition- Jaypee Brothers-New Delhi - 2007
3. Essentials of Anatomy– Singh, Indebir - Jaypee Brothers- New Delhi -1st edition 2002

HUMAN PHYSIOLOGY I

SUBJECT DESCRIPTION: The course in Physiology over the first year is designed to give the student an in-depth knowledge of fundamental reactions of living organisms, particularly in the human body. The major topics covered include the following: the cell; primary tissue; connective tissue; skin; muscle; nervous tissue; blood; lymphoid tissues; respiration; blood vessels; circulation; cardiac cycle; systemic circulation; gastrointestinal tract; kidneys; uterus; urinary tract; pregnancy; endocrine system.

THEORY

1. General Physiology

- a. Cell: Morphology. Organelles: their structure and functions
- b. Transport Mechanisms across the cell membrane
- c. Body fluids: Distribution, composition.

2. Blood

- a. Introduction: Composition and functions of blood.
- b. Plasma: Composition, formation, functions. Plasma proteins.
- c. RBC: count and its variations. Erythropoiesis- stages, factors regulating. Reticulo-endothelial system (in brief) Haemoglobin – structure, function and derivatives Anemia (in detail), types of Jaundice. Blood indices, PCV, ESR.
- d. WBC: Classification. Morphology, functions, count, its variation of each. Immunity
- e. Platelets: Morphology, functions, count, its variations
- f. Hemostatic mechanisms: Blood coagulation–factors, mechanisms. Their disorders. Anticoagulants.

g. Blood Groups: Landsteiner's law. Types, significance, determination, Erythroblastosis foetalis.

h. Blood Transfusion: Cross matching. Indications and complications.

i. Lymph: Composition, formation, circulation and functions.

3. Nerve Muscle Physiology

a. Introduction: Resting membrane potential. Action potential – ionic basis and properties.

b. Nerve: Structure and functions of neurons. Classification, Properties and impulse transmission of nerve fibers. Nerve injury – degeneration and regeneration.

c. Neuroglia: Types and functions.

d. Muscle: Classification. Skeletal muscle: Structure. Neuromuscular junction: Structure. Neuromuscular transmission, myasthenia gravis. Excitation- Contraction coupling. Rigor mortis.

APPLIED PHYSIOLOGY

Muscles and Nervous System Functions

a. Peripheral nervous system, neuromuscular transmission, Types of nerve fibers.

b. Action potential, Strength-duration curve, ECG, EMG, VEP, NCV

c. Degeneration and regeneration of nerve, Reactions of denervations.

d. Synaptic transmission, Stretch reflex- Mechanism and factors affecting it.

e. Posture, Balance and Equilibrium/Coordination of voluntary movement.

f. Voluntary motor action, clonus, Rigidity, incoordination.

g. Special senses- Vision, taste, hearing, vestibular, Olfaction

h. Sympathetic and Parasympathetic regulation, Thermoregulation.

4. Cardiovascular System

a. Introduction: Physiological anatomy and nerve supply of the heart and blood vessels.

Organisation of CVS. Cardiac muscles: Structure. Ionic basis of action potential and pacemaker potential. Properties.

b. Conducting system: Components. Impulse conduction Cardiac Cycle: Definition.

Phases of cardiac cycle. Pressure and volume curves. Heart sounds – causes, character.

ECG: Definition. Different types of leads. Waves and their causes. P-R interval. Heart block.

c. Cardiac Output: Definition. Normal value. Determinants. Stroke volume and its regulation. Heart rate and its regulation. Their variations

d. Arterial Blood Pressure: Definition. Normal values and its variations. Determinants. Peripheral resistance. Regulation of BP.

e. Arterial pulse.

f. Shock – Definition. Classification–causes and features

g. Regional Circulation: Coronary, Cerebral and Cutaneous circulation.

h. Cardiovascular changes during exercise.

APPLIED PHYSIOLOGY

Cardio vascular Functions

a. Blood flow through arteries, arterioles, capillaries, veins and venuoles.

b. Circulation of Lymph, Oedema

c. Factors affecting cardiac output.

d. Circulatory adjustment in exercise and in postural and gravitational changes,

e. Pathophysiology of fainting and heart failure.

6. Digestive System -

a. Introduction: Physiological anatomy and nerve supply of alimentary canal. Enteric nervous system

b. Salivary Secretion: Saliva: Composition. Functions. Regulation. Mastication (in brief)

c. Swallowing: Definition. Different stages. Function.

d. Stomach: Functions. Gastric juice: Gland, composition, function, regulation. Gastrin: Production, function and regulation. Peptic ulcer. Gastric motility. Gastric emptying. Vomiting.

e. Pancreatic Secretion: Composition, production, function. Regulation.

f. Liver: Functions of liver. Bile secretion: Composition, functions and regulation. Gall bladder: Functions.

g. Intestine: Succus entericus: Composition, function and regulation of secretion. Intestinal motility and its function and regulation.

h. Mechanism of Defecation.

APPLIED PHYSIOLOGY

Metabolic Functions

a. Diabetes Mellitus, Physiological basis of Peptic Ulcer, Jaundice, GIT disorders and Dietary fiber, Thyroid functions, Vitamins deficiency.

7. Endocrine System -

a. Introduction: Major endocrine glands. Hormone: classification, mechanism of action. Functions of hormones

- b. Pituitary Gland: Anterior Pituitary and Posterior Pituitary hormones: Secretory cells, action on target cells, regulation of secretion of each hormone. Disorders: Gigantism, Acromegaly, Dwarfism, Diabetes insipidus. Physiology of growth and development: hormonal and other influences.
- c. Pituitary-Hypothalamic Relationship.
- d. Thyroid Gland: Thyroid hormone and calcitonin: secretory cells, synthesis, storage, action and regulation of secretion. Disorders: Myxedema, Cretinism, Grave's disease.
- e. Parathyroid hormones: secretory cell, action, regulation of secretion. Disorders: Hypoparathyroidism. Hyperthyroidism. Calcium metabolism and its regulation.
- f. Adrenal Gland: Adrenal Cortex: Secretory cells, synthesis, action, regulation of secretion of Aldosterone, Cortisol, and Androgens. Disorders: Addison's disease, Cushing's syndrome, Conn's syndrome, Adrenogenital syndrome.
- g. Adrenal Medulla: Secretory cells, action, regulation of secretion of adrenaline and noradrenaline. Disorders: Pheochromocytoma.
- h. Endocrine Pancreas: Secretory cells, action, regulation of secretion of insulin and glucagon. Glucose metabolism and its regulation. Disorder: Diabetes mellitus.
- i. Calcitriol, Thymus and Pineal gland (very brief).
- j. Local Hormones. (Briefly) .

PRACTICALS –

Practical classes include hematology experiments, clinical examinations, amphibian chart, and recommended demonstrations.

1. Haematology: To be done by the students

- a. Study of Microscope and its uses
- b. Determination of RBC count
- c. Determination of WBC count
- d. Differential leukocyte count
- e. Estimation of hemoglobin
- f. Calculation of blood indices
- g. Determination of blood groups
- h. Determination of bleeding time
- i. Determination of clotting time

Demonstrations only

- j. Determination of ESR
- k. Determination of PCV

2. Amphibian Experiments – Demonstration and Dry charts Explanation. Instruments used for frog experiments. Kymograph, heart liver, Muscle trough, stimulator.

- a. Simple muscle curve.
- b. Effect of increasing the strength of the stimuli
- c. Effect of temperature on muscle contraction
- d. Effect of two successive stimuli.
- e. Effect of Fatigue.
- f. Effect of load on muscle contraction
- g. Genesis of tetanus and clonus.
- h. Normal cardiogram of amphibian heart.
- i. Properties of Cardiac muscle
- j. Effect of temperature on cardiogram.

k. Velocity of impulse transmission.

HUMAN PHYSIOLOGY -I

1. Human Physiology--Jain ,A.K.-- Jaypee Brothers- New Delhi -4th Edition- 2010
2. Essentials of Medical Physiology- K.Sembulingum- Jaypee Brothers- New Delhi -4th Edition- 2007
3. Human physiology for BDS--Jain ,A.K.-- Jaypee Brothers- New Delhi -5th Edition- 2007

BIOCHEMISTRY I

Syllabus- Theory

Hrs 45

1. Cell Biology -

4 Hrs

- a. Introduction, Cell structure, Cell membrane structure and function, various types of absorption. Intracellular organelles and their functions, briefly on cytoskeleton.

2. Carbohydrate Chemistry –

6 Hrs

- a. Definition, general classification with examples, Glycosidic bond
- b. Structures, composition, sources, properties and functions of Monosaccharides, Disaccharides, Oligosaccharides and Polysaccharides.
- c. Glycosaminoglycan (mucopolysaccharides)

3. Lipid Chemistry –

5 Hrs

- a. Definition, general classification
- b. Definition, classification, properties and functions of Fatty acids, Triacylglycerol, Phospholipids, Cholesterol
- c. Essential fatty acids and their importance
- d. Lipoproteins: Definition, classification, properties, Sources and function Ketone bodies

4. Amino-acid Chemistry –

5Hrs

- a. Amino acid chemistry: Definition, Classification, Peptide bonds
- b. Peptides: Definition, Biologically important peptides
- c. Protein chemistry: Definition, Classification, Functions of proteins,

5. Nucleotide and Nucleic acid Chemistry -

4 Hrs

- a. Nucleotide chemistry: Nucleotide composition, functions of free nucleotides in body.

b. Nucleic acid (DNA and RNA) chemistry: Difference between DNA and RNA, Structure of DNA (Watson and Crick model), Functions of DNA. Structure and functions of tRNA, rRNA, mRNA.

6. Enzymes –

6 Hrs

a. Definition, Active site, Cofactor (Coenzyme, Activator), Proenzyme. Classification with examples, Factors effecting enzyme activity, Enzyme inhibition and significance, Isoenzymes, Diagnostic enzymology (clinical significance of enzymes)

7. Vitamins -

6Hrs

a. Definition, classification according to solubility,
b. Individual vitamins - Sources, Coenzyme forms, functions, RDA, digestion, absorption and transport, deficiency and toxicity.

7. Mineral Metabolism-

5Hrs

a. Definition, Sources, RDA, Digestion, absorption, transport, excretion, functions, disorder of Individual minerals - Calcium, phosphate, iron, Magnesium, fluoride, selenium, molybdenum, copper. Phosphate, calcium and iron in detail.

8. Muscle Contraction -

2Hrs

a. Contractile elements in muscle, briefly on the process of muscle contraction, Energy for muscle contraction.

9. Biochemistry of Connective tissue –

2Hrs

a. Introduction, various connective tissue proteins: Collagen, elastin - Structure and associated disorders. Glycoproteins, Proteoglycans.

PRACTICAL

Clinical Biochemistry -

Hrs: 30

- | | |
|---|---|
| 1. Normal levels of blood and urine constituents. | 2 |
| 2. Normal urine Analysis | 2 |

3. Analysis of Abnormal Urinary Constituents (Glucose, proteins, ketone bodies, bile salt & bile pigments)	6
4. Colorimetry	2
3. Relevance of blood and urine levels of Glucose	2
4. Relevance of blood and urine levels of Urea.	2
6. Relevance of blood and urine levels of Uric acid.	2
8. Relevance of blood and urine levels of Creatinine	2
9. Relevance of blood and urine levels of Calcium	2
10. Relevance of blood and urine levels of Phosphates	2
11. Analysis of pH and Bicarbonate.	2
12. Liver function tests	2
13. Renal function tests	2

Reference Books:

1. Biochemistry- Satyanarayanan- CBS- New Delhi - 4th Edition-2004
2. Viva voce in biochemistry—Sharma,D.C.- AITBS- 2ND Edition-2004
3. Essentials of Biochemistry-- Pankaj Naik-- Jaypee Brothers—New Delhi 2ND Edition-2017

SOCIOLOGY

SUBJECT DESCRIPTION - Sociology will introduce student to the basic sociology concepts, principles and social process, social institutions in relation to the individual, family and community and the various social factors affecting the family in rural and urban communities in India will be studied.

THEORY

1. Introduction:

- a. Meaning- Definition and scope of sociology
- b. Its relation to Anthropology, Psychology, Social Psychology.
- c. Methods of Sociological investigations- Case study, social survey, questionnaire, Interview and opinion poll methods.
- d. Importance of its study with special reference to Health Care Professionals.

2. Social Factors in Health and disease situations:

- a. Meaning of social factors
- b. Role of social factors in health and illness

3. Socialization:

- a. Meaning and nature of socialization.
- b. Primary, Secondary and Anticipatory socialization.
- c. Agencies of socialization.

4. Social Groups:

- a. Concepts of social groups, influence of formal and informal groups on health and sickness. The role of primary groups and secondary groups in the hospital and rehabilitation setup.

5. Family:

- a. The family, meaning and definitions.

- b. Functions of types of family
- c. Changing family patterns
- d. Influence of family on the individuals health, family and nutrition, the effects of sickness in the family and psychosomatic disease and their importance to physiotherapy.

6. Community:

- a. Rural community: Meaning and features –Health hazards of ruralities, health hazards to tribal community.
- b. Urban community: Meaning and features- Health hazards of urbanities.

7. Culture and Health:

- a. Concept of Health
- b. Concept of Culture
- c. Culture and Health
- d. Culture and Health Disorders

8. Social change:

- a. Meaning of social changes.
- b. Factors of social changes.
- c. Human adaptation and social change
- d. Social change and stress.
- e. Social change and deviance.
- f. Social change and health programme
- g. The role of social planning in the improvement of health and rehabilitation.

9. Social Problems of disabled: Consequences of the following social problems in relation to sickness and disability, remedies to prevent these problems.

- a. Population explosion
- b. Poverty and unemployment

- c. Beggary
- d. Juvenile delinquency
- e. Prostitution
- f. Alchoholism
- g. Problems of women in employment
- h. Geriatric problems
- i. Problems of underprivileged.

10. Social Security:

- a. Social security and social legislation in relation to the disabled.

11. Social worker:

- a. Meaning of Social Work
- b. The role of a Medical Social Worker.

Reference Book:

1. Introduction to Sociology—Jain, Shashi -- Kalyani publication- New Delhi - 4th Edition-2004
2. Textbook of sociology --Neelam Kumari--- Pee Bee Publication- New Delhi - 1st Edition-2013
3. Sociology :An Introduction –Jain,Roshni—AITBS –New Delhi -2nd Edition-2013

BASIC COMPUTER AND INFORMATION SCIENCE (CIS.101)

SUBJECT DESCRIPTION: The students will be able to appreciate the role of computer technology. The course has focus on computer organization, computer operating system and software, and MS windows, Word processing, Excel data worksheet and PowerPoint presentation. Topics to be covered under the subject are as follows:

- 1. Introduction to computer:** Introduction, characteristics of computer, block diagram of computer, generations of computer, computer languages.
- 2. Input output devices:** Input devices(keyboard, point and draw devices, data scanning devices, digitizer, electronic card reader, voice recognition devices, vision-input devices), output devices(monitors, pointers, plotters, screen image projector, voice response systems).
- 3. Processor and memory:** The Central Processing Unit (CPU), main memory.
- 4. Storage Devices:** Sequential and direct access devices, magnetic tape, magnetic disk, optical disk, mass storage devices.
- 5. Introduction of windows:** History, features, desktop, taskbar, icons on the desktop, operation with folder, creating shortcuts, operation with windows (opening, closing, moving, resizing, minimizing and maximizing, etc.).
- 6. Introduction to MS-Word:** introduction, components of a word window, creating, opening and inserting files, editing a document file, page setting and formatting the text, saving the document, spell checking, printing the document file, creating and editing of table, mail merge.
- 7. Introduction to Excel:** introduction, about worksheet, entering information, saving workbooks and formatting, printing the worksheet, creating graphs.

8. Introduction to power-point: introduction, creating and manipulating presentation, views, formatting and enhancing text, slide with graphs.

9. Introduction of Operating System: introduction, operating system concepts, types of operating system.

10. Computer networks: introduction, types of network (LAN, MAN, WAN, Internet, Intranet), network topologies (star, ring, bus, mesh, tree, hybrid), components of network.

11. Internet and its Applications: definition, brief history, basic services (E-Mail, File Transfer Protocol, telnet, the World Wide Web (WWW)), www browsers, use of the internet.

a. Application of Computers in clinical settings.

Digital Literacy 4 Hours

- Role of Digital literacy in professional life
- Trends and opportunities in using digital technology in workplace
- Internet Basics
- Introduction to MS Office tools
 - i. Paint
 - ii. Office
 - iii. Excel
 - iv. Power point

Effective use of Social Media 4 Hours

- Introduction to social media websites
- Advantages of social media
- Ethics and etiquettes of social media
- How to use Google search better
- Effective ways of using Social Media
- Introduction to Digital Marketing

BASIC COMPUTER AND INFORMATION SCIENCE PRACTICAL

PRACTICAL: Practical on fundamentals of computers -

1. Learning to use MS office: MS word, MS PowerPoint, MS Excel.
2. Learning to use MS office: MS PowerPoint
3. Learning to use MS office: MS Excel.
4. Learning to use MS office: Paint
5. To install different software.
6. Data entry efficiency

Reference Books:

1. Computer Science-- J Glenn Brookshear—Pearson -New Delhi -12th Edition-2013
2. Computer fundamental and applications—Arora, Ashok -- Vikas Publications New Delhi -2nd Edition-2015
3. Codex computer course disc – Gupta, Vikas – Dreamtech- New Delhi -1st Edition-2013

ENGLISH, COMMUNICATION AND SOFT SKILLS (ECS.101)

Major topics to be covered under Communication course –

1. **Basic Language Skills:** Grammar and Usage.
2. **Business Communication Skills.** With focus on speaking - Conversations, discussions, dialogues, short presentations, pronunciation.
3. Teaching the different methods of writing like letters, E-mails, report, case study, collecting the patient data etc. Basic compositions, Journals, with a focus on paragraph form and organization.
4. Basic concepts & principles of good communication
5. Special characteristics of health communication
6. Types & process of communication – verbal, non-verbal and written communication.
Upward, downward and lateral communication.
7. Therapeutic communication: empathy versus sympathy.
8. Communication methods for teaching and learning.
9. Communication methods for patient education.
10. Barriers of communication & how to overcome.

Non-verbal communication

- Meaning of non-verbal communication
- Introduction to modes of non-verbal communication
- Breaking the misbeliefs
- Open and Closed Body language
- Eye Contact and Facial Expression
- Hand Gestures

- Do's and Don'ts
- Learning from experts
- Activities-Based Learning

Resume Skills

i. Resume Skills: Preparation and Presentation

- Introduction of resume and its importance
- Difference between a CV, Resume and Bio data
- Essential components of a good resume

ii. Resume skills: common errors

- Common errors people generally make in preparing their resume
- Prepare a good resume of her/his considering all essential components

Interview Skills

i. Interview Skills: Preparation and Presentation

- Meaning and types of interview (F2F, telephonic, video, etc.)
- Dress Code, Background Research, Do's and Don'ts
- Situation, Task, Approach and Response (STAR Approach) for facing an interview
- Interview procedure (opening, listening skills, closure, etc.)
- Important questions generally asked in a job interview (open and closed ended questions)

ii. Interview Skills: Simulation

- Observation of exemplary interviews
- Comment critically on simulated interviews

iii. Interview Skills: Common Errors

- Discuss the common errors generally candidates make in interview
- Demonstrate an ideal interview

Reference Books:

1. English For Nurses –Liza Sharma –CBS Publishers
2. Soft Skills For Everyone –Jeff Butterfields --Cengage 2ND Edition
3. Communication And The Soft Skill Development—Anjali Ghanekar –Everest Publishing

ENVIRONMENT STUDIES (EVS.201)

Credits- 3 hrs/week

Unit No.	Content
1.	Introduction to ecology and environment Definition, scope and importance of environment and environmental science. Structure of Environment – layers of atmosphere, hydrosphere – water budget, groundwater and ocean, lithosphere – soil formation and profile. Concept of ecology and ecosystem; types of ecosystem (Forest, pond, lakes, river, desert and grass land); energy flow of ecosystem; food chain and food web; ecological pyramids and succession
2.	Natural resources Forest resources–uses and exploitation, deforestation and conservation; Renewable, Nonrenewable and alternate energy resources; Mineral resources - Use and exploitation, environmental effects of extracting and using mineral resources; water resources–uses and exploitation; Human resources and food resources; Bioresources–biodiversity value, threats and conservation, hot spots of biodiversity and endangered species, red data book; soil erosion and desertification.
3.	Environmental pollution Air, water, soil and noise – sources, effects and consequences; marine and thermal pollution; Greenhouse effect, acid rain, ozone depletion, nuclear winter, photochemical smog, London smog Solid waste management–sources of waste generation, collection, segregation and disposal. Waste hierarchy and Integrated solid waste management Pollution control methods–sewage treatment plant, water treatment plant, air pollution control methods
4.	Natural disasters Earthquakes, floods, tsunamis, cyclones, droughts, landslides and tsunamis
5.	Environmental laws, conventions and protocols Water (Prevention and control of Pollution) act; Air (Prevention and Control of

	Pollution) Act; Environment Protection Act; Forest Conservation act; Kyoto protocol, Montreal protocol, Stockholm convention, Rio summit 1992 and convention on biodiversity, Cartagena protocol, IPCC.
6.	Social issues and the environment Rain water harvesting; wasteland reclamation; environmental ethics; sustainable development; population growth, industrialization, urbanization, family, child and women welfare programmes, human health and environment; Role of Information Technology in Environment; value education; sustainable development
7.	Field work Visit to local polluted site, biogas plant, waste management site, wastewater treatment plant, wildlife sanctuary; Study of simple ecosystems-pond, river etc.

4. Suggested Books:

Sr. No.	Authors/ Name of Books/Publisher
1.	Rana, S. V. S. Essentials of Ecology and Environmental Science Edition: Fifth edition.
2.	S. P. Mishra and S. N. Pandey (2008) Essential Environmental Studies, First edition, CRC press.
3.	Andrew Friedland, Rick Relyea, David Courard-hauri and Ross Jones (2012) Essentials of Environmental Science. Freeman Publishers.
4.	Kamaraj. P & Arthanareeswari. M (2010) Environmental Science – Challenges and Changes”, 4 th Edition, Sudhandhira Publications.
5.	R. Jeyalakshmi, (2008) ‘Principles of environmental science, Devi publications, 2nd ed.
6.	Kurian Joseph, R. Nagendran, (2005) ‘Essentials of Environmental Studies’, Pearson Education, 2nd edition.
7.	P. Anandan (2009) Environmental Science and Engineering, Scitech Publishers.
8.	Helen P. Kavitha (2008) Principles of Environmental Science, Science tech Publications, 2nd Edition.

9.	De A. K. (1996) 'Environmental Chemistry, New Age International, NewDelhi.
10.	Vasudevan N. (2006) Essentials of Environmental Science 1st Edition, Alpha Science International Ltd.
11.	William Cunningham and Mary Cunningham Environmental Science: A Global Concern.
12.	P. R. Trivedi (2004) Environmental Pollution and Control, APH Publishing Corporation.
13.	Rajagopalan (2015) Environmental Studies: From Crisis to Cure 3rd edition, OUP India Publishers.

INTRODUCTION TO YOGA (YOG.101)
COLLEGE OF PHYSIOTHERAPY

THEORY (15 hours)

1. Foundations of Yoga (5 hours)
 - a) Introduction to Yoga and its philosophy
 - b) Brief history, development of Yoga
 - c) Philosophical foundations of Yoga
 - d) Streams & types of Yoga
2. Yoga and Health (5 hours)
 - a) Concept of body in yoga – Panchakosha theory
 - b) Concept of Health and Disease in yoga
 - c) Stress management through yoga
 - d) Disease prevention and promotion of positive health through yoga
3. Physiological effects of Yoga practices
 - a) Physiological effects of Shat kriyas
 - b) Physiological effects of Asanas
 - c) Physiological effects of Pranayamas
 - d) Physiological effects of Relaxation techniques and Meditation

PRACTICAL - List of Practical / Demonstrations (30 hours)

1. Sukshma Vyayama/Sithilikarna Vyayama and Surya Namaskar: (3 hours)
 - a) Loosening exercises of each part of the body particularly of the joints
 - b) 12 step Surya namaskar with prayer and specific mantras
2. Yogic kriyas [Observation/ demonstration only] (3 hours)
 - a) Neti (Jala Neti, Sutra Neti)
 - b) Dhauti (Vamana Dhauti, Vastra Dhauti)
 - c) Trataka
 - d) Shankaparakshalana (Laghu & Deergha)

3. Yogasanas

a) Standing postures (4 hours)

- i. Tadasana (Upward stretch posture)
- ii. Ardha Chakrasana (Half wheel posture)
- iii. Ardha Katicakrasana (Half lumber wheel posture)
- iv. Utkatasana (Chair posture)
- v. Pada Hastasana (Hand to toes posture)
- vi. Trikonasana (Triangle posture)
- vii. Parshva Konasana (Side angle posture)
- viii. Garudasana (Eagle posture)
- ix. Vrikshasana (Tree posture)

b) Prone positions (4 hours)

- | | |
|-----------------------------------|---------------------------------|
| i. Makarasana (Crocodile posture) | iv. Dhanurasana (Bow posture) |
| ii. Bhujangasana (Cobra posture) | v. Naukasana (Boat posture) |
| iii. Salabhasana (Locust posture) | vi. Marjalarasana (Cat posture) |

c) Supine postures (4 hours)

- | | |
|---|---------------------------------------|
| i. Ardha halasana/ Uttana
Padasana | iv. Matsyasana (Fish posture) |
| ii. Sarvangasana (All limb posture) | v. Halasana (Plough posture) |
| iii. Pawana muktasana (Wind
releasing posture) | vi. Chakrasana (Wheel posture) |
| | vii. Setu Bandhasana (Bridge posture) |
| | viii. Shavasana (Corpse posture) |

d) Sitting postures (4 hours)

- | | |
|--|---|
| i. Parvatasana (Mountain posture) | vi. Simhasana (Lion posture) |
| ii. Bhadrasana (Gracious posture) | vii. Gomukhasana (Cow head posture) |
| iii. Vajrasana (Adamantine posture) | viii. Ushtrasana (Camel posture) |
| iv. Paschimottanasana (Back
stretching posture) | ix. Ardha Matsyendrasana (Half
matsyendra spine twist posture) |
| v. Janushirasana (Head to knee posture) | x. Vakrasana (Spinal twist posture) |

- xi. Kurmasana (Turtle posture)
- xiii. Mandukasana (Frog Posture)
- xii. Shashankasana (Rabbit posture)

e) Meditative postures and Meditation techniques (2 hours)

- i. Siddhasana (Accomplished pose)
- iii. Samasana
- ii. Padmasana (Lotus posture)
- iv. Swastikasana (Auspicious posture)

4. Pranayamas (4 hours)

- a) The practice of correct breathing and Yogic deep breathing
- b) Kapalabhati
- c) Bhastrika
- d) Sitali
- e) Sitkari
- f) Sadanta
- g) Ujjayi
- h) Surya Bhedana
- i) Chandra Bhedana
- j) Anuloma-Viloma/Nadishodana
- k) Bhramari

5. Relaxation Techniques (2 hours)

- a) Shavasana
- b) Yoga Nidra

COMMUNITY ORIENTATION AND CLINICAL VISIT

The objective of this particular section of the foundation course is to sensitize potential learners with essential knowledge; this will lay a sound foundation for their learning across the undergraduate program and across their career. Innovative teaching methods should be used to ensure the attention of a student and make them more receptive such as group activities, interactive fora, role plays, and clinical bed-side demonstrations.

1. The community orientation and clinical visit will include visit to the entire chain of healthcare delivery system -Sub centre, PHC, CHC, SDH, DH and Medical College, private hospitals, dispensaries and clinics.
2. The student will also be briefed regarding governance at village level including interaction and group discussion with village panchayat and front line health workers.
3. Clinical visit to their respective professional department within the hospital.

BPT SECOND SEMESTER CURRICULUM

SEMESTER – II						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr.	Marks		
ANT.102	Human Anatomy II	4	100	3	100	7	200
PHY.102	Human Physiology II	4	100	1.5	100	5.5	200
BIC.102	Biochemistry II	3	100	-	-	3	100
PSY.101	General and Clinical Psychology	3	100	1	100	4	200
BPT.104	Basic Principles of Biomechanics	3	100	1	100	4	200
FOUNDATION COURSES							
BPT.105	Medical Terminology and Record Keeping	2	100	-	-	2	100
BPT.106	PBL/Assignment/ICT Learning/Integrated Seminar	-	-	-	-	1 (NC)	-
BPT.107	Clinical Observation I	-	-	2.5 (NC)	-	2.5 (NC)	-
Total		19	600	09	400	29	1000

HUMAN ANATOMY II

Studies are concerned with the topographical and functional anatomy of the limbs, head, neck and brain. Particular attention is paid to the muscles, bones and joints of the regions. The head and neck and Nervous system (CNS) are studied with particular reference to topics of importance to physiotherapists. The study of the CNS includes detailed consideration of the control of motor function.

1. Upper Extremity

- i. Osteology: Clavicles, Scapula, Humerus, Radius, Ulna, Carpals, Metacarpals, Phalanges.
- ii. Soft parts: Breast, pectoral region, axilla, front of arm, back of arm, cubital fossa, front of fore arm, back of fore arm, palm, dorsum of hand, muscles, nerves, blood vessels and lymphatic drainage of upper extremity.
- iii. Joints: Shoulder girdle, shoulder joint, elbow joints, radio ulnar joint, wrist joint and joints of the hand.
- iv. Radiological anatomy of Upper extremity
- v. Arches of hand, skin of the palm and dorsum of hand.

2. Lower Extremity

- i. Osteology: Hip bone, femur, tibia, fibula, patella, tarsals, metatarsals and phalanges.
- ii. Soft parts: Gluteal region, front and back of the thigh (Femoral triangle, femoral canal and inguinal canal), medial side of the thigh (Adductor canal), lateral side of the thigh, popliteal fossa, anterior and posterior compartment of leg, sole of the foot, lymphatic drainage of lower limb, venous drainage of the lower limb, arterial supply of the lower limb, arches of foot, skin of foot.
- iii. Joints: Hip Joint, Knee joint, Ankle joint, joints of the foot.

iv. Radiological anatomy of Lower extremity

3. Trunk & Pelvis:

i. Osteology: Cervical, thoracic, lumbar, sacral and coccygeal vertebrae and ribs.

ii. Soft tissue: Pre and Para vertebral muscles, intercostals muscles, anterior abdominal wall muscles, Inter-vertebral disc.

iii. Pelvic girdle and muscles of the pelvic floor.

iv. Radiological anatomy of Trunk and Pelvis

i. Head and Neck:

i. Osteology: Mandible and bones of the skull.

ii. Soft parts: Muscles of the face and neck and their nerve and blood supply-extra ocular muscles, triangles of the neck.

iii. Gross anatomy of eyeball, nose, ears and tongue.

iv. Radiological anatomy of Head & Neck

4. Neuro Anatomy:

i. Organization of Central Nervous system - Spinal nerves and autonomic nervous system mainly pertaining to cardiovascular, respiratory and urogenital system

ii. Organization of Peripheral Nervous system

iii. Midbrain

iv. Brainstem

v. Spinal Cord

vi. Cranial nerves

vii. Spinal nerves

vii. Pyramidal and extrapyramidal system

viii. Anatomical integration

PRACTICAL - List of Practical / Demonstrations

1. Upper extremity including surface Anatomy.

2. Lower extremity including surface Anatomy.

3. Head & Spinal cord and Neck and Brain including surface Anatomy

Reference Books:

2. Human Anatomy – Chaurasia, B.D- CBS- New Delhi - 4th Edition -2004
2. Human Anatomy with Atlas Singh, Indebir-1st Edition- Jaypee Brothers-New Delhi - 2007
3. Essentials of Anatomy– Singh, Indebir - Jaypee Brothers- New Delhi -1st edition 2002

PHYSIOLOGY II

1. Special Senses -

a. Vision: Introduction: Functional anatomy of eye ball. Functions of cornea, iris, pupil, aqueous humor – glaucoma, lens – cataract, vitreous humor, rods and cones. Photopic vision. Scotopic vision.

b. Visual Pathway and the effects of lesions.

c. Refractive Errors: myopia, hypermetropia, presbyopia and astigmatism.

d. Visual Reflexes: Accommodation, Pupillary and Light. Visual acuity and Visual field. Light adaptation. Dark adaptation. Color vision – color blindness. Nyctalopia.

e. Audition: Physiological anatomy of the ear. Functions of external ear, middle ear and inner ear. Structure of Cochlea and organ of corti. Auditory pathway. Types of Deafness. Tests for hearing. Audiometry.

f. Taste: Taste buds. Primary tastes. Gustatory pathway.

g. Smell: Olfactory membrane. Olfactory pathway.

h. Vestibular Apparatus: Crista ampullaris and macula. Functions. Disorders

2. Nervous System -

a. Introduction: Organisation of CNS – central and peripheral nervous system. Functions of nervous system. Synapse: Functional anatomy, classification, Synaptic transmission. Properties.

b. Sensory Mechanism: Sensory receptors: function, classification and properties. Sensory pathway: The ascending tracts – Posterior column tracts, lateral spinothalamic tract and the anterior spinothalamic tract – their origin, course, termination and functions.

The trigeminal pathway. Sensory cortex. Somatic sensations: crude touch, fine touch, tactile localization, tactile discrimination, stereognosis, vibration sense, kinesthetic sensations. Pain sensation: mechanism of pain. Cutaneous pain –slow and fast pain, hyperalgesia. Deep pain. Visceral pain – referred pain. Gate control theory of pain. tabes dorsalis, sensory ataxia.

c. Motor Mechanism: Motor Cortex. Motor pathway: The descending tracts – pyramidal tracts, extrapyramidal tracts – origin, course, termination and functions. Upper motor neuron and lower motor neuron. Paralysis, monoplegia, paraplegia, hemiplegia and quadriplegia.

d. Reflex Action: components, Bell-Magendie law, classification and Properties. Monosynaptic and polysynaptic reflexes, superficial reflexes, deep reflexes. Stretch reflex– structure of muscle spindle, pathway, higher control and functions. Inverse stretch reflex. Muscle tone – definition, and properties hypotonia, atonia and hypertonia. UMNL and LMNL

e. Spinal cord Lesions: Complete transection and Hemisection of the spinal cord.

f. Cerebellum: Functions. Cerebellar ataxia.

g. Posture and Equilibrium: Postural reflexes – spinal, medullary, midbrain and cerebral reflexes.

h. Thalamus and Hypothalamus: Nuclei. Functions. Thalamic syndrome

i. Reticular Formation and Limbic System: Components and Functions.

j. Basal Ganglia: Structures included and functions. Parkinson's disease.

k. Cerebral Cortex: Lobes. Brodmann's areas and their functions. Higher functions of cerebral cortex – learning, memory and speech.

l. EEG: Waves and features. Sleep: REM and NREM sleep.

m. CSF: Formation, composition, circulation and functions. Lumbar puncture and its significance. Blood brain barrier. Hydrocephalus.

n. ANS: Features and actions of parasympathetic and sympathetic nervous system.

3. Respiratory System -

a. Introduction: Physiological anatomy – Pleura, tracheo-bronchial tree, alveolus, respiratory membrane and their nerve supply. Functions of respiratory system. Respiratory muscles.

b. Mechanics of breathing: Intrapleural and Intrapulmonary pressure changes during respiration. Chest expansion. Lung compliance: Normal value, pressure-volume curve, factors affecting compliance and its variations. Surfactant – Composition, production, functions. RDS

c. Spirometry: Lung volumes and capacities. Timed vital capacity and its clinical significance. Maximum ventilation volume. Respiratory minute volume.

d. Dead Space: Types and their definition.

e. Pulmonary Circulation. Ventilation-perfusion ratio and its importance.

f. Transport of respiratory gases: Diffusion across the respiratory membrane. Oxygen transport – Different forms, oxygen-haemoglobin dissociation curve. Factors affecting it. P50, Haldane and Bohr effect. Carbon dioxide transport: Different forms, chloride shift.

- g. Regulation of Respiration: Neural Regulation. Hering-breuer's reflex. Voluntary control. Chemical Regulation.
- h. Hypoxia: Effects of hypoxia. Types of hypoxia. Hyperbaric oxygen therapy. Acclimatization Hypercapnoea. Asphyxia. Cyanosis – types and features. Dysbarism
- i. Disorders of Respiration: Dyspnoea. Orthopnoea. Hyperpnoea, hyperventilation, apnoea, tachypnoea. periodic breathing – types Artificial respiration
- j. Respiratory changes during exercise.

4. Renal System -

- a. Introduction:** Physiological anatomy. Nephrons – cortical and juxtamedullary. Juxtaglomerular apparatus. Glomerular membrane. Renal blood flow and its regulation. Functions of kidneys.
- b. Mechanism of Urine Formation:** Glomerular Filtration: Mechanism of glomerular filtration. GFR – normal value and factors affecting. Renal clearance. Inulin clearance. Creatinine clearance.
- c. Tubular Reabsorption:** Reabsorption of Na⁺, glucose, HCO₃⁻, urea and water. Filtered load. Renal tubular transport maximum. Glucose clearance: T_{mG}. Renal threshold for glucose.
- d. Tubular Secretion:** Secretion of H⁺ and K⁺. PAH clearance.
- e. Mechanism of concentrating and diluting the Urine:** Counter-current mechanism. Regulation of water excretion. Diuresis. Diuretics.
- f. Micturition:** Mechanism of micturition. Cystometrogram. Atonic bladder, automatic bladder.

g. Acid-Base balance (very brief)

h. Artificial Kidney: Principle of haemodialysis.

i. Skin and temperature regulation.

5. Reproductive System -

a. Introduction: Physiological anatomy reproductive organs. Sex determination. Sex differentiation. Disorder

b. Male Reproductive System: Functions of testes. Pubertal changes in males. Spermatogenesis. Testosterone: action. Regulation of secretion. Semen.

c. Female Reproductive System: Functions of ovaries and uterus. Pubertal changes in females. Oogenesis. Hormones: estrogen and progesterone-action. Regulation of secretion. Menstrual Cycle: Phases. Ovarian cycle. Uterine cycle. Hormonal basis. Menarche. Menopause. Pregnancy: Pregnancy tests. Physiological changes during pregnancy. Functions of placenta. Lactation. Contraception methods

6. Physiology of exercise –

a. Effects of acute and chronic exercise on

i. O₂ transport

ii. Muscle strength/power/endurance

iii. B.M.R. /R.Q.

iv. Hormonal and metabolic effect

v. Cardiovascular system

vi. Respiratory system

vii. Body fluids and electrolyte

- b. Effect of gravity / altitude /acceleration / pressure on physical parameters
- c. Physiology of Age

APPLIED PHYSIOLOGY -

More detailed study of the physiology and practical applications of the following selected topics with emphasis on aspects, which should help in understanding the nature and treatment of common clinical situations of interest in Physiotherapy.

1. Pulmonary Functions

- a. Properties of gases, Mechanics of respiration, Diffusion capacity, special features of pulmonary circulation and their application.
- b. Respiratory adjustments in exercises.
- c. Artificial respiration
- d. Breath sounds.

PRACTICAL

1. Clinical Examination

- | | |
|--------------------------------------|----------------------------------|
| a. Examination of Radial pulse. | e. Examination of Sensory system |
| b. Recording of blood pressure | f. Examination of Motor System |
| c. Examination of CVS | g. Examination of reflexes |
| d. Examination of Respiratory system | h. Examination of cranial nerves |

2. Recommended Demonstrations

- | | |
|---------------------------|----------------------|
| a. Spirometry | d. Perimetry |
| b. Artificial Respiration | e. Mosso's Ergometry |
| c. ECG | |

Reference Books:

4. Human Physiology--Jain ,A.K.-- Jaypee Brothers- New Delhi -4th Edition- 2010
5. Essentials of Medical Physiology- K.Sembulingum- Jaypee Brothers- New Delhi -4th Edition- 2007
6. Human physiology for BDS--Jain ,A.K.-- Jaypee Brothers- New Delhi -5th Edition- 2007

BIOCHEMISTRY II

Syllabus- Theory

Hrs: 45

1. Digestion and Absorption -

4Hrs

a. General characteristics of digestion and absorption, Digestion and absorption of carbohydrates, proteins and lipids. Disorders of digestion and absorption – Lactose intolerance.

2. Carbohydrate Metabolism -

8 Hrs

- a. Introduction, Glycolysis – Aerobic, Anaerobic Citric acid cycle, Substrate level phosphorylation.
- b. Glycogen metabolism – Glycogenesis, Glycogenolysis, Metabolic disorders glycogen, Gluconeogenesis, Cori cycle
- c. Hormonal regulation of glucose, Glycosuria, Diabetes mellitus.

3. Lipid Metabolism -

9 Hrs

- a. Introduction to lipid metabolism, Lipolysis, Oxidation of fatty acids -oxidation of fatty acids,
- b. Lipogenesis - Denovo synthesis of fatty acids, chain elongation, desaturation, triacylglycerol synthesis, fat metabolism in adipose tissues
- c. Ketone body metabolism: Ketone body formation (ketogenesis), utilization (ketolysis), ketosis, Rothera's test.
- d. Cholesterol metabolism: synthesis, degradation, cholesterol transport
- e. Hypercholesterolemia and its effects (atherosclerosis and coronary heart diseases)
Hypocholesterolemic agents, Common hyperlipoproteinemia, Fatty liver

5. Amino acid and Protein Metabolism -

8 Hrs

- a. Catabolism of amino acids - Introduction, transamination, deamination, Fate of ammonia, transport of ammonia, Urea cycle
- b. Specialized products formed from amino acids - from glycine, arginine, methionine, phenylalanine and tyrosine.
6. Hormone Action - 6 Hrs
- a. Definition, classification, Mechanism of hormone action. Receptors, signal transduction, second messengers and cell function.
7. Acid-Base balance - 4 Hrs
- a. Acids, bases and buffers, pH. Buffer systems of the body, bicarbonate buffer system
Role of lungs and kidneys in acid base balance, Acid base imbalance.
8. Water balance - 3Hrs
- a. Water distribution in the body, Body water, water turnover, Regulation of water balance: role of ADH and thirst centre.
9. Electrolyte balance 3Hrs
- a. Osmolarity, Distribution of electrolytes.
- b. Electrolyte balance: Role of aldosterone, rennin angiotensin system and ANF.

Reference Books:

4. Biochemistry- Satyanarayanan- CBS- New Delhi - 4th Edition-2004
5. Viva voce in biochemistry—Sharma,D.C.- AITBS- 2ND Edition-2004
6. Essentials of Biochemistry-- Pankaj Naik-- Jaypee Brothers—New Delhi 2ND Edition-2017

GENERAL & CLINICAL PSYCHOLOGY

SUBJECT DESCRIPTION -

Human Psychology involves the study of various behavioral patterns of individuals, theories of development, normal and abnormal aspects of motor, social, emotional and language development, communication and interaction skills appropriate to various age groups.

The study of these subjects will help the student to understand their clients while assessment and while planning appropriate treatment methods.

THEORY -

1. Introduction to Psychology

- a. Schools: Structuralism, functionalism, behaviorism, Psychoanalysis.
- b. Methods: Introspection, observation, inventory and experimental method.
- c. Branches: pure psychology and applied psychology
- d. Psychology and physiotherapy

2. Growth and Development

- a. Life span: Different stages of development (Infancy, childhood, adolescence, adulthood, middle age, old age).
- b. Heredity and environment: role of heredity and environment in physical and psychological development, “Nature v/s Nurture controversy”.

3. Sensation, attention and perception

- a. Sensation: Vision, Hearing, Olfactory, Gustatory and Cutaneous sensation, movement, equilibrium and visceral sense.
- b. Attention: Types of attention, Determinants of attention (subjective determinants and objective determinants).

- c. Perception: Gestalt principles of organization of perception (principle of figure ground and principles of grouping), factors influencing perception (past experience and context).
- d. Illusion and hallucination: different types.

4. Motivation

- a. Motivation cycle (need, drive, incentive, reward).
- b. Classification of motives.
- c. Abraham Maslow's theory of need hierarchy

5. Frustration and conflict

- a. Frustration: sources of frustration.
- b. Conflict: types of conflict.
- c. Management of frustration and conflict

6. Emotions

- a. Three levels of analysis of emotion (physiological level, subjective state, and overt behavior).
- b. Theories of emotion
- c. Stress and management of stress.

7. Intelligence

- a. Theories of intelligence.
- b. Distribution of intelligence.
- c. Assessment of intelligence

8. Thinking

- a. Reasoning: deductive and inductive reasoning

- b. Problem solving: rules in problem solving (algorithm and heuristic)
- c. Creative thinking: steps in creative thinking, traits of creative people

9. Learning

- a. Factors effecting learning.
- b. Theories of learning: trial and error learning, classical conditioning, Operant conditioning, insight learning, social learning theory.
- c. The effective ways to learn: Massed/Spaced, Whole/Part, Recitation/Reading, Serial/Free recall, Incidental/Intentional learning, Knowledge of results, association, organization, and mnemonic methods.

10. Personality

- a. Approaches to personality: type & trait, behavioristic, psychoanalytic and humanistic approach.
- b. Personality assessment: observation, situational test, questionnaire, rating scale, interview, and projective techniques.
- c. Defense Mechanisms: denial of reality, rationalization, projection, reaction formation, identification, repression, regression, intellectualization, undoing, introjection, acting out.

11. Social psychology

- a. Leadership: Different types of leaders. Different theoretical approaches to leadership.
- b. Attitude: development of attitude. Change of attitude.

12. Clinical psychology – Models of training, abnormal behavior assessment, clinical judgement, psychotherapy, self-management methods, physiotherapist patient interaction, aggression, self-imaging, stress management, assertive training, Group therapy, Body awareness, Pediatric, child and geriatric clinical psychology.

Reference Books:

1. Psychology in Physiotherapy—Gupta, Seema, Lotus publications- New Delhi- 1st Edition-2009
2. Psychology for BPT AND Nursing - Gupta, Seema, Lotus publications- New Delhi- 1st Edition-2007
3. Introduction to Psychology -- Doldge J. Farnard—AITBS New Delhi- 5th Edition-2015

BASIC PRINCIPLES OF BIOMECHANICS

Biomechanics involves the study of basic concepts of human movement, and application of various biomechanical principles in the evaluation and treatment of disorders of musculoskeletal system. Students are taught to understand the various quantitative and qualitative methods of movement. Mechanical principles of various treatment methods are studied. Study of posture and gait are also included.

THEORY

1. Basic Concepts in Biomechanics: Kinematics and Kinetics

- | | |
|-------------------------|-----------------------------|
| a. Types of Motion | i. Objects in Motion |
| b. Location of Motion | j. Force of friction |
| c. Direction of Motion | k. Concurrent force systems |
| d. Magnitude of Motion | l. Parallel force system |
| e. Definition of Forces | m. Work |
| f. Force of Gravity | n. Moment arm of force |
| g. Reaction forces | o. Force components |
| h. Equilibrium | p. Equilibrium of levers |

2. Joint structure and Function -

- | | |
|---|---|
| a. Joint design | e. Joint function |
| b. Materials used in human joints | f. Joint motion |
| c. General properties of connective tissues | g. General effects of disease, injury and immobilization. |
| d. Human joint design | |

3. Muscle structure and function -

- a. Mobility and stability functions of muscles
- b. Elements of muscle structure
- c. Muscle function
- d. Effects of immobilization, injury and aging

4. Biomechanics of the Thorax and Chest wall -

- a. General structure and function
- b. Rib cage and the muscles associated with the rib cage
- c. Ventilatory motions: its coordination and integration
- d. Developmental aspects of structure and function
- e. Changes in normal structure and function I relation to pregnancy, scoliosis and COPD

5. The Temporomandibular Joint-

- a. General features, structure, function and dysfunction

Reference Books:

1. Joint structure and Function- Cynthia C. Norkin -Jaypee brothers New Delhi- 5th EDITION 2005
2. Measurement of Joints Motion :a guide to Goniometry-- Cynthia C. Norkin --Jaypee brothers New Delhi- 4th Edition-2006
3. Fundamental of Biomechanics-- Ajay Bahl,-- Medical Publishers- New Delhi- 4th Edition-2004

MEDICAL TERMINOLOGIES AND RECORD KEEPING

This course introduces the elements of medical terminology. Emphasis is placed on building familiarity with medical words through knowledge of roots, prefixes, and suffixes. Topics include: origin, word building, abbreviations and symbols, terminology related to the human anatomy, reading medical orders and reports, and terminology specific to the student's field of study. Spelling is critical and will be counted when grading tests. Topics to be covered under the subject are as follows:

1. Derivation of medical terms.
2. Define word roots, prefixes, and suffixes.
3. Conventions for combined morphemes and the formation of plurals.
4. Basic medical terms in health care and physiotherapy.
5. Form medical terms utilizing roots, suffixes, prefixes, and combining roots.
6. Interpret basic medical abbreviations/symbols.
7. Utilize diagnostic, surgical, and procedural terms and abbreviations related to the integumentary system, musculoskeletal system, respiratory system, cardiovascular system, nervous system, and endocrine system.
8. Interpret medical records/reports.
9. Data entry and management on electronic health record system.

Reference Books:

1. Medical Terminology System –A Body System Approach- Barbara A. Gyls And Mary Ellen 6th Edition -David Plus Wedding
2. Medical terminology –Language And Health Care – Nina Thierer -- Mcgraw Hill

BPT THIRD SEMESTER CURRICULUM

SEMESTER – III						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr	Marks		
PAT.201	Pathology	3	100	0.5	100	3.5	200
MIC.201	Microbiology	3	100	0.5	100	3.5	200
PHC.201	Pharmacology	3	100	-	-	3	100
BPT.201	Biomechanics and Kinesiology	5	100	2.5	100	7.5	200
BPT.202	Foundation of Exercise Therapy and Therapeutic Massage	3	100	2	100	5	200
FOUNDATION COURSES							
BPT.203	Introduction to Quality and Patient Safety	1	100	1	100	2	200
BPT.204	Clinical Observation II	-	-	2.5 (NC)	-	2.5 (NC)	-
Total		18	600	09	500	27	1100

PATHOLOGY

SUBJECT DESCRIPTION: This subject follows the basic subjects of Anatomy, Physiology and Biochemistry and it forms a vital link between preclinical subjects and clinical subjects. Pathology involves the study of causes and mechanisms of diseases. Microbiology involves the study of common organisms causing diseases including nosocomial infections and precautionary measures to protect one from acquiring infections. The knowledge and understanding of Microbiology & Pathology of diseases is essential to institute appropriate treatment or suggest preventive measures to the patient. Particular effort is made in this course to avoid burdening the student.

THEORY – General Pathology

1. Introduction to Pathology

2. Cell injuries –

- a. Aetiology and Pathogenesis with a brief recall of important aspects of normal cell structure. Reversible cell injury: Types, Sequential changes, Cellular swellings, vacuolation, Hyaline changes, Muroid changes. Irreversible cell injury: Types of Necrosis & Gangrene, Autolysis. Pathologic calcification: Dystrophic and Metastatic. Intracellular Accumulations - Fatty changes, Protein accumulations, Glycogen accumulations,
- b. Pigments - Melanin / Hemosiderin.
- c. Extra cellular accumulations: Amyloidosis - Classification, Pathogenesis, Pathology including special stains.

3. Inflammation and Repair –

- a. Acute inflammation: features, causes, vascular and cellular events.
- b. Inflammatory cells and Mediators. Chronic inflammation: Causes, Types, Classification nonspecific and granulomatous with examples.

- c. Repair, Wound healing by primary and secondary union, factors promoting and delaying the process.
- d. Healing in specific site including bone healing.

4. Immunopathology –

- a. Immune system: General concepts.
- b. Hypersensitivity: type and examples, antibody and cell mediated tissue injury with examples. . Secondary immunodeficiency including HIV infection. Auto-immune disorders: Basic concepts and classification, SLE.
- c. AIDS-Aetiology, Modes of transmission, Diagnostic procedures, handling of infected material and health education.

5. Infectious diseases –

- a. Mycobacterial diseases: Tuberculosis, Leprosy and Syphilis.
- b. Bacterial disease: Pyogenic, Diphtheria, Gram negative infection, Bacillary dysentery.
- c. Viral diseases: Poliomyelitis, Herpes, Rabies, Measles, Ricktsia, Chlamydial infection, HIV infection.
- d. Fungal disease and opportunistic infections.
- e. Parasitic diseases: Malaria, Filaria, Amoebiasis, Kala-azar, Cysticercosis, Hydatid cyst.

6. Circulatory Disturbances –

- a. Hyperemia/Ischemia and Haemorrhage Edema: Pathogenesis and types. Chronic venous congestion: Lung, Liver, Spleen, Systemic Pathology Thrombosis and Embolism: Formation, Fate and Effects.
- b. Infarction: Types, Common sites.
- c. Shock: Pathogenesis, types, morphologic changes.

7. Growth Disturbances and Neoplasia

- a. Atrophy, Hypertrophy, Hyperplasia, Aplasia, Hypoplasia, Metaplasia, Malformation, agenesis, dysplasia.
- b. Precancerous lesions.
- c. Neoplasia: Definition, classification, Biological behaviour : Benign and Malignant, Carcinoma and Sarcoma.
- d. Malignant Neoplasia: Grades and Stages, Local & Distant spread.
- e. Carcinogenesis: Environmental carcinogens, chemical, viral, occupational. Heredity and cellular oncogenes and prevention of cancer.
- f. Benign & Malignant epithelial tumours Eg. Squamous papilloma, Squamous cell carcinoma, Malignant melanoma. Benign & Malignant mesenchymal tumours Eg: Fibroma, Lipoma, Neurofibroma, Fibrosarcoma, Liposarcoma, Rhabdo-myosarcoma, Teratoma.

8. Nutritional Disorders –

- a. Protein energy malnutrition: Marasmus, Kwashiorkor, and Vitamin deficiency disorders, classification with specific examples.

9. Genetic Disorders –

- a. Basic concepts of genetic disorders and some common examples and congenital malformation.

THEORY – Systemic pathology

10. Hematology –

- a. Constituents of blood and bone marrow, Regulation of hematopoiesis. Anemia: Classification, clinical features & lab diagnosis.
- b. **Nutritional anemias:** Iron deficiency anemia, Folic acid, Vit. B 12 deficiency anemia including pernicious anemia. Hemolytic Anaemias: Classification and Investigations. Hereditary hemolytic anaemias: Thalessemia, Sickle cell anemia, Spherocytosis and Enzyme deficiencies.
- c. Acquired hemolytic anaemias

- i. Alloimmune, Autoimmune
- ii. Drug induced, Microangiopathic Pancytopenia - Aplastic anemia.
- d. Hemostatic disorders, Vascular and Platelet disorders & lab diagnosis.

Coagulopathies

- i. Inherited
- ii. Acquired with lab diagnosis.
- e. Leukocytic disorders: Leukocytosis, Leukopenis, Leukemoid reaction.
- f. Leukemia: Classification, clinical manifestation, pathology and Diagnosis. Multiple myeloma and dysproteinemias.
- g. Blood transfusion; Grouping and cross matching, untoward reactions, transmissible infections including HIV & hepatitis, Blood-components & plasma-pheresis.

11. Respiratory System

- a. Pneumonia, Bronchitis, Bronchiectasis, Asthma, Tuberculosis, Carcinoma of lungs, Occupational lung diseases

12. Cardiovascular Pathology

- a. Congenital Heart disease: Atrial septal defect, Ventricular septal defect, Fallot's tetralogy, Patent ductus arteriosus.
- b. Endocarditis. Rheumatic Heart disease.
- c. Vascular diseases: Atherosclerosis, Monckeberg's medial calcification, Aneurysm and Arteritis and tumours of Blood vessels.
- d. Ischemic heart Disease: Myocardial infarction. Hypertension and hypertensive heart Disease.

13. Alimentary tract:

- a. Oral Pathology: Ulcers, leukoplakia, Carcinoma, oral cavity diseases and tumour of salivary gland & esophagus and precancerous lesions, Esophagus inflammatory, functional disorders and tumours.

- b. Stomach: Gastritis, Ulcer & Tumours.
- c. Tumours and tumour like condition of the small and large Intestine: Polyps, carcinoid, carcinoma, Lymphoma.
- d. Pancreatitis and pancreatic tumours : i) Exocrine, ii) Endocrine Salivary gland tumours : Mixed, Warthin's

14. Hepato – biliary pathology.

- a. Jaundice: Types, aetio-pathogenesis and diagnosis. Hepatitis: Acute, Chronic, neonatal.
- b. Alcoholic liver disease
- c. Cirrhosis: Postnecrotic, Alcoholic, Metabolic and Portal hypertension Liver abscesses; Pyogenic, parasitic and Amoebic. Tumours of Liver

15. Lymphatic System

- a. Diseases of the gall bladder: Cholecystitis, Cholelithiasis, Carcinoma. Lymphadenitis - Nonspecific and granulomatous. Causes of Lymph Node enlargements. Reactive Hyperplasia, Primary Tumours - Hodgkin's and Non hodgkin's Lymphomas, Metastatic Tumours.
- b. Causes of Splenic Enlargements.

16. Musculoskeletal System

- a. Osteomyelitis, acute, chronic, tuberculous, mycetoma
- b. Metabolic diseases: Rickets/Osteomalacia, osteoporosis, Hyperparathyroidism, Paget's disease.
- c. Tumours Classification: Benign, Malignant, Metastatic and synovial sarcoma. Arthritis: Suppurative, Rheumatoid. Osteoarthritis, Gout, Tuberculous.

17. Endocrine pathology

- a. Diabetes Mellitus: Types, Pathogenesis, Pathology, Laboratory diagnosis Non-neoplastic lesions of Thyroid: Iodine deficiency goiter, autoimmune Thyroiditis, Thyrotoxicosis, myxedema, Hashimoto's thyroiditis.
- b. Tumours of Thyroid: Adenoma, Carcinoma: Papillary, Follicular, Medullary, Anaplastic. Adrenal diseases: cortical hyperplasia, atrophy, tuberculosis, tumours of cortex and medulla.

18. Neuropathology

- a. Inflammations and Infections: TB Meningitis, Pyogenic Meningitis, viral meningitis and Brain Abscess
- b. Tuberculosis, Cysticercosis
- c. CNS Tumors, Astrocytoma, Neuroblastoma, Meningioma, Medulloblastoma

19. Dermatopathology

- a. Skin tumors: Squamous cell carcinoma, Basal cell carcinoma, Melanoma

PRACTICAL

Demonstration of Slides – The students may be demonstrated the common histopathological, hematological and cytological slides and specimens and charts and their interpretations.

Reference Books

1. Textbook of Pathology Harsh Mohan-- Jaypee brothers New Delhi- 3RD Edition- 2019
2. Review Of Pathology-- Punia Rajput-- AITBS New Delhi- 3RD Edition-2017
3. General Pathology –Walter & Isreal –Churchill Livingstone.

MICROBIOLOGY

THEORY

1. General Microbiology -

- a. Definitions: infections, parasite, host, vector, fomite, contagious disease, infectious disease, epidemic, endemic, pandemic, Zoonosis, Epizootic, Attack rate.
- b. Normal flora of the human body.
- c. Routes of infection and spread; endogenous and exogenous infections; source at reservoir of infections.
- d. Bacterial cell. Morphology limited to recognizing bacteria in clinical samples Shape, motility and arrangement. Structures, which are virulence, associated.
- e. Physiology: Essentials of bacterial growth requirements.
- f. Sterilization, disinfection and universal precautions in relation to patient care and disease prevention. Definition of asepsis, sterilization, disinfection.
- g. Antimicrobials: Mode of action, interpretation of susceptibility tests, resistance spectrum of activity.

2. Immunology -

- a. Basic principles of immunity immunobiology: lymphoid organs and tissues. Antigen, Antibodies, antigen and antibody reactions with relevance to pathogenesis and serological diagnosis.
- b. Humoral immunity and its role in immunity Cell mediated immunity and its role in immunity. Immunology of hypersensitivity, Measuring immune functions.

3. Bacteriology -

- a. To be considered under the following headings
- b. Morphology, classification according to pathogenicity, mode of transmission, methods of prevention, collection and transport of samples for laboratory diagnosis, interpretation of laboratory reports.

- c. Staphylococci, Streptococci and Pneumococci.
- d. Mycobacteria: Tuberculosis, *M. leprae*, atypical mycobacteria, Enterobacteriaceae,
- e. Vibrios: *V. cholerae* and other medically important vibrios, Campylobacters and Helicobacters, Pseudomonas.
- f. Bacillus anthracis, Sporing and non-sporing anaerobes: Clostridia, Bacteroides and Fusobacteria.

4. General Virology -

- a. General properties: Basic structure and broad classification of viruses. Pathogenesis and pathology of viral infections. Immunity and prophylaxis of viral diseases. Principles of laboratory diagnosis of viral diseases. List of commonly used antiviral agents.

5. Mycology -

- a. General properties of fungi. Classification based on disease: superficial, subcutaneous, deep mycoses opportunistic infections including Mycotoxins, systemic mycoses. General principles of fungal diagnosis, Rapid diagnosis. Method of collection of samples. Antifungal agents.

6. Clinical/Applied Microbiology -

- a. Streptococcal infections: Rheumatic fever and Rheumatic heart disease, Meningitis.
- b. Tuberculosis,
- c. Pyrexia of unknown origin, leprosy,
- d. Sexually transmitted diseases, Poliomyelitis,
- e. Hepatitis,
- f. Acute-respiratory infections, Central nervous System infections, Urinary tract infections,
- g. Pelvic inflammatory disease, Wound infection, Opportunistic infections, HIV infection,

h. Malaria, Filariasis, Zoonotic diseases.

PRACTICAL

1. Demonstration of Microscopes and its uses
2. Principles, uses and demonstration of common sterilization equipment
3. Demonstration of common culture media
4. Demonstration of motility by hanging drops method
5. Demonstration of Gram Stain, ZN Stain
6. Demonstration of Serological test: ELISA
7. Demonstration of Fungus

Reference Books

1. TEXTBOOK OF MICROBIOLOGY—Panikar, C.L-- Jaypee brothers New Delhi-
3RD Edition 2009
2. Textbook of Microbiology --. C.P. Baveja -- Orient Longman London
3. Medical Microbiology –Mims –Jaypee Brothers New Delhi

PHARMACOLOGY

SUBJECT DESCRIPTION - This course introduces the student to basic pharmacology of pcommon drugs used, their importance in the overall treatment including Physiotherapy. The student after completing the course will be able to understand the general principles of drug action and the handling of drugs by the body. The student will be aware of the contribution of both drug and physiotherapy factors in the outcome of treatment.

1. General Pharmacology –

a. Introduction, Definitions, Classification of drugs, Sources of drugs, Routes of drug administration, Distribution of drugs, Metabolism and Excretion of drugs Pharmacokinetics, Pharmacodynamics, Factors modifying drug response, Adverse effects.

2. Autonomic Nervous system –

- a. General considerations – The Sympathetic and Parasympathetic Systems, Receptors, Somatic Nervous System
- b. Cholinergic and Anti-Cholinergic drugs, Adrenergic and Adrenergic blocking drugs, Peripheral muscle relaxants.

3. Cardiovascular Pharmacology –

- a. Drugs used in the treatment of heart failure: Digitalis, Diuretics, Vasodilators, ACE inhibitors Antihypertensive Drugs: Diuretics, Beta Blockers, Calcium Channel Blockers, ACE Inhibitors, Central Acting Alpha Agonists, Peripheral Alpha Antagonists, Direct acting Vasodilators
- b. Drugs used in the treatment of vascular disease and tissue ischemia : Vascular Disease, Hemostasis Lipid-Lowering agents, Antithrombotics, Anticoagulants and Thrombolytics

4. Neuropharmacology –

- a. Sedative-Hypnotic Drugs: Barbiturates, Benzodiazepines

- b. Antianxiety Drugs: Benzodiazepines, Other Anxiolytics, Tricyclic Antidepressants, Atypical Antidepressants, Lithium
- c. Antipsychotic drugs

5. Disorders of Movement -

- a. Drugs used in Treatment of Parkinson's disease
- b. Antiepileptic Drugs
- c. Spasticity and Skeletal Muscle Relaxants

6. Inflammatory/Immune Diseases -

- a. Non-narcotic Analgesics and Nonsteroidal Anti-Inflammatory Drugs: Acetaminophen, NSAIDs, Aspirin, Nonaspirin NSAIDs, drug Interactions with NSAIDs
- b. Glucocorticoids: Pharmacological Uses of Glucocorticoids, adverse effects, Physiologic Use of Glucocorticoids
- c. Drugs Used in Treatment of Arthritic Diseases: Rheumatoid Arthritis, Osteoarthritis, Gout
- d. Drugs Used in the Treatment of Neuromuscular Immune/Inflammatory Diseases: Myasthenia gravis, Idiopathic Inflammatory Myopathies, systemic lupus Erythematosus, Scleroderma, Demyelinating Disease
- e. Respiratory Pharmacology: Obstructive Airway Diseases, Drugs used in Treatment of Obstructive airway Diseases, Allergic Rhinitis
- f. Opioids

7. Geriatrics -

- a. Pharmacology and the geriatric Population: Adverse effects of special concern in the Elderly, Dementia, Postural hypotension.
- b. Medicines use in Diabetes and their mechanism of action.

Reference Books

1. Essentials of Medical Pharmacology-- KD Tripathy. Jaypee Brothers New Delhi
2. Pharmacology –Preseem K. Das- Churchill Livingstone.
3. Pharmacology and Pharmacotherapeutics –R.S. Satoskar popular Publication

BIOMECHANICS AND KINESIOLOGY

1. Biomechanics of the vertebral column

- a. General structure and function
- b. Regional structure and function – Cervical region, thoracic region, lumbar region, sacral region
- c. Muscles of the vertebral column
- d. General effects of injury and aging

2. Biomechanics of the peripheral joints -

- a. **The shoulder complex:** Structure and components of the shoulder complex and their integrated function
- b. **The elbow complex:** Structure and function of the elbow joint – humeroulnar and humeroradial articulations, superior and inferior radioulnar joints; mobility and stability of the elbow complex; the effects of immobilization and injury.
- c. **The wrist and hand complex:** Structural components and functions of the wrist complex; structure of the hand complex; functional position of the wrist and hand.
- d. **The hip complex:** structure and function of the hip joint; hip joint pathology-arthrosis, fracture, bony abnormalities of the femur:
- e. **The knee complex:** structure and function of the knee joint – tibiofemoral joint and patellofemoral joint; effects of injury and disease.
- f. **The ankle and foot complex.:** structure and function of the ankle joint, subtalar joint, talocalcaneonavicular joint, transverse tarsal joint, tarsometatarsal joints, metatarsophalangeal joints, interphalangeal joints, structure and function of the plantar arches, muscles of the ankle and foot, deviations from normal structure and function – Pes Planus and Pes Cavus

- 3. **Analysis of Posture and Gait** – Static and dynamic posture, postural control, kinetics and kinematics of posture, ideal posture analysis of posture, effects of posture

on age, pregnancy, occupation and recreation; general features of gait, gait initiation, kinematics and kinetics of gait, energy requirements, kinematics and kinetics of the trunk and upper extremities in relation to gait, stair case climbing and running, effects of age, gender, assistive devices, disease, muscle weakness, paralysis, asymmetries of the lower extremities, injuries and malalignments in gait; Movement Analysis : ADL activities like sitting – to standing, lifting, various grips , pinches.

PRACTICAL- shall be conducted for various joint movements and analysis of the same. Demonstration may also be given as how to analyze posture and gait. The student shall be taught and demonstrated to analysis for activities of daily living – ADL – (like sitting to standing, throwing, lifting etc.) The student should be able to explain and demonstrate the movements occurring at the joints, the muscles involved, the movements or muscle action produced, and mention the axis and planes through which the movements occur. The demonstrations may be done on models or skeleton.

Reference Books

1. Joints Structure and Functions-- Cynthia C. Norkin –Jaypee brothers New Delhi- 5th Edition-2006
2. Measurement of joint motion :A Guide to a goniometry - Cynthia C. Norkin –Jaypee Brothers New Delhi- 4th Edition-2006
3. Fundamentals of Biomechanics-- Ajay Bahl,-- Medical Publishers- New Delhi- 4th Edition-2004

FOUNDATION OF EXERCISE THERAPY AND THERAPEUTIC
MASSAGE EXERCISE THERAPY
BPT – 3RD SEMESTER

SUBJECT DESCRIPTION - In this course, the students will learn the principles and effects of exercise as a therapeutic modality and will learn the techniques in the restoration of physical functions.

THEORY

1. Introduction to Exercise Therapy - The aims of Exercise Therapy, The techniques of Exercise Therapy, Approach to patient's problems, Assessment of patient's condition – Measurements of Vital parameters, Starting Positions – Fundamental positions & derived Positions, Planning of Treatment

2. Methods of Testing

a. Functional tests

b. Measurement of Joint range: ROM-Definition, Normal ROM for all peripheral joints & spine, Goniometer-parts, types, principles, uses, Limitations of goniometry, Techniques for measurement of ROM for all peripheral joints

c. Tests for neuromuscular efficiency

i. Electrical tests

ii. Manual Muscle Testing: Introduction to MMT, Principles & Aims, Indications & Limitations, Techniques of MMT for group & individual: Techniques of MMT for upper limb / Techniques of MMT for lower limb / Techniques of MMT for spine.

iii. Anthropometric Measurements: Muscle girth – biceps, triceps, forearm, quadriceps, calf

iv. Static power Test

v. Dynamic power Test

vi. Endurance test

vii. Speed test

d. Tests for Co-ordination

e. Tests for sensation

f. Pulmonary Function tests

g. Measurement of Limb Length: true limb length, apparent limb length, segmental limb length

h. Measurement of the angle of Pelvic Inclination

3. Relaxation

a. Definitions: Muscle Tone, Postural tone, Voluntary Movement, Degrees of relaxation, Pathological tension in muscle, Stress mechanics, types of stresses, Effects of stress on

the body mechanism, Indications of relaxation, Methods & techniques of relaxation-

Principles & uses: General, Local, Jacobson's, Mitchel's, additional methods.

4. Passive Movements

a. Causes of immobility, Classification of Passive movements, Specific definitions related to passive movements, Principles of giving passive movements, Indications, contraindications, effects of uses , Techniques of giving passive movements.

5. Active Movements

a. Definition of strength, power & work, endurance, muscle actions.

b. Physiology of muscle performance: structure of skeletal muscle, chemical & mechanical events during contraction &relaxation, muscle fiber type, motor unit, force gradation.

c. Causes of decreased muscle performance

d. Physiologic adaptation to training: Strength & Power, Endurance.

e. Types of active movements

6. **Free exercise:** Classification, principles, techniques, indications, contraindications, effects and uses

7. Active Assisted Exercise: principles, techniques, indications, contraindications, effects and uses
Assisted-Resisted Exercise: principles, techniques, indications, contraindications, effects and uses
Resisted Exercise: Definition, principles, indications, contraindications, precautions & techniques, effects and uses

8. Types of resisted exercises: Manual and Mechanical resistance exercise, Isometric exercise, Dynamic exercise: Concentric and Eccentric, Dynamic exercise: Constant versus variable resistance, Isokinetic exercise, Open-Chain and Closed-Chain exercise.

9. Specific exercise regimens

- a. Isotonic: de Lormes, Oxford, MacQueen, Circut weight training
- b. Isometric: BRIME (Brief Resisted Isometric Exercise), Multiple Angle
- c. Isometrics Isokinetic regimens

10. Suspension Therapy

- a. Definition, principles, equipments & accessories, Indications & contraindications, Benefits of suspension therapy
- b. Types of suspension therapy: axial, vertical, pendular Techniques of suspension therapy for upper limb Techniques of suspension therapy for lower limb
- c. Demonstrate to use the technique of suspension therapy for mobilizing and strengthening joints and muscles

11. Individual and Group Exercises

- a. Advantages and Disadvantages, Organization of Group exercises, Recreational Activities and Sports

THERAPEUTIC MASSAGE

SUBJECT DESCRIPTION- The students will be able to understand the concepts, different types and application of massage on patients during clinical practice.

THEORY

- 1. History and Classification of Massage Technique

2. Principles, Indications and Contraindications
3. Technique of Massage Manipulations
4. Physiological and Therapeutic Uses of Specific Manipulations

PRACTICAL

1. Different test methods
2. Demonstrate relaxation techniques.
3. Demonstrate to apply the technique of passive movements
4. Demonstrate various techniques of Active movements
5. Demonstrate massage technique application according to body parts.
6. Demonstration of Group Exercises
7. Demonstration of Basic Yogasanas
8. Demonstrate techniques of strengthening muscles using resisted exercises

Reference Books

1. Principles of Exercise Therapy - Dena Gardiner-- CBS Publication New Delhi --5th Edition-2006
2. Therapeutic exercise Therapy-- Kisner Colby -- Jaypee brothers New Delhi -4th Edition-2005
3. Practical Exercise Therapy -- Hollis Margret-- Blackwell Science London -4th Edition-1992

INTRODUCTION TO QUALITY AND PATIENT SAFETY

1. Quality assurance and management - The objective of the course is to help students understand the basic concepts of quality in health Care and develop skills to implement sustainable quality assurance program in the health system.

02 Hours

- a. Concepts of Quality of Care
- b. Quality Improvement Approaches
- c. Standards and Norms
- d. Quality Improvement Tools
- e. Introduction to NABH guidelines

2. Basics of emergency care and life support skills - Basic life support (BLS) is the foundation for saving lives following cardiac arrest. Fundamental aspects of BLS include immediate recognition of sudden cardiac arrest (SCA) and activation of the emergency response system, early cardiopulmonary resuscitation (CPR), and rapid defibrillation with an automated external defibrillator (AED). Initial recognition and response to heart attack and stroke are also considered part of BLS. The student is also expected to learn about basic emergency care including first aid and triage. Topics to be covered under the subject are as follows:

05 Hours

- a. Vital signs and primary assessment
- b. Basic emergency care – first aid and triage
- c. Ventilations including use of bag-valve-masks (BVMs)
- d. Choking, rescue breathing methods
- e. One- and Two-rescuer CPR
- f. Using an AED (Automated external defibrillator).
- g. Managing an emergency including moving a patient

At the end of this topic, focus should be to teach the students to perform the maneuvers in simulation lab and to test their skills with focus on airways management and chest compressions. At the end of the foundation course, each student should be able to perform and execute/operate on the above mentioned modalities.

3. Bio medical waste management and environment safety- The aim of this section will be to help prevent harm to workers, property, the environment and the general public. Topics to be covered under the subject are as follows: **02 Hours**

- a. Definition of Biomedical Waste
- b. Waste minimization
- c. BMW – Segregation, collection, transportation, treatment and disposal (including color coding)
- d. Liquid BMW, Radioactive waste, Metals / Chemicals / Drug waste
- e. BMW Management & methods of disinfection
- f. Modern technology for handling BMW
- g. Use of Personal protective equipment (PPE)
- h. Monitoring & controlling of cross infection (Protective devices)

4. Infection prevention and control - The objective of this section will be to provide a broad understanding of the core subject areas of infection prevention and control and to equip AHPs with the fundamental skills required to reduce the incidence of hospital acquired infections and improve health outcomes. Concepts taught should include – **02 Hours**

- a. Evidence-based infection control principles and practices [such as sterilization, disinfection, effective hand hygiene and use of Personal protective equipment (PPE)],
- b. Prevention & control of common healthcare associated infections,
- c. Components of an effective infection control program, and
- d. Guidelines (NABH and JCI) for Hospital Infection Control

5. Antibiotic Resistance- **02 Hours**

- a. History of Antibiotics
- b. How Resistance Happens and Spreads
- c. Types of resistance- Intrinsic, Acquired, Passive
- d. Trends in Drug Resistance
- e. Actions to Fight Resistance
- f. Bacterial persistence
- g. Antibiotic sensitivity
- h. Consequences of antibiotic resistance
- i. Antimicrobial Stewardship- Barriers and opportunities, Tools and models in hospitals

6. Disaster preparedness and management- The objective of this section will be to provide knowledge on the principles of on-site disaster management. Concepts to be taught should include-

02 Hours

- a. Fundamentals of emergency management,
- b. Psychological impact management,
- c. Resource management,
- d. Preparedness and risk reduction,
- e. Key response functions (including public health, logistics and governance, recovery, rehabilitation and reconstruction), information management, incident command and institutional mechanisms.

SEMESTER – III				
INTRODUCTION TO QUALITY AND PATIENT SAFETY		Contact Hours		
Sr. No	Content	Theory	Practical	Total
1.	Quality assurance and management	02	-	02
2.	Basics of emergency care and life support skills	05	14	19
3.	Bio medical waste management and environment safety	02	04	06
4.	Infection prevention and control	02	04	06
5.	Antibiotic Resistance	02	04	06
6.	Disaster preparedness and management	02	04	06
	TOTAL	15	30	45

BPT
FOURTH
SEMESTER
CURRICULUM

SEMESTER – IV						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr	Marks		
BPH.201	Biophysics	1	100	1	100	2	200
BPT.205	Exercise Therapy	5	100	3.5	100	8.5	200
BPT.206	Electrotherapy	5	100	4	100	9	200
FOUNDATION COURSES							
BPT.207	Introduction to Health Care Delivery System in India	2	100	-	-	2	100
BPT.208	Clinical Education I	-	-	2.5 (NC)	-	2.5 (NC)	-
HVE.201	Universal Human Values And Ethics	2	100	-	-	2	100
Total		15	500	11	300	26	800

BIO-PHYSICS

SUBJECT DESCRIPTION - To understand the concept and basic principles to know electrotherapy equipments is given under this topic. The student will be taught about physics related to electrotherapy and application on human body tissues.

1. Physical principles

- a) Structure and properties of matter -solids, liquids and gases, adhesion, surface tension, viscosity, density and elasticity.
- b) Structure of atom, molecules, elements and compound
- c) Electricity: Definition and types. Therapeutic uses. Basic physics of construction. Working
- d) Importance of currents in treatment.
- e) Static Electricity: Production of electric charge. Characteristic of a charged body.
- f) Characteristics of lines of forces. Potential energy and factors on which it depends. Potential difference and EMF.
- g) Current Electricity: Units of Electricity: farad, Volt, Ampere, Coulomb, Watt
- h) Condensers: Definition, principle, Types- construction and working, capacity & uses.
- i) Magnetism: Definition. Properties of magnets. Electromagnetic induction. Transmission by contact. Magnetic field and magnetic forces. Magnetic effects of an electric field.
- j) Conductors, Insulators, Potential difference, Resistance and intensity
- k) Ohm's law and its application to DC and AC currents. Fuse: construction, working and application.
- l) Transmission of electrical energy through solids, liquids, gases and vacuum.
- m) Rectifying Devices-Thermionic valves, Semiconductors, Transistors, Amplifiers, transducer and Oscillator circuits.
- n) Display devices and indicators-analogue and digital.

- o) Transformer: Definition, Types, Principle, Construction, Eddy current, working uses
- p) Chokes: Principle, Construction and working, Uses

2. Effects of Current Electricity

- a) Chemical effects-Ions and electrolytes, Ionisation, Production of an EMF by chemical actions.
- b) Ionization: Principles, effects of various technique of medical ionization.
- c) Electromagnetic Induction.
- d) Electromagnetic spectrum.

3. Electrical Supply

- a) Brief outline of main supply of electric current
- b) Dangers-short circuit, electric shocks: Micro/ Macro shocks
- c) Precaution-safety devices, earthing, fuses etc.
- d) First aid and initial management of electric shock
- e) Burns: electrical & chemical burns, prevention and management

4. Various agents

- a) Thermal agents: Physical Principles of cold, Superficial and deep heat.
- b) Ultrasound: Physical Principles of Sound
- c) Electro- magnetic Radiation: Physical Principles and their Relevance to Physiotherapy Practice
- d) Electric Currents: Physical Principles and their Relevance to Physiotherapy Practice.

5. Section II – Therapeutic Electricity

Reference Books:

1. Introduction To Biophysics – Pranab Kumar Banerjee- S Chand Publisher
2. Essentials' Of Biophysics – P. Narayanan -2nd Edition- New Age International Publishers
3. Electrotherapy Explained—Principles And Practice -Low And Reed -Fourth Edition –Elsevier

EXERCISE THERAPY

BPT – 4TH SEMESTER

SUBJECT DESCRIPTION- After the course on exercise therapy student will be able to understand the different types of exercise for the benefit of patient in different situations and conditions both in health and disease or disorder.

2. Proprioceptive Neuromuscular Facilitation

- a. Definitions & goals
- b. Basic neurophysiologic principles of PNF: Muscular activity, Diagonals patterns of movement: upper limb, lower limb
- c. Procedure: components of PNF
- d. Techniques of facilitation
- e. Mobility: Contract relax, Hold relax, Rhythmic initiation
- f. Strengthening: Slow reversals, repeated contractions, timing for emphasis, rhythmic stabilization Stability: Alternating isometric, rhythmic stabilization
- g. Skill: timing for emphasis, resisted progression Endurance: slow reversals, agonist reversal

4. Functional Re-education

- a. Lying to sitting: Activities on the Mat/Bed, Movement and stability at floor level; Sitting activities and gait; Lower limb and Upper limb activities.

5. Aerobic Exercise

- a. Definition and key terms; Physiological response to aerobic exercise, Examination and evaluation of aerobic capacity – Exercise Testing, Determinants of an Exercise Program, The Exercise Program, Normal and abnormal response to acute aerobic exercise, Physiological changes that occur with training, Application of Principles of an Aerobic conditioning program for patients – types and phases of aerobic training.

6. Stretching

- a. Definition of terms related to stretching; Tissue response towards immobilization and elongation, Determinants of stretching exercise, Effects of stretching, Inhibition and relaxation procedures, Precautions and contraindications of stretching, Techniques of stretching.

7. Manual Therapy & Peripheral Joint Mobilization

- a. Schools of Manual Therapy, Principles, Grades, Indications and Contraindications, Effects and Uses – Maitland, Kaltenborn, Mulligan
- b. Biomechanical basis for mobilization, Effects of joint mobilisation, Indications and contraindications, Grades of mobilization, Principles of mobilization, Techniques of mobilization for upper limb, lower limb, Precautions.

8. Balance - Definition

- a. Physiology of balance: contributions of sensory systems, processing sensory information, generating motor output
- b. Components of balance (sensory, musculoskeletal, biomechanical)
- c. Causes of impaired balance, Examination & evaluation of impaired balance, Activities for treating impaired balance: mode, posture, movement, Precautions & contraindications, TypesBalance retraining.

9. Co-ordination Exercise

- a. Anatomy & Physiology of cerebellum with its pathways Definitions: Co-ordination, Inco-ordination
- b. Causes for Inco-ordination, Test for co-ordination: equilibrium test, non-equilibrium test Principles of co-ordination exercise.
- c. Frenkel's Exercise: uses of Frenkel's exercise, technique of Frenkel's exercise, progression, home exercise.

10. Posture

- a. Definition, Active and Inactive Postures, Postural Mechanism, Patterns of Posture, Principles of re-education: corrective methods and techniques, Patient education.

11. Walking Aids

- a. Types: Crutches, Canes, Frames; Principles and training with walking aids

12. Basics in Manual Therapy & Applications with Clinical reasoning

- a. Examination of joint integrity
 - i. Contractile tissues
 - ii. Non contractile tissues
- b. Mobility - assessment of accessory movement & End feel
- c. Assessment of articular & extra-articular soft tissue status
 - i. Myofascial assessment
 - ii. Acute & Chronic muscle hold
 - iii. Tightness
 - iv. Pain-original & referred
- d. Basic principles, Indications & Contra-Indications of mobilization skills for joints & soft tissues.
 - i. Maitland
 - ii. Mulligan
 - iii. Mckenzie
 - iv. Muscle Energy Technique
 - v. Myofascial stretching
 - vi. Cyriax
 - vii. Neuro Dynamic Testing

13. Hydrotherapy

- a. Definitions, Goals and Indications, Precautions and Contraindications, Properties of water, Use of special equipment, techniques, Effects and uses, merits and demerits

PRACTICAL

The students of exercise therapy are to be trained in Practical Laboratory work for all the topics discussed in theory. The student must be able to evaluate and apply judiciously the different methods of exercise therapy techniques on the patients. They must be able to

1. Demonstrate the technique of measuring using goniometry
2. Demonstrate muscle strength using the principles and technique of MMT
3. Demonstrate the techniques for muscle strengthening based on MMT grading
4. Demonstrate the PNF techniques
5. Demonstrate exercises for training co-ordination – Frenkel's exercise
6. Demonstrate the techniques of massage manipulations
7. Demonstrate techniques for functional re-education
8. Assess and train for using walking aids
9. Demonstrate mobilization of individual joint regions
10. Demonstrate the techniques for muscle stretching
11. Assess and evaluate posture and gait
12. Demonstrate techniques for measuring limb length and body circumference.

Reference Books:

1. Principles of Exercise Therapy - Dena Gardiner-- CBS Publication New Delhi --5th Edition-2006

2. Therapeutic exercise Therapy-- Kisner Colby -- Jaypee brothers New Delhi -4th Edition-2005
3. Practical Exercise Therapy -- Hollis Margret-- BLACKWELL Science London -4th Edition-1992

ELECTROTHERAPY

SUBJECT DESCRIPTION - In this course the student will learn the Principles, Techniques, and Effects, Indication, Contra-Indication and the dosage parameter for various indications of electro therapeutic modalities in the restoration of physical function. The objective of this course is that after 240hrs of lectures, demonstration, practical and clinics the student will be able to list the indications, contra indications, dosages of electro therapy modalities, demonstrates the different techniques, and describe their effects on various conditions.

THEORY

Section II A - Low frequency Currents

1. Basic types of current

- a. Direct Current: types, physiological &therapeutic effects.
- b. Alternating Current

2. Types of Current used in Therapeutics

- a. Modified D.C
 - i. Faradic Current
 - ii. Galvanic Current
- b. Modified A.C
 - i. Sinusoidal Current
 - ii. Diadynamic Current.

3. **Faradic Current:** Definition, Modifications, Techniques of Application of Individual, Muscle and Group Muscle stimulation, Physiological & Therapeutic effects of Faradic Current, Precautions, Indications & Contra-Indications, and Dangers.

4. **Galvanic Current:** Definition, Modifications, Physiological & Therapeutic effects of Galvanic Current, Indications & Contra-Indications, Dangers, Effect of interrupted galvanic current on normally innervated and denervated muscles and partially denervated muscles.

5. Sinusoidal Current & Diadynamic Current in Brief.

6. **HVPGS** – Parameters & its uses

7. **Ionization / Iontophoresis:** Techniques of Application of Iontophoresis, Indications, Selection of Current, Commonly used Ions (Drugs) for pain, hyperhydrosis, wound healing.

8. Cathodal / Anodal galvanism.

9. Micro Current & Macro Current

10. **Types of Electrical Stimulators**

a. NMES- Construction component.

b. Neuro muscular diagnostic stimulator- construction component.

c. Components and working Principles

11. **Principles of Application:** Electrode tissue interface, Tissue Impedance, Types of Electrode, Size & Placement of Electrode – Water bath, Unipolar, Bi-polar, Electrode coupling, Current flow in tissues, Lowering of Skin Resistance.

12. **Nerve Muscle Physiology:** Action Potential, Resting membrane potential, Propagation of Action Potential, Motor unit, synapse, Accommodation, Stimulation of Healthy Muscle, Stimulation of Denervated Muscle, Stimulation for Tissue Repair.

13. **TENS:** Define TENS, Types of TENS, Conventional TENS, Acupuncture TENS, Burst TENS, Brief & Intense TENS, Modulated TENS. Types of Electrodes & Placement of Electrodes, Dosage parameters, Physiological & Therapeutic effects, Indications & Contraindications.

14. **Pain:** Define Pain, Theories of Pain (Outline only), Pain Gate Control theory in detail. [2 Hours]

Section II B - Electro-diagnosis

1. FG Test

2. **SD Curve:** Methods of Plotting SD Curve, Apparatus selection, Characters of Normally innervated Muscle, Characters of Partially Denervated Muscle, Characters of Completely denervated Muscle, Chronaxie & Rheobase.

3. Nerve conduction velocity studies

4. EMG: Construction of EMG equipment.

5. Bio-feed back.

Section II C - Medium Frequency

1. **Interferential Therapy:** Define IFT, Principle of Production of IFT, Static Interference System, Dynamic Interference system, Dosage Parameters for IFT, Electrode placement in IFT, Physiological & Therapeutic effects, Indications & Contraindications.

2. Russian Current

3. Rebox type Current

Section III - Thermo & Actinotherapy (High Frequency Currents)

1. Electro Magnetic Spectrum.

2. **SWD:** Define short wave, Frequency & Wavelength of SWD, Principle of Production of SWD, Circuit diagram & Production of SWD, Methods of Heat Production by SWD treatment, Types of SWD Electrode, Placement & Spacing of Electrodes, Tuning, Testing of SWD Apparatus, Physiological & Therapeutic effects, Indications & Contraindications, Dangers, Dosage parameters.

3. **Pulsed Electro Magnetic Energy:** Principles, Production & Parameters of PEME, Uses of PEME.

Micro Wave Diathermy: Define Microwave, Wave length & Frequency, Production of MW, Applicators, Dosage Parameters, Physiological & Therapeutic effects, Indications & Contraindications, Dangers of MWD. [2 Hours]

5. **Ultrasound:** Define Ultrasound, Frequency, Piezo Electric effects: Direct, Reverse, Production of US, Treatment Dosage parameters: Continuous& Pulsed mode, Intensity, US Fields: Near field, Far field, Half value distance, Attenuation, Coupling Media, Thermal effects, Non-thermal effects, Principles & Application of US: Direct contact, Water bag, Water bath, Solid sterile gel pack method for wound. Uses of US, Indications & Contraindications, Dangers of Ultrasound. Phonophoresis: Define Phonophoresis, Methods of application, commonly used drugs, Uses. Dosages of US. [8 Hours]

6. **IRR:** Define IRR,wavelength & parameters, Types of IR generators, Production of IR, Physiological & Therapeutic effects, Duration & frequency of treatment, Indication & Contraindication. [2 Hours]

7. **UVR:** Define UVR, Types of UVR, UVR generators: High pressure mercury vapour lamp, Water cooled mercury vapour lamp, Kromayer lamp, Fluorescent tube, Theraktin tunnel, PUVA apparatus. Physiological & Therapeutic effects. Sensitizers & Filters. Test dosage calculation.

Calculation of E1, E2, E3, E4 doses. Indications, contraindications. Dangers. Dosages for different therapeutic effects, Distance in UVR lamp [8 Hours]

8. **LASER**: Define LASER. Types of LASER. Principles of Production. Production of LASER by various methods. Methods of application of LASER. Dosage of LASER. Physiological & Therapeutic effects of LASER. Safety precautions of LASER. Classifications of LASER. Energy density & power density [8 Hours]

Section IV – Superficial heating Modalities

1. **Wax Therapy**: Principle of Wax Therapy application – latent Heat, Composition of Wax Bath Therapy unit, Methods of application of Wax, Physiological & Therapeutic effects, Indications & Contraindication, Dangers.

2. **Contrast Bath**: Methods of application, Therapeutic uses, Indications & Contraindications.

3. **Moist Heat Therapy**: Hydro collator packs – in brief, Methods of applications, Therapeutic uses, Indications & Contraindications.

4. **Cyclotherm**: Principles of production, Therapeutic uses, Indications & Contraindications.

5. **Fluidotherapy**: Construction, Method of application, Therapeutic uses, Indications & Contraindications.

6. **Whirl Pool Bath**: Construction, Method of Application, Therapeutic Uses, Indications & Contraindications.

7. **Magnetic Stimulation**, Principles, Therapeutic uses, Indications & contraindication.

8. **Cryotherapy**: Define- Cryotherapy, Principle- Latent heat of fusion, Physiological & Therapeutics effects, Techniques of Applications, Indications & Contraindications, Dangers, Methods of application with dosages.

PRACTICAL

The student of Electrotherapy must be able to demonstrate the use of electrotherapy modalities applying the principles of electrotherapy with proper techniques, choice of dosage parameters and safety precautions.

1. Demonstrate the technique for patient evaluation – receiving the patient and positioning the patient for treatment using electrotherapy.
2. Collection of materials required for treatment using electrotherapy modalities and testing of the apparatus.
3. Demonstrate placement of electrodes for various electrotherapy modalities
4. Electrical stimulation for the muscles supplied by the peripheral nerves
5. Faradism under Pressure for UL and LL
6. Plotting of SD curve with chronaxie and rheobase
7. Demonstrate FG test
8. Application of Ultrasound for different regions-various methods of application
9. Demonstrate treatment techniques using SWD, IRR and Microwave diathermy
10. Demonstrate the technique of UVR exposure for various conditions – calculation of test dose
11. Demonstrate treatment method using IFT for various regions
12. Calculation of dosage and technique of application of LASER
13. Technique of treatment and application of Hydrocollator packs, cryotherapy, contrast bath, wax therapy
14. Demonstrate the treatment method using whirl pool bath

15. Winding up procedure after any electrotherapy treatment method.

Equipment care -

1. Checking of equipments
2. Arrangement of exercise therapy and electro therapy equipment.
3. Calibration of equipment
4. Purchase, billing, document of equipment.
5. Safety handling of equipments.
6. Research lab equipment maintenance.
7. Stock register, movement register maintenance

Reference Books:

1. Clayton`s Electrotherapy -- Patrasia Forster -- CBS Publication New Delhi --9th Edition-2005
2. Electrotherapy Explained -- Low and Reed -- Elsevier New Delhi --4th Edition-2005
3. Textbook of Electrotherapy—Singh Jagmohan -Jaypee brothers New Delhi --1ST Edition-2005

INTRODUCTION TO HEALTHCARE DELIVERY SYSTEM IN INDIA

SUBJECT DESCRIPTION: The course provides the students a basic insight into the main features of Indian health care delivery system and how it compares with the other systems of the world. Topics to be covered under the subject are as follows:

1. Introduction to healthcare delivery system

- a. Healthcare delivery system in India at primary, secondary and tertiary care
- b. Community participation in healthcare delivery system
- c. Health system in developed countries.
- d. Private Sector
- e. National Health Mission
- f. National Health Policy
- g. Issues in Health Care Delivery System in India

2. National Health Programme- Background objectives, action plan, targets, operations, achievements and constraints in various National Health Programme.

- 3. Introduction to AYUSH system of medicine
 - a. Introduction to Ayurveda.
 - b. Yoga and Naturopathy
 - c. Unani
 - d. Siddha
 - e. Homeopathy
 - f. Need for integration of various system of medicine

4. Health scenario of India- past, present and future

5. Demography & Vital Statistics-

- a. Demography – its concept
- b. Vital events of life & its impact on demography
- c. Significance and recording of vital statistics
- d. Census & its impact on health policy

6. Epidemiology

- e. Principles of Epidemiology
- f. Natural History of disease
- g. Methods of Epidemiological studies
- h. Epidemiology of communicable & non-communicable diseases, disease transmission, host defense immunizing agents, cold chain, immunization, disease monitoring and surveillance.

Reference Books:

1. Preventive and Social Medicine –K. Park – 24TH Edition –Banarsidas Bhanot Publisher- 2017
2. Textbook of Community Medicine—Rajiv Bahal—Wolters Kluwer -3RD Edition-2009

HUMAN VALUES AND ETHICS

HVE.201

Unit No.	Content
1.	Introduction to Value Education: Understanding the need, basic guidelines, content and process for Value Education, Self-exploration—its content and process; 'Natural Acceptance' and Experiential Validation—as the mechanism for self exploration.
2.	Continuous Happiness and Prosperity: A look at basic human aspirations, Right understanding, Relationship and Physical Facilities — the basic requirements for fulfillment of aspirations of every human being, Understanding Happiness and Prosperity come — A critical appraisal of the current scenario, Method to fulfill the above human aspirations: Understanding and living in harmony at various levels
3.	Harmony in the Human Being: Understanding human being as a coexistence of the sentient 'I' and the material 'Body', Understanding the needs of Self ('I') and 'Body' Sukh and Suvidha. Body as an instrument of 'I': Being the doer, seer and enjoyer, understanding the characteristics and activities of 'I' and harmony in 'I', understanding the harmony of 'I' with the Body: Sanyam and Svasthya; correct appraisal of physical needs, meaning of prosperity in detail, programs to ensure Sanyam and Svasthya
4.	Harmony in the Family and Society: Understanding harmony in the Family — the basic unit of human interaction, Understanding values in human-human relationship; meaning of Nyaya and program for its fulfillment to ensure Ubhaya —tripti; Trust; vrs-vasa) and Respect (Sammana) as the foundational values of relationship. Understanding the meaning of VI-S-vasa; Difference between intention and competence, Understanding the meaning of Sammana, Difference between respect and differentiation; the other salient values in relationship,

5.	Harmony in the society: Understanding the harmony in the society (society being an extension of family): Sarnadhana, Samriddhi, Abhaya. Sah-astirva as comprehensive Human Goals, Visualizing a universal harmonious order in society — Undivided Society (Akhand Sarnal), Universal Order (Sarvabhauma Vyavasthal- from family to world family.
6.	Harmony in the Nature (Existence): Understanding the harmony in the Nature, Interconnectedness and mutual fulfillment among the four orders of nature—recyclability and self-regulation in nature.
7.	Understanding Sah-astitva: Co-existence of mutually interacting units in all-pervasive space, Holistic perception of harmony at all levels of existence
8.	Implications of the Holistic Understanding — A Look at Professional Ethics : Natural acceptance of human values, Definitiveness of Ethical Human Conduct, Basis for Humanistic Education, Humanistic Constitution and Universal Human Order, Competence in Professional Ethics. Ability to utilize the professional competence for augmenting universal human order, Ability to identify the scope and characteristics of people-friendly and eco-friendly production systems, technologies and management models, Case studies of typical holistic technologies, management models and production systems.
9.	Strategy for transition <i>from</i> the present state to Universal Human Order: (a) At the level of individual: as socially and ecologically responsible engineers, technologists and managers, (b) At the level of society as mutually enriching institutions and organizations
Session Number	Practice Sessions
PS 1.	Module 2: Introduction to Value Education: Introduce yourself in detail. What are the goals in your life? How do you set your goals in your life? How do you differentiate between right and wrong? What have been your salient achievements and shortcomings in your life? Observe and analyze them.

PS 2.	<p>Now-a-days, there is a lot of talk about many techno-genic maladies such as energy and material resource depletion environmental pollution, global warming, ozone depletion, deforestation, soil degradation, etc. — all these seem to be man-made problems, threatening the survival of life on Earth — What is the root cause of these maladies & what is the way out in your opinion?</p> <p>On the other hand, there is rapidly growing danger because of nuclear proliferation, arms race, terrorism, criminalization of politics, large scale corruption. scams, breakdown of relationships, generation gap, depression & suicidal attempts etc. - what do you think, is the root cause of these threats to human happiness and peace - what could be the way out in your opinion?</p>
PS 3.	<p>1. Observe that each one of us has the faculty of 'Natural Acceptance'. based on which one can verify what is right or not right for him. (As such we are not properly trained to listen to our 'Natural Acceptance' and many a time it is also clouded by our strong pre-conditionings and sensory attractions).</p> <p>Explore the following:</p> <ul style="list-style-type: none"> (i) What is 'Naturally Acceptable' to you in relationship—the feeling of respect or disrespect for yourself and for others? (ii) What is 'Naturally Acceptable' to you - to nurture or to exploit others? <p>Is your living in accordance with your natural acceptance or different from it?</p> <p>2. Out of the three basic requirements for fulfillment of your aspirations- right understanding, relationship and physical facilities- observe how the problems in your family are related to each. Also observe how much time & effort you devote for each in your daily routine.</p>
PS 4.	<p>Module 2: Harmony in the Human Being: List down all your important desires. Observe whether the desire is related to Self ('I') or the Body. If it appears to be related to both, visualize which part of it is related to Self ('I') and which part is related to Body.</p>

PS 5.	<p>1. (a) Observe that any physical facility' you use, follows the given sequence with time: Necessary and tasteful unnecessary but still tasteful unnecessary and tasteless —> intolerable</p> <p>(b) In contrast, observe that any feeling in you is either naturally acceptable or not acceptable at all. If naturally acceptable, you want it continuously and if not acceptable, you do not want it any moment</p> <p>2. List down all your important activities. Observe whether the activity is of 'I', of Body or with the participation of both 'I' and Body</p> <p>3. Observe the activities within 'I'. Identify the object of your attention for different moments (over a period of say 5 to 10 minutes) and draw a line diagram connecting these points. Try to observe the link between any two nodes</p>
PS 6	<p>1. Chalk out some programs towards -insuring your harmony with the body - in terms of nurturing, protection and right utilisation of the body.</p> <p>2. Find out the plants and shrubs growing in and around your campus, which can be useful in curing common diseases.</p>
PS 7	<p>Module 3: Harmony in the Family and Society</p> <p>Form small groups in the class and make them carry out a dialogue focusing on the following eight questions related to 'TRUST':</p> <p>1a. Do I want to make myself happy?</p> <p>2a. Do I want to make the other happy?</p> <p>3a. Does the other want to make himself/herself happy?</p> <p>4a. Does the other want to make me happy?</p> <p>What is the answer?</p> <p>Intention (Natural Acceptance)</p> <p>1b. Am I able to always make myself happy?</p> <p>2b. Am I able to always make the other happy'</p>

	<p>3b. Is the other able to always make himself/herself happy?</p> <p>4b. Is the other able to always make me happy?</p> <p>What is the answer?</p> <p>Competence</p> <p>Let each student answer the questions for himself and everyone else. Discuss the difference between intention and competence. Observe whether you evaluate yourself and others on the basis of intention/ competence.</p>
PS 8.	<ol style="list-style-type: none"> 1. Observe, on how many occasions, you are able to respect your related ones (by doing the right evaluation) and on how many occasions you are disrespecting by way of under-evaluation, over-evaluation or otherwise evaluation. 2. Also, observe whether your feeling of respect is based on treating the other as you would treat yourself or on differentiations based on body, physical facilities or beliefs.
PS 9.	<ol style="list-style-type: none"> 1. Write a narration in the form of a story, poem, skit or essay to clarify a salient Human Value to the children. 2. Recollect and narrate an incident in your life where you were able to exhibit willful adherence to values in a difficult situation.
PS 10.	<p>Module 4: Harmony in the Nature (Existence)</p> <p>List down some common units (things) of Nature which you come across in your daily life and classify them in the four orders of Nature. Analyse and explain the aspect of mutual fulfillment of each unit with other orders.</p>
PS 11.	<p>Make a chart to show the whole existence as co-existence. With the help of this chart try to identify the role and the scope of some of the courses of your study. Also indicate the areas which are being either over-emphasized or ignored in the present context.</p>

PS 12.	<p>Module 5: Implications of the Holistic Understanding — a Look at Professional Ethics: Identify any two important problems being faced by the society today and analyze the root cause of these problems. Can these be solved on the basis of natural acceptance of human values. If so, how should one proceed in this direction from the present situation?</p>
PS 13.	<p>Suggest ways in which you can use your knowledge of Science/Technology/Management etc. for moving towards a universal human order. Propose a broad outline for Humanistic Constitution at the level of Nation.</p>
PS 14.	<p>The course is going to be over now. It is time to evaluate what difference in your thinking has it made. Summarize the core message of this course grasped by you. How has this affected you in terms of;</p> <p style="margin-left: 40px;">a. Thought b. Behavior</p> <p style="margin-left: 40px;">b. Work d. Realization</p> <p>What practical steps are you able to visualize for the transition of the society from its present state.</p>

BPT FIFTH SEMESTER CURRICULUM

SEMESTER – V						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr	Marks		
ORT.301	Clinical Orthopedics and Traumatology	4	100	-	-	4	100
SUR.301	General Surgery	4	100	0.5	100	4.5	200
MED.301	General Medicine, Paediatrics & Psychiatrics	4	100	0.5	100	4.5	200
PED.301	Pediatrics and Geriatrics	1	100	0.5	100	1.5	200
PHS.301	Community Medicine	4	100	-	-	4	100
BPT.301	Evaluation Methods & Outcome Measures	2	100	1	100	3	200
BPT.302	Diagnostic Imaging for Physiotherapist	1	100	-	-	1	100
BPT.303	Clinical Education II	-	-	6.5 (NC)	-	6.5 (NC)	-
Total		20	600	9	300	29	1100

CLINICAL ORTHOPEDICS & TRAUMATOLOGY

SUBJECT DESCRIPTION - This subject follows the basic science subjects to provide the knowledge about Orthopedic conditions the therapist would encounter in their practice. The objective of this course is that after completion of the lectures and discussion the student will be able to demonstrate an understanding of orthopedic conditions causing disability, list the etiology, clinical features and methods of investigations and management.

1. Introduction

- a. Introduction to orthopaedics.
- b. Clinical examination in an Orthopedic patient.
- c. Common investigative procedures.
- d. Radiological and Imaging techniques in Orthopaedics.
- e. Inflammation and repair, Soft tissue healing.

2. Traumatology

- a. Fracture: definition, types, signs and symptoms.
- b. Fracture healing.
- c. Complications of fractures.
- d. Conservative and surgical approaches.
- e. Principles of management – reduction (open/closed, immobilization etc).
- f. Subluxation/ dislocations – definition, signs and symptoms, management (conservative and operative).

3. Fractures and Dislocations of Upper Limb

- a. Fractures of Upper Limb - causes, clinical features, mechanism of injury, complications, conservative and surgical management of the following fractures:
 - i. Fractures of clavicle and scapula.
 - ii. Fractures of greater tuberosity and neck of humerus.
 - iii. Fracture shaft of humerus.
 - iv. Supracondylar fracture of humerus.
 - v. Fractures of capitulum, radial head, olecranon, coronoid, and epicondyles.
 - vi. Side swipe injury of elbow.

- vii. Both bone fractures of ulna and radius.
- viii. Fracture of forearm – Monteggia, Galeazzi fracture – dislocation.
- ix. Chauffer's fracture.
- x. Colle's fracture.
- xi. Smith's fracture.
- xii. Scaphoid fracture.
- xiii. Fracture of the metacarpals.
- xiv. Bennett's fracture.
- xv. Fracture of the phalanges. (Proximal and middle.)

b. Dislocations of Upper Limb –

- i. Anterior dislocation of shoulder – mechanism of injury, clinical feature, complications, conservative management (Kocher's and Hippocrates maneuver), surgical management (putti plat, bankart's) etc.
- ii. Recurrent dislocation of shoulder.
- iii. Posterior dislocation of shoulder – mechanism of injury, clinical features and management.
- iv. Posterior dislocation of elbow – mechanism of injury, clinical feature, complications & management.

4. Fracture of Spine

- a. Fracture of Cervical Spine - Mechanism of injury, clinical feature, complications (quadriplegia); Management- immobilization (collar, cast, brace, traction); Management for stabilization, management of complication (bladder and bowel, quadriplegia).
 - i. Clay shoveller's fracture.
 - ii. Hangman's fracture.
 - iii. Fracture odontoid.
 - iv. Fracture of atlas.
- b. Fracture of Thoracic and Lumbar Regions - Mechanism of injury, clinical features, and management— conservative and surgical of common fractures around thoracic and lumbar regions.

c. Fracture of coccyx.

d. Fracture of Rib Cage - Mechanism of injury, clinical features, management for Fracture Ribs, Fracture of sternum.

5. Fractures and Dislocations of Lower Limb

a. Fracture of Pelvis and Lower Limb - causes, clinical features, mechanism of injury, complications, conservative and surgical management of the following fractures:

i. Fracture of pelvis.

ii. Fracture neck of femur – classification, clinical features, complications, management - conservative and surgical.

iii. Fractures of trochanters.

iv. Fracture shaft femur—clinical features, mechanism of injury, complications, management-conservative and surgical.

v. Supracondylar fracture of femur.

vi. Fractures of the condyles of femur.

vii. Fracture patella.

viii. Fractures of tibial condyles.

ix. Both bones fracture of tibia and fibula.

x. Dupuytren's fracture

xi. Maisonneuve's fracture.

xii. Pott's fracture – mechanism of injury, management.

xiii. Bimalleolar fracture

xiv. Trimalleolar fracture

xv. Fracture calcaneum – mechanism of injury, complications and management.

xvi. Fracture of talus.

xvii. Fracture of metatarsals—stress fractures jone's fracture.

xviii. Fracture of phalanges.

b. Dislocations of Lower Limb - mechanism of injury, clinical features, complications, management of the following dislocations of lower limb.

i. Anterior dislocation of hip.

- ii. Posterior dislocation of hip.
- iii. Central dislocation of hip.
- iv. Dislocation of patella.
- v. Recurrent dislocation of patella.

6. Soft Tissue Injuries - Define terms such as sprains, strains, contusion, tendinitis, rupture, tenosynovitis, tendinosis, bursitis.

a. Mechanism of injury of each, clinical features, managements- conservative and surgical of the following soft tissue injuries:

- i. Meniscal injuries of knee.
- ii. Cruciate injuries of knee.
- iii. Medial and lateral collateral injuries of knee.
- iv. Lateral ligament of ankle.
- v. Wrist sprains.
- vi. Strains- quadriceps, hamstrings, calf, biceps, triceps etc.
- vii. Contusions- quadriceps, gluteal, calf, deltoid etc.
- viii. Tendon ruptures-Achilles, rotator cuff muscles, biceps, pectorals etc.

7. Hand Injuries - mechanism of injury, clinical features, and management of the following –

- a. Crush injuries.
- b. Flexor and extensor injuries.
- c. Burn injuries of hand.

8. Amputations - Definition, levels of amputation of both lower and upper limbs, indications, complications.

9. Traumatic Spinal Cord Injuries - Clinical features, complications, medical and surgical management of Paraplegia and Quadriplegia.

10. Deformities - clinical features, complications, medical and surgical management of the following Congenital and Acquired deformities.

a. Congenital Deformities –

- | | |
|----------|-------------------|
| i. CTEV. | iii. Torticollis. |
| ii. CDH. | iv. Scoliosis. |

v. Flat foot.

vi. Vertical talus.

vii. Hand anomalies- syndactyly, polydactyly and ectrodactyly. Arthrogryposis multiplex congenita (amyoplasia congenita).

viii. Limb deficiencies- Amelia and Phocomelia. Klippel feil syndrome. Osteogenesis imperfecta(fragile ossium).

ix. Cervical rib.

b. Acquired Deformities –

i. Acquired Torticollis.

viii. Coxa vara.

ii. Scoliosis.

ix. Pes cavus.

iii. Kyphosis.

x. Hallux rigidus.

iv. Lordosis.

xi. Hallux valgus.

v. Genu varum.

xii. Hammer toe.

vi. Genu valgum.

xiii. Metatarsalgia.

vii. Genu recurvatum

11. Disease of Bones and Joints: Causes, Clinical features, Complications, Management- medical and surgical of the following conditions:

a. Infective conditions: Osteomyelitis (Acute / chronic). Brodie's abscess. TB spine and major joints like shoulder, hip, knee, ankle, elbow etc.

b. Arthritic conditions: Pyogenic arthritis. Septic arthritis. Syphilitic infection of joints.

c. Bone Tumors: classification, clinical features, management - medical and surgical of the following tumors: Osteoma. Osteosarcoma, Osteochondroma. Enchondroma. Ewing's sarcoma. Giant cell tumor. Multiple myeloma. Metastatic tumors.

d. Perthes disease, Slipped Capital Femoral Epiphysis and Avascular Necrosis.

e. Metabolic Bone Diseases: Rickets. Osteomalacia, Osteopenia. Osteoporosis.

12. Inflammatory and Degenerative Conditions: causes, clinical feature, complications, deformities, radiological features, management- conservative and surgical for the following conditions:

- a. Osteoarthritis. Rheumatoid arthritis. Ankylosing spondylitis Gouty arthritis. Psoriatic arthritis. Hemophilic arthritis. Still's disease (juvenile rheumatoid arthritis). Charcot's joints.
 - b. Connective Tissue Disorders- Systemic Lupus Erythematosus, Scleroderma, Dermatomyositis, Poliomyelitis, Mixed connective tissue Disease (MCTD)
13. Syndromes: Causes, Clinical features, complications, management- conservative and surgical of the following:
- a. Cervico brachial syndrome. Thoracic outlet syndrome. Vertebro- basilar syndrome. Scalenus syndrome. Costo clavicular syndrome. Levator scapulae syndrome. Piriformis syndrome.
14. Neuromuscular Disorders: Definition, causes, clinical feature, complications, management. (Multidisciplinary approach) medical and surgical of the following conditions:
- a. Cerebral palsy.
 - b. Poliomyelitis.
 - c. Spinal Dysraphism.
 - d. Leprosy.
15. Cervical and Lumbar Pathology: Causes, clinical feature, patho-physiology, investigations, management-Medical and surgical for the following:
- a. Prolapsed intervertebral disc (PID),
 - b. Spinal Canal Stenosis.
 - c. Spondylosis (cervical and lumbar)
 - d. Spondylolysis.
 - e. Spondylolisthesis.
 - f. Lumbago/ Lumbosacral strain.
 - g. Sacralisation.
 - h. Lumbarisation.
 - i. Coccydynia.
 - j. Hemivertebra.
16. Orthopedic Surgeries: Indications, Classification, Types, Principles of management of the following Surgeries:
- a. Arthrodesis.
 - b. Arthroplasty (partial and total replacement).
 - c. Osteotomy,
 - d. External fixators.
 - e. Spinal stabilization surgeries (Harrington's, Luque's, Steffi plating) etc ,
 - f. Limb re attachments.
17. Regional Conditions: Definition, Clinical features and management of the following regional conditions

- a. Shoulder: Periarthritic shoulder (adhesive capsulitis). Rotator cuff tendinitis. Supraspinatus Tendinitis. Infraspinatus Tendinitis. Bicipital Tendinitis. Subacromial Bursitis.
- b. Elbow: Tennis Elbow. Golfer's Elbow. Olecranon Bursitis (student's elbow). Triceps Tendinitis.
- c. Wrist and Hand: De Quervain's Tenosynovitis. Ganglion. Trigger Finger/ Thumb. Mallet Finger, Carpal Tunnel Syndrome, Dupuytren's Contracture.
- d. Pelvis and Hip: IT Band Syndrome. Piriformis Syndrome. Trochanteric Bursitis.
- e. Knee: Osteochondritis Dissecans. Prepatellar and Suprapatellar Bursitis. Popliteal Tendinitis. Patellar Tendinitis. Chondromalacia Patella. Plica Syndrome. Fat Pad Syndrome (Hoffa's syndrome).
- f. Ankle and Foot: Ankle Sprains. Plantar Fasciitis / Calcaneal Spur. Tarsal Tunnel Syndrome. Achilles Tendinitis. Metatarsalgia. Morton's Neuroma.

Reference Books:

1. Essentials orthopedics Maheswari, J. –Elsevier –new delh5th Edition
2. Essentials of Orthopedics Physiotherapy -- John Ebenezer--Jaypee brothers New Delhi – 2ND Edition-2005
3. Clinical Orthopedics Rehabilitation-- Brent Brotzman - Elsevier New Delhi –3RD Edition--2004

GENERAL SURGERY INCLUDING BURNS, PLASTIC SURGERY AND OBSTETRICS AND GYNECOLOGY

SUBJECT DESCRIPTION - This subject follows the basic science subjects to provide the knowledge about relevant aspects of general surgery. The student will have a general understanding of the surgical conditions the therapist would encounter in their practice. The objective of this course is that after 60 hrs of lectures and discussion the student will be able to list the indications for surgery, etiology, clinical features and surgical methods for various conditions.

GENERAL SURGERY INCLUDING BURNS AND PLASTIC SURGERY

1. Fluid, Electrolyte and Acid-Base disturbances – diagnosis and management ; Nutrition in the surgical patient ; Wound healing – basic process involved in wound repair, basic phases in the healing process, clinical management of wounds, factors affecting wound healing, Scars – types and treatment. Hemostasis – components, hemostatic disorders, factors affecting bleeding during surgery. Transfusion therapy in surgery – blood components, complications of transfusion ; Surgical Infections ; General Post – Operative Complications and its management.
2. Reasons for Surgery; Types of anaesthesia and its affects on the patient; Types of Incisions; Clips Ligatures and Sutures; General Thoracic Procedures – Radiologic Diagnostic procedures, Endoscopy – types, Biopsy – uses and types. Overview and Drainage systems and tubes used in Surgery.
3. Causes, Clinical Presentation, Diagnosis and treatment of the following Thoracic Trauma situations – Airway obstruction, Pneumothorax, Hemothorax, Cardiac Tamponade, Tracheobronchial disruption, Aortic disruption, Diaphragmatic disruption, Esophageal disruption, Cardiac and Pulmonary Contusions.
4. Surgical Oncology – Cancer – definition, types, clinical manifestations of cancer, Staging of Cancer, surgical procedures involved in the management of cancer.
5. Disorders of the Chest Wall, Lung and Mediastinum
6. Thoracic surgeries – Thoracotomy – Definition, Types of Incisions with emphasis to the site of insision, muscles cut and complications. Lung surgeries: Pneumectomy, Lobectomy, segmentectomy – Indications, Physiological changes and Complications; Thoracoplasty, Pleurectomy, Pleurodesis and Decortication of the Lung. Cardiac surgeries – An overview of the

Cardio-Pulmonary Bypass Machine – Extracardiac Operations, Closed Heart surgery, Open Heart surgery. Transplant Surgery – Heart, Lung and Kidney – Indications, Physiological changes and Complications.

7. Diseases of the Arteries and Veins : Definition, Etiology, Clinical features, signs and symptoms, complications, management and treatment of following diseases : Arteriosclerosis, Atherosclerosis, Aneurysm, Buerger's disease, Raynaud's Disease, Thrombophlebitis, Deep Vein Thrombosis, Pulmonary Embolism, Varicose Veins.

8. Definition, Indication, Incision, Physiological changes and Complications following Common operations like Cholecystectomy, Colostomy, Ileostomy, Gastrectomy, Hernias, Appendicectomy Mastectomy, Nephrectomy, Prostatectomy.

9. Burn: Definition, Classification, Causes, Prevention, Pathological changes, Complications, Clinical Features and Management. Skin Grafts – Types, Grafting Procedures, Survival of Skin Graft ; Flaps – Types and uses of Flaps.

10. ENT: Common problems of ear, otitis media, Otosclerosis, functional deafness and deafness, management facial palsy classification, medical and surgical management of lower motor neuron type of facial palsy.

11. Ophthalmology: Ophthalmologic surgical conditions, refraction's, conjunctivitis, glaucoma, corneal ulcer, iritis, cataract, retinitis, detachment of retina, defects of extra-ocular muscles-surgical management.

OBSTETRICS AND GYNECOLOGY

At the end of the course the candidate will be able to:

1. Describe the normal and abnormal physiological events during the puberty, labor, puerperium, post – natal stage and menopause.
2. Discuss the various complications during pregnancy, labour, puerperium and post – natal stage, pre and post-menopausal stage and various aspects of urogenital dysfunction and their management in brief.
3. Acquire the skill of clinical examination of pelvic floor
4. Acquire the skill of clinical examination of pregnant woman.

THEORY

1. Anatomy and physiology of the female reproductive organs. Puberty dynamics

2. Physiology of menstrual cycle –

- | | |
|---------------------|---|
| a. ovulation cycle, | d. duration, |
| b. uterine cycle, | e. amount |
| c. Cx cycle, | f. Hormonal regulation of menstruation, |

3. Hormonal disorders of females-obesity and female hormones

4. Pregnancy

- a. Diagnosis of pregnancy
- b. Abortion
- c. Physiological changes during pregnancy
- d. Importance of antenatal care exercise
- e. High risk pregnancy, prenatal common complications – investigation and management
- f. Musculoskeletal disorders during pregnancy
- g. Multiple child birth
- h. Normal labor

5. Child birth complications, investigation and management

6. Normal puerperium, lactation and importance of post-natal exercises

7. Family planning.

8. Medical termination of pregnancy

9. Infection of female genital tract including sexually transmitted diseases, low backache

10. Prolapse of uterus and vagina

11. Principle of common gynaecological operations – hysterectomy, D&C, D&E, Pop smear

12. Menopause: Its effect on emotions and musculoskeletal system

13. Urogenital dysfunction – pre and post-natal condition

14. Sterility: Pathophysiology, investigations, management, Malnutrition and deficiencies in females.

15. Surgical procedures involving child birth.

- a. Definition, Indications and Management of the following surgical procedures – pelvic repair, caesarian section, nephrectomy, Hysterosalphyngography, Dilatation and Curettage, Laproscopy, Colposcopy, Hysterectomy.
16. Carcinoma of female reproductive organs – surgical management in brief Mastectomy – Simple, radical. Hysterectomy.
17. Incontinence – Types, Causes, Assessment and Management.

Reference Books:

1. Textbook of Surgery –Das, S-- S.D. Publication New Delhi --9th Edition-2016
2. Short practice Surgery -- William S. Norman-- Edward Arnold London 25th Edition-2008
3. Textbook of Surgery –Gupta,R.L.- Jaypee brothers New Delhi

GENERAL MEDICINE AND PSYCHIATRY

BPT 5th Semester

SUBJECT DESCRIPTION - This subject follows the basic science subjects to provide the knowledge about relevant aspects of general medicine. The student will have a general understanding of the diseases the therapist would encounter in their practice. The objective of this course is that discussion the student will be able to list the etiology, pathology, clinical features and treatment methods for various medical conditions.

1. Infection : Effects of Infection on the body – Pathology – source and spread of infection – vaccinations – generalized infections – rashes and infection – food poisoning and gastroenteritis – sexually transmitted diseases – HIV infections and Aids.
2. Poisoning: Clinical features – general management – common agents in poisoning – pharmaceutical agents – drugs of misuse – chemical pesticides – Envenomation.
3. Food and Nutrition: Assessment – Nutritional and Energy requirements; Deficiency diseases – clinical features and treatment; Protein – Energy Malnutrition: Clinical features and treatment; Obesity and its related disorders: Causes – Complications – benefits of weight loss – management of Obesity – diet, exercise and medications.
4. Endocrine diseases: Common presenting symptoms of Endocrine disease – common classical disease presentations, clinical features and its management; Diabetes Mellitus: Etiology and pathogenesis of diabetes – clinical manifestations of the disease – management of the disease – Complications of diabetes.
5. Diseases of the blood: Examinations of blood disorders – Clinical manifestations of blood disease; Anemia – signs and symptoms – types and management ; Hemophilia - Cause – clinical features severity of disease – management – complications due to repeated hemorrhages – complications due to therapy.
6. Diseases of the digestive system : Clinical manifestations of gastrointestinal disease – Etiology, clinical features, diagnosis, complications and treatment of the following conditions : Reflux Oesophagitis, Achlasia Cardia, Carcinoma of Oesophagus, GI bleeding, Peptic Ulcer disease, Carcinoma of Stomach, Pancreatitis, Malabsorption Syndrome, Ulcerative Colitis, Peritonitis, Infections of Alimentary Tract ; Clinical manifestations of liver diseases - Aetiology, clinical features, diagnosis, complications and treatment of the following conditions : Viral

Hepatitis, Wilson's Disease, Alpha1-antitrypsin deficiency, Tumors of the Liver, Gall stones, Cholecystitis

7. Diseases of the Skin: Examination and clinical manifestations of skin diseases; Causes, clinical features and management of the following skin conditions: Leprosy, Psoriasis, Pigmentary Anomalies, Vasomotor disorders, Dermatitis, Coccal and Fungal Parasitic and Viral infections.

8. Psychiatric Disorders: Classifications, Causes, Clinical manifestations and treatment methods used in Psychiatry. Modalities of psychiatric treatment, Psychiatric illness and physiotherapy, Brief description of Etio-pathogenesis, manifestations, and management of psychiatric illnesses - Anxiety neurosis, Depression, Obsessive compulsive neurosis, Psychosis, Maniac-depressive psychosis, Post-traumatic stress disorder, Psychosomatic reactions: Stress and Health, theories of Stress – Illness.

Etio-pathogenesis, manifestations, and management of psychiatric illness

- a. Drug dependence and alcoholism,
- b. Somatoform and Dissociate Disorders – conversion reactions, Somatization, Dissociate Amnesia, and Dissociate Fugue,
- c. Personality disorders
- d. Child psychiatry - manifestations, and management of childhood disorders -attention deficit syndrome and behavioral disorders.
- e. Geriatric psychiatry.

Reference Books:

1. Essentials Pediatrics –Ghai, OP-- CBS Publication New Delhi –3RD Edition-2009
2. Pediatric clinical methods-- Meharban Singh--- CBS Publication New Delhi –7TH Edition-2009
3. IAP Textbook of pediatrics-- A Parthasarthy
4. Principles and practice of Medicine -- Davidson – Churchill Livingstone New Delhi –2ND Edition-2016
5. Hutchinson's clinical methods –Swash –Billiere Tindall 22ND Edition 2007
6. A Short Text Book Of Psychiatry –Ahuja,Niraj –Jaypee Brothers –New Delhi –7th Edition --2011

Paediatrics & Geriatrics (PED.301)

.Section –I

Paediatrics

1. Review normal fetal development & child birth, including assessment of a neonate.
2. Development of a normal child – neuromotor, physical growth, cognitive, intellectual, social etc.
3. The examination & assessment of a paediatric patient.
4. Congenital & acquired musculo skeletal disorders – etiogenesis , clinical manifestation & principles of management .
5. Congenital & acquired Cardio – pulmonary disorders – etiogenesis, clinical manifestation & principles of management.
6. Congenital & acquired neurological disorders (CNS & PNS)- etiogenesis, clinical manifestation & principle of management.
7. Hereditary disorders – etiogenesis, clinical manifestation & Principles of management.
8. Nutritional Vitamins Deficiency & development disorder-etogenesis, clinical manifestation & principles of management.
9. Burns, injures & accident –Types & Principles of management, including preventive care.
10. surgical intervention –indications & common surgical procedure.

Geriatrics:

1. Normal aging –definitions, the anatomical, physiological and cognitive changes related to aging.
2. Epidemiology and socio economic impact of aging.
3. The examination & assessment of a geriatric patient.
4. Musculo skeletal disorder –etiogenesis, clinical manifestation & principles of management.
5. Cardio – Pulmonary disorder (CNS & PNS) etiogenesis, clinical manifestation & principles of management.

6. Neurological disorders (CNS & PNS) etiology, clinical manifestation & principles of management.
7. Diet & Nutritional requirements of the elderly. Nutritional disorder & their management.
8. Burns, Injuries & accident as related to the elderly & preventive care.
9. Dementia- Types and principles of management.
10. Overview of depressive disorder in the elderly.

Books Recommended

1. Nelson's Textbook of pediatrics – Behrman & Vaughan – W.B. Saunders.
2. Text book of paediatrics –Parthasarthy –Jaypee.
3. The short Textbook of Paediatrics –Gupte-Jaypee.
4. Geriatrics Physical Therapy –Guccione –Mosby.
5. Motor Assessment of Developing infant –Piper Davrah –W.B. Saunders.

COMMUNITY MEDICINE

SUBJECT DESCRIPTION - This subject follows the basic science subjects to provide the knowledge about conditions the therapist would encounter in their practice in the community. The objective of this course is that after 60 hrs of lectures and discussion the student will be able to demonstrate an understanding of various aspects of health and disease list the methods of health administration, health education and disease preventive measures.

1. Health and Disease: Definitions, Concepts, Dimensions and Indicators of Health, Concept of well-being, Spectrum and Determinants of Health, Concept and natural history of Disease, Concepts of disease control and prevention, Modes of Intervention, Population Medicine, The role of socio-economic and cultural environment in health and disease.

2. Public health administration- an overview of the health administration set up at Central and state levels. The national health programme-highlighting the role of social, economic and cultural factors in the implementation of the national programmes. Health problems of vulnerable groups- pregnant and lactating women, infants and pre-school children, occupational groups

3. Preventive Medicine in Obstetrics, Paediatrics and Geriatrics: MCH problems, Antenatal, Intranatal and post-natal care, Care of children, Child health problems, Rights of child and National policy for children, MCH services and indicators of MCH care, Social welfare programmes for women and children, Preventive medicine and geriatrics.

4. Nutrition and Health: Classification of foods, Nutritional profiles of principal foods, Nutritional problems in public health, Community nutrition programmes.

5. Environment and Health: Components of environment, Water and air pollution and public health: Pollution control, Disposal of waste, Medical entomology.

6. Overview of Disaster Management: Natural and man-made disasters, Disaster impact and response, Relief phase, Epidemiologic surveillance and disease control, Nutrition, Rehabilitation, Disaster preparedness.

6. Hospital waste management: Sources of hospital waste, Health hazards, Waste management.

7. Occupational Health: Occupational environment, Occupational hazards, Occupational diseases, Prevention of occupational diseases. Social security and other measures for the protection from occupational hazard accidents and diseases. Details of compensation acts.

8. Mental Health: Characteristics of a mentally healthy person, Types of mental illness, Causes of mental ill health, Prevention, Mental health services, Alcohol and drug dependence. Emphasis on community aspects of mental health. Role of Physiotherapist in mental health problems such as mental retardation.

9. Health Education: Concepts, aims and objectives, Approaches to health education, Models of health education, Contents of health education, Principles of health education, Practice of health education.

Reference Books:

1. Textbook of Community Medicine—Rajiv Bahal—Wolters Kluwer -3RD Edition-2009
2. Preventive and Social Medicine –K. Park – 24TH Edition –Banarsidas Bhanot Publisher-2017

EVALUATION AND OUTCOME MEASURES

S.No	Content
section1	Introduction to Outcome Measurement
1.1	Introduction to the Outcome measurement and different types of outcome measurement movement
1.2	Evidence based practice
1.3	Role and importance of organization in systematic outcome Measure
1.4	Introduction to international classification of functioning ,disability and health
1.5	Different types of outcome Measure
1.6	How to choose outcome Measures
1.7	Assessing the different types of outcome Measure
section 2	Measurement Properties
2.1	Introduction to reliability :error in measurement
2.2	Definition, types & how reliability analyzed and how to interpret
2.3	Introduction to Validity
2.4	The description and methodology of validity
2.5	How outcome Measures can predict future events
2.6	Measuring Change & studying responsiveness
section3	Evaluation methods and Outcome measurements used in musculoskeletal disorders like
3.1	Goniometry, Manual muscle testing ,hand held dynameters , Myometer, end feels, grades of edema, grades of tenderness, Strength their reliability and validity
	VAS, Mc Gill questionnaire, Neck Disability Index, Cervical spine outcome questionnaire, Upper extremity functional scale, American Shoulder and elbow

	scale, Simple shoulder test, Disability of shoulder arm and hand questionnaire, Short musculoskeletal functional assessment, Modified Oswestery disability questionnaire, Ronaldo Morris disability questionnaire, Psoriasis research society 22 questionnaire, Achilles tendon rupture score, Foot and ankle ability measure (Sports scale), Foot and ankle outcome score, revised foot function index, foot health status questionnaire, Physical activity and disability survey, Revised Physical activity and disability survey, Physical activity scales for elderly, Evaluation Methodology and Disability calculator, Ergometry, shoulder Pain and Disability Index, WOMAC Scale, Nordic Scale,
	SF36, Sickness impact profile, PROMIS, 10 Global health
Section 4	Evaluation methods and Outcome measurements used in Neuromuscular disorders
4.1	Equilibrium and Non equilibrium test, Deep tendon reflexes, Primitive and tonic reflex, cranial nerve examination, Voluntary Control
4.2	Scale: Physiotherapy functional mobility profile and Physiotherapy functional mobility profile Questionnaire, Trinity test of functional mobility, Elderly mobility scale and Swedish modified EMS, Activities specific balance confidence scale, Berg balance scale, COMA1, Barthel index, GCS, Cards index of ADL, Oasis, Step watch monitor, Short Parkinson evaluation scale, Freezing gait questionnaire, Postural assessment scale for stroke, trunk impairment scale, Multiple sclerosis impact scale, Tardieu Scale, ashworth Scale , Modified ashworth Scale, Locomotor capabilities index 5, Motor assessment scale, Wheelchair Skills Test (WST) and Wheelchair Skills Test Questionnaire (WSTQ), Wheelchair Outcome Measure (WhOM), Wheel Chair users shoulder pain index, Pain self efficiency questionnaire, Multiple

	dimensional pain inventory, walking index for spinal cord injury patients, stop watch monitors, Fatigue impact scale and its derivatives, Daily fatigue impact scale, Modified fatigue impact scale, Fatigue impact scale for COPD (FIS 25), Baroneurological institute Fatigue scale, Brief inventory scale, ASIA Scale, SD Curve, NCV, EMG.
Section 5	Evaluation methods and Outcome measurements used in Cardiovascular disorders
5.1	Vitals, Capacities, Volumes, Blood gas analysis
5.2	Modified Medical research Council Scale of Dyspnea, 6 Minute walk test, Physical Performance Test, Minnesota Living with Heart Failure Questionnaire, Chronic Respiratory Disease Questionnaire, Time up and go Test, L – Test, Star excursion test, Timed walk test, RPE Borg Scale
	Functional independence measures, Spinal cord independence measures, Wheel chair, Patient Satisfaction Questionnaire, Patient Satisfaction with Physical Therapy

Reference Books:

1. Rehabilitation Outcome Measures—Emma k. Stokes – Elsevier - New Delhi- 1st Edition-2009
2. Physical Rehabilitation --. Susan `O Sullivan -- Jaypee brothers New Delhi –4TH Edition-2017.
3. Orthopedics Physical Assessment –Magee,David J. -4TH Jaypee brothers New Delhi - 2010

DIAGNOSTIC IMAGING FOR PHYSIOTHERAPIST

SUBJECT DESCRIPTION- This course covers the study of common diagnostic and therapeutic imaging tests. At the end of the course students will be aware of the indications and implications of commonly used diagnostic imaging tests as they pertain to patient's management. The course will cover that how X-Ray, CT, MRI, Ultrasound and Other Medical Images are created and how they help the health professionals to save lives.

1. IMAGE INTERPRETATION

- | | |
|--------------------------------|-------------------------------------|
| a. History | f. Fluoroscopy |
| b. A New Kind of Ray | g. Computed Tomography (CT) |
| c. How a Medical Image Helps | h. Magnetic Resonance Imaging (MRI) |
| d. What Imaging Studies Reveal | i. Ultrasound |
| e. Radiography(x-rays) | j.Endoscopy. |

2. RADIOGRAPHY AND MAMMOGRAPHY

- a. Equipment components
- b. Procedures for Radiography & Mammography
- c. Benefits versus Risks and Costs
- d. Indications and contraindications.

3. FLUOROSCOPY

- | | |
|---------------------------------------|-------------------------------------|
| a. What is Fluoroscopy? | d. How it helps in diagnosis |
| b. Equipment used for fluoroscopy | e. The Findings in Fluoroscopy |
| c. Indications and Contra indications | f. Benefits versus Risks and Costs. |

4. COMPUTED TOMOGRAPHY (CT)

- a. What is Computed Tomography?
- b. Equipment used for Computed Tomography
- c. Indications and Contra indications
- d. How it helps in diagnosis
- e. The Findings in Computed Tomography
- f. Benefits versus Risks and Costs.

5. MAGNETIC RESONANCE IMAGING (MRI)

- a. What is MRI?
- b. Equipment used for MRI
- c. Indications and Contra indications
- d. How it helps in diagnosis
- e. The Findings in MRI
- f. Benefits versus Risks and Costs
- g. Functional MRI.

6. ULTRASOUND

- a. What is Ultrasound?
- b. Equipment used for Ultrasound
- c. Indications and Contra indications
- d. How it helps in diagnosis
- e. The Findings in Ultrasound
- f. Benefits versus Risks and Costs.

7. ENDOSCOPY

- a. What is Endoscopy?
- b. Equipment used for Endoscopy
- c. Indications and Contra indications
- d. How it helps in diagnosis
- e. The Findings in Endoscopy
- f. Benefits versus Risks and Costs.

8. NUCLEAR MEDICINE

- a. What is Nuclear Medicine?
- b. Equipment used for Nuclear Medicine
- c. Indications and Contra indications
- d. How it helps in diagnosis.
- e. Benefits versus Risks and Costs.

Reference Books:

1. AIIMS MAMC PGI Series –Manavjit Singh Sandhu 2nd Edition Chandigarh

BPT

SIXTH

SEMESTER

CURRICULUM

SEMESTER – VI						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr	Marks		
BPT.304	Physiotherapy in Orthopedics and Sports	4	100	2.5	100	6.5	200
BPT.305	Physiotherapy in General Medicine and General Surgery	4	100	2.5	100	6.5	200
BPT.306	Clinical Neurology & Neurosurgery	3	100	0.5	100	3.5	200
BPT.307	Professionalism And Values	1	100	-	-	1	100
BPT.308	Clinical Education III	-	-	6.5 (NC)	-	6.5 (NC)	-
Elective Courses (Choose Any One)							
EXP.301	Exercise Physiology	2	100	-	-	2	100
ERG.301	Ergonomics	2	100	-	-	2	100
SPT.301	Sports Physiotherapy	2	100	-	-	2	100
OCT.301	Occupational Therapy	2	100	-	-	2	100
Total		14	500	12	300	26	800

PHYSIOTHERAPY IN ORTHOPEDICS & SPORTS

SUBJECT DESCRIPTION -The subject serves to integrate the knowledge gained by the students in orthopedics and Traumatology with skills to apply these in clinical situations of dysfunction and musculoskeletal pathology. The objective of the course is that after the specified hours of lectures and demonstrations the student will be able to identify disabilities due to musculoskeletal dysfunction, plan and set treatment goals and apply the skills gained in exercise therapy and electrotherapy in these clinical situations to restore musculoskeletal function.

1. PT assessment for Orthopedic conditions - SOAP format. Subjective - history taking, informed consent, personal, past, medical and socioeconomic history, chief complaints, history of present illness. Pain assessment- intensity, character, aggravating and relieving factors, site and location. Objective- on observation - body built swelling, muscle atrophy, deformities, posture and gait. On palpation- tenderness-grades, muscle spasm, swelling-methods of swelling assessment, bony prominences, soft tissue texture and integrity, warmth and vasomotor disturbances. On examination – ROM – active and passive, resisted isometric tests, limb length-apparent, true and segmental , girth measurement, muscle length testing-tightness, contracture and flexibility, manual muscle testing, peripheral neurological examination- dermatomes, myotomes and reflexes, special tests and functional tests. Prescription of home program. Documentation of case records, and follow up.
2. Fractures - types, classification, signs and symptoms, complications. Fracture healing - factors affecting fracture healing. Principles of fracture management - reduction - open and closed, immobilization - sling, cast, brace, slab, traction - manual, mechanical, skin, skeletal, lumbar and Cervical traction, external fixation, functional cast bracing. PT management in complications - early and late - shock, compartment syndrome, VIC, fat embolism, delayed and mal union, RSD, myositis ossificans, AVN, pressure sores etc. Physiotherapy assessment in fracture cases. Aims of PT management in fracture cases - short and long term goals. Principles of PT management in fractures - Guidelines for fracture treatment during period of immobilization and guidelines for treatment after immobilization period.

3. Specific fractures and dislocations: PT assessment and management of upper limb fractures and dislocations. PT assessment and management of lower limb fractures and dislocations including pelvis. PT assessment and management spinal fractures.
4. Selection and application of physiotherapeutic techniques, maneuver's, modalities for preventive, curative and rehabilitative means in all conditions.
5. Principles of various schools of thought in manual therapy. (Briefly Maitland and McKenzie).
6. Degenerative and inflammatory conditions: Definition, signs and symptoms, clinical features, path physiology, radiological features, deformities, medical, surgical management. Describe the PT assessment and management and home program for the following conditions – Osteoarthritis - emphasis mainly on knee, hip and hand, Rheumatoid Arthritis, Ankylosing spondylitis, Gout, Perthes disease, Periarthritic shoulder.
7. Infective conditions: Definition, signs and symptoms, clinical features, pathophysiology, radiological features, medical, surgical management. Describe PT assessment and management for following conditions – Osteomyelitis – acute and chronic, Septic arthritis, pyogenic arthritis, TB spine and major joints - knee and hip.
8. Define, review the postural abnormalities of spinal column, clinical features, deformities, medical and surgical management. Describe PT assessment and management and home program.
9. Deformities: Review in detail the causes, signs and symptoms, radiological features, medical and surgical management. Describe the PT. assessment and management of the following conditions: Congenital: CTEV, CDH, Torticollis, pes planus, pes cavus and other common deformities. Acquired: scoliosis, kyphosis, Lordosis, coxa vara, genu varum, valgum and recurvatum.
10. Cerebral palsy: Definition, etiology, classification, clinical features, complications, deformities, medical and surgical management and home program with special emphasis on carrying techniques. PT management after surgical corrections.
11. Poliomyelitis: Definition, etiology, types, pathophysiology, clinical features, deformities, medical and surgical management. PT. assessment and management after surgical

corrections and reconstructive surgeries - emphasis on tendon transfer and home program.

12. Leprosy: Definition, cause, clinical features, medical and surgical management. PT assessment, aims, and management after surgical procedures such as tendon transfer both pre and post operatively.
13. Amputations: Definition, levels, indications, types, PT assessment, aims, management pre and post operatively. PT management with emphasis on stump care and bandaging. Pre and post prosthetic training, checking out prosthesis, complications of amputations and its management.
14. Spinal conditions: Review the causes, signs and symptoms, investigations, radiological features, neurological signs. PT assessment, aims, and management and home program of the following conditions: Cervical spondylosis, Lumbar spondylosis, Spondylolisthesis, Spinal canal stenosis, Spondylolysis, Sacro-iliac joint dysfunction, Sacralisation, Lumbarisation, Intervertebral disc prolapse, Coccydynia, Spina bifida occulta.
15. Effects of spinal traction, types of traction, modes of application, indications for spinal traction, contraindications, precautions, limitations of traction.
16. Osteoporosis- causes, predisposing factors, investigations and treatment.
17. Orthopedic surgeries: Pre and post-operative PT assessment, goals, precautions and PT management of following surgeries such as : Arthrodesis, Osteotomy, Arthroplasty- partial and total - Excision arthroplasty, excision arthroplasty with implant, interpositional arthroplasty and total replacement; Tendon transplant, Soft tissue release- tenotomy, myotomy, lengthening; Arthroscopy, Spinal stabilization, Re-attachment of limbs, External fixators, Synovectomy.
18. Shoulder joint: Shoulder instabilities, TOS, RSD, Impingement syndrome - conservative and post-operative PT management. Total shoulder replacement and Hemi replacement. - Post operative PT management. AC joint injuries - rehabilitation. Rotator cuff tears- conservative and surgical repair. Subacromial decompression - Post operative PT management.
19. Elbow and forearm: Excision of radial head - Post operative PT management. Total elbow arthroplasty- Post operative PT management.

20. Wrist and Hand: Total wrist arthroplasty. Repair of ruptured extensor tendons. Carpal tunnel syndrome. Flexor and extensor tendon lacerations - Post operative PT management.
21. Hip: Joint surgeries - hemi and total hip replacement - Post operative PT management Tendonitis and bursitis. - Management.
22. Knee: Lateral retinacular release, chondroplasty- Post operative management. Realignment of extensor mechanism. ACL and PCL reconstruction surgeries - Post operative rehabilitation. Meniscectomy and meniscal repair - Post operative management. Plica syndrome, patellar dysfunction and Hoffa's syndrome- conservative management. TKR- rehabilitation protocol. Patellar tendon ruptures and Patellectomy- rehabilitation.
23. Ankle and foot: Ankle instability. Ligamentous tears- Post operative management.
24. Introduction to Bio-Engineering; Classification of Orthoses and prostheses; Biomechanical principles of orthotic and prosthetic application; Designing of upper extremity, lower extremity and spinal orthosis, indications and check out; Designing of upper extremity and lower extremity prostheses, indications and check out; Psychological aspects of orthotic and prosthetic application; prescription and designing of footwear and modifications; Designing and construction of adaptive devices.
25. Sports Physiotherapy: Physical fitness. Stages of soft tissue healing. Treatment guidelines for soft tissue injuries- Acute, Sub acute and chronic stages. Repair of soft tissues- rupture of muscle, tendon and Ligamentous tears. Soft tissue injuries- prevention and rehabilitation of, Lateral ligament sprain of ankle. Rotator cuff injuries. Collateral and Cruciate injuries of knee. Meniscal injuries of knee. Supraspinatus and Bicipital tendonitis. Pre patellar and Sub-acromial bursitis. Tennis and Golfer's elbow. Hamstring strains, Quadriceps contusion, TA rupture. Dequervain's tenosynovitis. Trigger and Mallet finger. Plantar fasciitis. Wrist sprains.

PRACTICAL - Practical shall be conducted for all the relevant topics discussed in theory in the following forms:

1. Bedside case presentations and case discussions

2. Lab sessions consisting of evaluation and assessment methods on student models, treatment techniques and practice sessions.

Reference Books:

1. Essentials of Orthopedics and applied Physiotherapy -- Jayant Joshi -- Elsevier
NewDelhi-2ND Edition-2005
2. Essentials of Orthopedics Physiotherapy -- John Ebenezer-- Jaypee brothers New Delhi –
2ND Edition-2005
3. Clinical Orthopedics Rehabilitation-- Brent Brotzman - Elsevier New Delhi –3RD
Edition-2004

PHYSIOTHERAPY IN GENERAL MEDICINE & GENERAL SURGERY

SUBJECT DESCRIPTION -At the end of the course the candidate will be able to:

1. Identify discuss and analyze cardiovascular and pulmonary dysfunctions based on pathophysiological principles and arrive at appropriate functional diagnosis.
2. Acquire knowledge of rationals of basic investigative approaches in the medical system and surgical intervention, regimes in general surgeries (special emphasis on abdominal surgeries)
3. Execute effective physiotherapeutic measures (with appropriate clinical reasoning) and exercise, conditioning in general medical and surgical conditions.
4. Acquire knowledge of the overview of patient's care in the I.C.U. for bronchial hygiene and continuous monitoring of the patient in I.C.U.
5. Select strategies for cure, care and prevention, adopt restorative and rehabilitative measures for maximum possible functional independence of a patient at home, work and in community.
6. Acquire the knowledge of evaluation and physiotherapeutic treatment for obstetric and gynecological conditions
7. Acquire the knowledge of various conditions where physiotherapy plays a vital role in the rehabilitation (psychiatry, dermatology, geriatric and ENT conditions)
8. Evaluate, grade and treat non healing wounds.

THEORY

1. Physiotherapy in mother and child care – ante and post-natal management, early intervention and stimulation therapy in child care (movement therapy)
2. Geriatrics – handling of old patients and their problems.
3. Complication common to all operations
4. Abdominal incisions.
5. Physiotherapy in pre and post-operative stages.
6. Operations on upper G.I.T.- oesophagus, stomach, duodenum

7. Operations on large and small intestine – Appendisectomy, cholecystectomy, partial colectomy, ileostomy, hernia and herniotomy, hernioraphy, hernioplasty.
8. Physiotherapy in dentistry
9. Burns and its treatment – physiotherapy in burns, skin grafts, and reconstructive surgeries.
10. Management of wound ulcers- Care of ulcers and wounds - Care of surgical scars-U.V.R and other electro therapeutics for healing of wounds, prevention of Hyper-granulated Scars Keloids, Electrotherapeutics measures for relief of pain during mobilization of scars tissues.
11. Physiotherapy intervention in the management of Medical, Surgical and Radiation Oncology Cases.
12. Physiotherapy in dermatology -Documentation of assessment, treatment and follow up skin conditions. U.V.R therapy in various skin conditions; Vitiligo; Hair loss; Pigmentation; Infected wounds ulcers. Faradic foot bath for Hyperhydrosis. Massage maneuvers for cosmetic purpose of skin; use of specific oil as medium; Care of anesthetic hand and foot; Evaluation, planning and management of leprosy-prescription, fitting and training with prosthetic and orthotic devices.
13. ENT – sinusitis, non-suppurative and chronic suppurative otitis media, osteosclerosis, labyrinthitis, mastoidectomy, chronic rhinitis, laryngectomy, pharyngeal – laryngectomy, facial palsy.

Reference Books:

1. Principles and practice of Medicine -- Davidson – Churchill Livingstone New Delhi – 2ND Edition-2016
2. CTB General Medical and Surgical condition for Physiotherapy-- New Delhi –2ND Edition-1992
3. Hutchinson's clinical methods –Swash –Billiere Tindall 22ND Edition 2007

CLINICAL NEUROLOGY & NEUROSURGERY

SUBJECT DESCRIPTION-This subject follows the basic science subjects to provide the knowledge about relevant aspects of neurology & neurosurgery. The student will have a general understanding of the diseases the therapist would encounter in their practice. The objective of this course is that after 60 hrs of lectures and discussion the student will be able to list the etiology, pathology, clinical features and treatment methods for various neurological conditions.

1. Disorders of function in the context of Pathophysiology, Anatomy in Neurology and Cortical Mapping.
2. Classification of neurological involvement depending on level of lesion.
3. Neurological assessment: Principles of clinical diagnosis, higher mental function, assessment of brain & spinal cord function, evaluation of cranial nerves and evaluation of autonomic nervous system.
4. Investigations: principles, methods, views, normal/abnormal values/features, types of following investigative procedures- skull x-ray, CT, MRI, evoked potentials, lumbar puncture, CSF examination, EMG, NCV.
5. Neuro-ophthalmology: Assessment of visual function – acuity, field, colour vision, Pupillary reflex, accommodation reflex, abnormalities of optic disc, disorders of optic nerve, tract, radiation, occipital pole, disorders of higher visual processing, disorders of pupil, disorders of eye movements, central disorders of eye movement.
6. Deafness, vertigo, and imbalance: Physiology of hearing, disorders of hearing, examination & investigations of hearing, tests of vestibular function, vertigo, peripheral vestibular disorders, central vestibular vertigo.
7. Lower cranial nerve paralysis – Etiology, clinical features, investigations, and management of following disorders - lesions in trigeminal nerve, trigeminal neuralgia, trigeminal sensory neuropathy, lesions in facial nerve, facial palsy, bell's palsy, hemi facial spasm, Glossopharyngeal neuralgia, lesions of Vagus nerve, lesions of spinal accessory nerve, lesions of hypoglossal nerve. Dysphagia – swallowing mechanisms, causes of dysphagia, symptoms, examination, and management of dysphagia.
8. Cerebro-vascular diseases: Define stroke, TIA, RIA, stroke in evolution, multi infarct dementia and Lacunar infarct. Classification of stroke – Ischemic, hemorrhagic, venous

infarcts. Risk factors, cause of ischemic stroke, causes of hemorrhagic stroke. Classification of hemorrhagic stroke, classification of stroke based on symptoms, stroke syndrome, investigations, differential diagnosis, medical and surgical management.

9. Head injury: Etiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, surgical management and complications.
10. Higher cortical, neuro psychological and neurobehavioral disorders: Causes of blackouts, physiological nature of Epilepsy, classification, clinical features, investigations, medical & surgical management of following disorders – Non-epileptic attacks of childhood, Epilepsy in childhood, Seizures, and Epilepsy syndromes in adult. Classification and clinical features of Dyssomnias, Parasomnias, Dementia, Obsessive-compulsive disorders. Neural basis of consciousness, causes & investigations of Coma, criteria for diagnosis of Brain death. Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, management of Perceptual disorders and Speech disorders.
11. Movement disorders: Definition, etiology, risk factors, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, surgical management and complications of following disorders – Parkinson's disease, Dystonia, Chorea, Ballism, Athetosis, Tics, Myoclonus and Wilson's disease.
12. Cerebellar and coordination disorders: Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, management of Congenital ataxia, Friedreich's ataxia, Ataxia telangiectasia, Metabolic ataxia, Hereditary cerebellar ataxia, Tabes dorsalis and Syphilis.
13. Spinal cord disorders: Functions of tracts, definition, etiology, risk factors, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, surgical management and complications of following disorders – Spinal cord injury, Compression by IVD prolapse, Spinal epidural abscess, Transverse myelitis, Viral myelitis, Syringomyelia, Spina bifida, Sub acute combined degeneration of the cord, Hereditary spastic paraplegia, Radiation myelopathy, Progressive encephalomyelitis, Conus medullaris syndrome, Bladder & bowel dysfunction, and Sarcoidosis.

14. Brain tumors and spinal tumors: Classification, clinical features, investigations, medical and surgical management.
15. Infections of brain and spinal cord: Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, surgical management and complications of following disorders – Meningitis, Encephalitis, Poliomyelitis and Post-polio syndrome. Complications of systemic infections on nervous system – Septic encephalopathy, AIDS, Rheumatic fever, Brucellosis, Tetanus, and Pertussis.
16. Motor neuron diseases: - Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, and complications of following disorders - Amyotrophic lateral sclerosis, Spinal muscular atrophy, Hereditary bulbar palsy, Neuromyotonia and Post-irradiation lumbosacral polyradiculopathy.
17. Multiple sclerosis - Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, and complications.
18. Disorders of neuromuscular junction – Etiology, classification, signs & symptoms, investigations, management, of following disorders Myasthenia gravis, Eaton-Lambert syndrome, and Botulism.
19. Muscle diseases: Classification, investigations, imaging methods, Muscle biopsy, management of muscle diseases, genetic counselling. Classification, etiology, signs & symptoms of following disorders – Muscular dystrophy, Myotonic dystrophy, myopathy, Non-dystrophic myotonia.
20. Polyneuropathy – Classification of Polyneuropathies, Hereditary motor sensory neuropathy, hereditary sensory and Autonomic neuropathies, Amyloid neuropathy, acute idiopathic Polyneuropathies. Guillain-Barre syndrome – Causes, clinical features, management of GBS, Chronic Idiopathic Polyneuropathies, diagnosis of polyneuropathy, nerve biopsy.
21. Focal peripheral neuropathy: Clinical diagnosis of focal neuropathy, neurotmesis, Axonotmesis, Neuropraxia. Etiology, risk factors, classification, neurological signs & symptoms, investigations, management, of following disorders – RSD, Nerve tumors,

Brachial plexus palsy, Thoracic outlet syndrome, Lumbosacral plexus lesions, Phrenic & Intercostal nerve lesions, Median nerve palsy, Ulnar nerve palsy, Radial nerve palsy, Musculocutaneous nerve palsy, Anterior & Posterior interosseous nerve palsy, Axillary nerve palsy, Long thoracic nerve palsy, Suprascapular nerve palsy, Sciatic nerve palsy, Tibial nerve palsy, Common peroneal nerve palsy, Femoral nerve palsy, Obturator nerve palsy, Pudental nerve palsy.

22. Paediatric neurology: Neural development, Etiology, pathophysiology, classification, clinical signs & symptoms, investigations, differential diagnosis, medical management, surgical management and complications of following disorders - Cerebral palsy, Hydrocephalus, Arnold-chiari malformation, Basilar impression, Klippel-Feil syndrome, Achondroplasia, Cerebral malformations, Autism, Dandy walker syndrome and Down's syndrome.
23. Toxic, metabolic and environmental disorders: Etiology, risk factors, classification, neurological signs & symptoms, investigations, management, of following disorders – Encephalopathy, Alcohol toxicity, Recreational drug abuse, Toxic gases & Asphyxia, Therapeutic & diagnostic agent toxicity, Metal toxicity, Pesticide poisoning, Environmental & physical insults, Plant & Fungal poisoning, Animal poisons, & Complications of organ transplantation.
24. Introduction, Indications and Complications of following Neuro surgeries: Craniotomy, Cranioplasty, Stereotactic surgery, Deep brain stimulation, Burr-hole, Shunting, Laminectomy, Hemilaminectomy, Rhizotomy, Microvascular decompression surgery, Endarterectomy, Embolization, Pituitary surgery, Ablative surgery - Thalamotomy and Pallidotomy, Coiling of aneurysm, Clipping of aneurysm, and Neural implantation.

Reference Books:

1. Physical Rehabilitation --. Susan `O Sullivan -- Jaypee brothers New Delhi –4TH Edition- 2017
2. Pediatric Physical Therapy--. Jans Tecklin—5TH Elsevier New Delhi –2ND Edition- 2016
3. Neurological Rehabilitation —Umphard Darcy—Wolter Kluwar--6TH Edition 2016

PROFESSIONALISM AND VALUES

The module on professionalism will deliver the concept of what it means to be a professional and how physiotherapy profession is different from a usual vocation. It also explains how relevant is professionalism in terms of healthcare system and how it affects the overall patient environment.

1. Professional values- Integrity, Objectivity, Professional competence and due care, Confidentiality. Core values- Accountability, Altruism, Compassion/ caring, excellence, integrity, professional duties, social responsibility.
2. Personal values- ethical or moral values
3. Attitude and behavior- professional behavior, treating people equally
4. Code of conduct , professional accountability and responsibility, misconduct
5. Differences between professions and importance of team efforts
6. Cultural issues in the healthcare environment
7. Entry level health care practitioner, direct access, autonomy in profession, practitioner of practice and evidence based practice.

The five roles of the Physiotherapist -

1. The Physiotherapist as Patient/Client manager

- | | |
|--|--------------------------------|
| a. Evaluation and diagnosis | f. Outcomes |
| b. Diagnosis as clinical decision making | g. Clinical decision making |
| c. Prognosis | h. Referral relationships |
| d. Discharge planning and discontinuance of care | i. Interpersonal relationships |
| e. Discontinuance of care | j. Ethical and legal issues |
| | k. Informed consent |

1. Managed care and fidelity.

2. The Physiotherapist as Consultant

- | | |
|------------------------------------|--|
| a. Physiotherapy consultation | e. Trust in the consultant/client relationship |
| b. Building a consulting business | f. Ethical and legal issues in consultation |
| c. The consulting process | g. Components of a consulting agreement |
| d. The skills of a good consultant | |

3. The Physiotherapist as Critical Inquirer

- a. History of critical inquiry

- b. Evidence-based practice
 - c. Outcomes research
 - d. Whose responsibility is research?
 - e. Roles of the staff physiotherapist in critical inquiry
 - f. Collaboration in clinical research
 - g. Ethical and legal issues in critical inquiry.
4. The Physiotherapist as Administrator
- a. History of physiotherapy administration
 - b. Contemporary physiotherapy administration
 - c. Patient/client management
 - d. First-line management
 - e. Midlevel managers and chief executive officers
 - f. Leadership
 - g. Ethical and legal issues.
5. The Physiotherapist as Educator
- a. History of physiotherapy education
 - b. Contemporary educational roles of the physiotherapist
 - c. Teaching opportunities in continuing education
 - d. Academic teaching opportunities
 - e. Theories of teaching and learning in professional education
 - f. Ethical and legal issues in physiotherapy education.

Reference Books:

1. Module for interns in medical ethics in patients care—Rajiv Mahajan—1st edition Unistar publication -Chandigarh 2018
2. Human Values and professional ethics –Gour, R.R. –excel Books 1ST Edition -2019
3. Professional Ethics-INCLUDE Human Values- Submanian 2nd Edition Oxford Publisher

EXERCISE PHYSIOLOGY (EXP.301)

Teaching Hours: 30 (2 hours / week)

- | | |
|--|-----------------|
| 1. Introduction to Exercise Physiology | 3 Hours |
| 2. The Physiological Support System | 20 Hours |
| a) The Pulmonary System and Exercise | |
| b) The Cardiovascular System and Exercise | |
| c) The Neuromuscular System and Exercise | |
| d) Hormones Exercise and Training | |
| 3. Optimizing Body Composition, Successful Aging and Health Related Exercise Benefits | 7 Hours |
| a) Body Composition, Obesity and Weight Control | |
| b) Physical Activity, Exercise, Successful Aging and Disease Prevention | |
| c) Clinical Aspects of Exercise Physiology | |

ERGONOMICS (ERG.301)

Teaching Hours: 60 (2 hours / week)

Overview of ergonomics and design relevancies; Man – the prime system component; Man-machine- environment interaction system and user- friendly design practice; Human compatibility, comfort and adaptability; Fundamentals of ergonomics; Physical (anthropometrics), Physiological (work physiology) and Psychological aspects (behavior, cognitive aspects and mental workload); Information processing, human error and risk perception; Visual performance and visual displays; environmental factors influencing human performance; Occupational stress; safety and health issues; Ergonomics criteria/ check while designing; Design process involving ergonomics check and ergonomic design evaluation and Participatory ergonomics aspects.

Section I: Introducing Ergonomics, Welcome and content details

1. Welcome and content details: Syllabus
2. Design today-Human aid to lifestyle

Section II: Discipline approach: Ergonomics/Human factors

1. Journey, Fitting task to man their contractual structure
2. Domain, Philosophy and Objective
3. Mutual task comfort: two way dialogue, communication model
4. Ergonomics/human Factors fundamentals
5. Physiology(work physiology) and stress

Section III: Human physical dimension concern

1. Human body-structure and function, anthropometrics
2. Anthropometry: body growth and somatotypes
3. Static and dynamic anthropometry ,Stand Posture- erect
4. Anthropometry landmark: Sitting posture
5. Anthropometry: squatting and cross- legged postures
6. Anthropometric measuring techniques
7. Statistical treatment of data and percentile calculations

Section IV: Posture and movement

1. Human body- structure and function
2. Posture and job relation
3. Posture and body supportive devices
4. Chair characteristics
5. Vertical work surface
6. Horizontal work surface
7. Movement
8. Work Counter

Section V: Behaviour and perception

1. Communication and cognitive issues
2. Psycho-social behavior aspects, behavior and stereotype
3. Information processing and perception
4. Cognitive aspects and mental work load
5. Human error and risk perception

Section VI: Visual Issues

1. Visual performance
2. Visual displays

Section VII: Environments Factors

1. Environmental factors influencing human performance

Section VIII: Ergonomic design process

1. Ergonomics design methodology
2. Ergonomics criteria/check while designing
3. Design process involving ergonomics check
4. Some checklists for task easiness

Section IX: Performance support and design interventions

1. Occupational safety and stress at work place in view to reduce the potential fatigue, errors, discomforts and unsafe acts
2. Workstation design
3. Furniture support
4. Vertical arm reach and design application possibility
5. Humanizing design: Design and human compatibility, comfort and adaptability aspects

Section X: Design Ergonomics in India: scope for exploration

1. Concluding session: Design Ergonomics in India: scope for exploration

Books suggested :

1. Bridger,RS: Introduction to Ergonomics, 2nd Edition, Taylor & Francis, 2003.
2. Dul, J. and Weerdmeester, B. Ergonomics for beginners, a quick reference guide, Taylor & Francis, 1993.
3. Green, W.S. and Jordan, P. W, Human Factors in Product Design, Taylor & Francis, 1999.
4. D.Chakrabarti, Indian Anthropometric Dimensions for ergonomic design practice, National Institute of Design, Ahmedabad, 1997.
5. G. Salvendy (edit), Handbook of Human Factors and ergonomics, John Wiley & Sons, Inc., 1998.
6. Singh, S(Edt), Ergonomics Interventions for Health and Productivity, Himanshu Publications, Udaipur, New Delhi, 2007.

SPORTS PHYSIOTHERAPY

Teaching Hours: 2 hours/week

1. Sports Medicine: The Team Approach

The sports medicine team

2. Sports Injuries

- a) Acute injuries
- b) Overuse injuries

3. Pain

- a) Pain-producing structures
- b) Referred pain
- c) Pain syndromes

4. Principles of Injury Prevention

- a) Systematic injury prevention
- b) Warm-up
- c) Stretching
- d) Taping and bracing
- e) Protective equipment
- f) Appropriate surfaces
- g) Appropriate training
- h) Adequate recovery

5. Recovery

- a) Ensuring adequate recovery
- b) The role of nutrition in aiding recovery
- c) The role of psychology in aiding recovery

6. Principles of Diagnosis: Clinical Assessment

- a) Making a diagnosis
- b) History
- c) Examination

7. Maximizing Sport Performance: Nutrition

- a) Maximizing energy stores
- b) Achieving ideal body weight for performance
- c) Bulking up
- d) Ensuring sufficient intake of vitamins and minerals
- e) Maintaining adequate hydration
- f) Optimizing the pre-competition meal

8. Maximizing Sporting Performance: To Use or Not to Use Supplements?

- a) Extent of use of supplements among sports people
- b) Supplements for strength and power sports
- c) Supplements for weight-restricted sports carnitine

- d) Supplements for high- intensity exercise

9. Maximizing Sporting Performance: Psychology Principles for Clinicians

- a) Fundamental psychology skills
- b) Mental skills' training and relaxation
- c) Mental skills' training aiding physical preparation for sport
- d) The role of a sports psychologist in a team

10. Common Sports-Related Infections

- a) Hepatitis
- b) Human immunodeficiency virus (HIV)
- c) Infectious mononucleosis
- d) Skin infections
- e) Viral respiratory infections
- f) Travelers' diarrhea
- g) Exercise and infection

11. Exercise in the Heat

- a) Mechanism of heat gain and loss
- b) Heatstroke-a temperature above 41°C (106°F)
- c) Exercise-associated collapse
- d) Cramps
- e) Fluid overload: hyponatremia
- f) Other causes of exercise-related collapse in hot weather
- g) Heat acclimatization

12. Exercise at the Extremes of Cold and Altitude

- a) Exercise in the cold
- b) Generation of body heat
- c) Heat loss
- d) Measurement of body temperature
- e) Effects of hypothermia
- f) General principles of managing hypothermia
- g) Methods to achieve rewarming
- h) Treatment of hypothermia in sport
- i) Frostbite
- j) Prevention of cold injuries
- k) Exercise at altitude

13. Providing Team Care

- a) The off-field team
- b) Pre-season assessment
- c) Educate team members
- d) Other essentials

14. Traveling with a Team

- a) Preparation
- b) Air travel and jet lag
- c) The medical room
- d) Illness

15. Drugs and the Athlete

- a) Historical perspective
- b) Why athletes take drugs
- c) Prohibited substances
- d) Prohibited classes of substances
- e) Prohibited methods
- f) Classes of drugs banned in certain sports
- g) Specified substances
- h) Therapeutic use of a prohibited substances
- i) Recently deleted drugs
- j) Non-intentional doping in sports

16. Ethics and Sports Medicine

- a) Conflict of interest
- b) Local anesthetic injection and administration of analgesics
- c) Short-term gain, long-term pain
- d) Guidelines for resolution of conflict of interest

OCCUPATIONAL THERAPY

Teaching Hours: 30 (2 hours / week)

1. History of Occupational Therapy

2. Person seeking Occupational Therapy

The illness and disability experience from an individual practice

Disability experience from a family perspective

Culture, race, ethnicity and other forms of Human diversity in Occupational therapy

Socioeconomic factors and their influence on Occupational performance

The meaning of Place as a component of self

Spirituality: Meaning related to Occupational therapy

3. Occupational Therapy Practitioners: The Occupational Therapist and the Occupational therapy

Clinical reasoning: The basis of practice

Professional development

The Occupational therapist and Occupational therapy assistant Partnership

4. Establishing the Therapeutic Alliance

The therapeutic Relationship: manifestations and Challenges in Occupational therapy

Group process

5. Analyzing Occupation and Activity

6. Conceptual basis for practice

Theories derived from Occupational Behaviour

Theories derived from Rehabilitation Perspectives

Developmental and Neurological Perspectives

Learning Perspectives

7. Occupational Therapy Evaluation

Introduction to Evaluation and Interviewing

Critiquing Assessment

Evaluation of areas of Occupation

Evaluation of Performance Skills and Client factors

Evaluation of Performance Contexts

8. Occupational Therapy Intervention

Interventions for Daily Living: Activities of daily living, Home management, Sexuality and disability, Childreading and care giving

Interventions to promote Participation: Work, Education, Play and leisure, Community Integration

Interventions to improve Personal Skills and abilities: Sensory reeducation, Strengthening, Motor Control theories, Sensorimotor techniques, Cognitive-Perceptual Retraining and rehabilitation, Process skills, Pain management, Stress management

Contextual modification and Assistive technology: Manual wheelchair seating and mobility, Assistive technology in Occupational therapy, Splinting and Orthotics

9. An overview of diagnostic consideration for infant, children and adolescents, adult and older adult

DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION

(Elective Course) 2 Credit Hour

BPT 6th Semester

Section – A

Meaning of Drug Abuse:

1) Meaning, Nature and Extent of Drug Abuse in India and Punjab.

2) Consequences of Drug Abuse for:

Individual : Education, Employment, Income.

Family : Violence.

Society : Crime.

Nation : Law and Order problem.

Section – B

Management of Drug Abuse:

(i) Medical Management: Medication for treatment and to reduce withdrawal effects.

(ii) Psychiatric Management: Counselling, Behavioural and Cognitive therapy.

(iii) Social Management: Family, Group therapy and Environmental Intervention, Rehabilitation.

Section – C

Prevention of Drug abuse:

(i) Role of family: Parent child relationship, Family support, Supervision, Shaping values,

Active Scrutiny.

(ii) School: Counselling, Teacher as role-model. Parent-teacher-Health Professional Coordination, Random testing on students.

Section – D

Controlling Drug Abuse:

(i) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program

(ii) Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/Smuggling of Drugs, Strict enforcement of laws, Time bound trials.

BPT

SEVENTH

SEMESTER

CURRICULUM

SEMESTER – VII						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Marks
		Cr. Hr.	Marks	Cr. Hr.	Marks		
RMB.201	Research Methodology and Biostatistics	4	100	-	-	4	100
CVP.401	Clinical Cardiovascular and Pulmonary	4	100	-	-	4	100
BPT.401	Physiotherapy in Neurology & Psychosomatic Disorder	4	100	2.5	100	6.5	200
BPT.402	Health Promotion and Fitness	1	100	1	100	2	200
BPT.403	Principles of Management	2	100	-	-	2	100
BPT.207	Medical/Physiotherapy Law and Ethics	2	100	-	-	2	100
BPT.404	Critique Enquiry, Case Presentation and Discussion	-	-	0.5 (NC)	-	0.5 (NC)	-
BPT.405	Clinical Education IV	-	-	6.5 (NC)	-	6.5 (NC)	-
Total		17	600	10.5	200	27.5	800

RESEARCH METHODOLOGY AND BIOSTATISTICS

The objective of this module is to help the students understand the basic principles of research and methods applied to draw inferences from the research findings.

RESEARCH METHODOLOGY

1. Introduction to Research methodology: Meaning of research, objectives of research, Motivation in research, Types of research & research approaches, Research methods vs methodology, Criteria for good research, Problems encountered by researchers in India.
2. Research problem: Statement of research problem., Statement of purpose and objectives of research problem, Necessity of defining the problem
3. Research design: Meaning of research design, Need for research design, Features for good design, Different research designs, Basic principles of research design
4. Sampling Design: Criteria for selecting sampling procedure, Implications for sample design, steps in sampling design, characteristics of good sample design, Different types of sample design
5. Measurement & scaling techniques: Measurement in research- Measurement scales, sources of error in measurement, Technique of developing measurement tools, Meaning of scaling, its classification. Important scaling techniques.
6. Methods of data collection: collection of primary data, collection data through questionnaires & schedules, Difference between questionnaires & schedules.
7. Sampling fundamentals, need for sampling & some fundamental definitions, important sampling distributions.
8. Processing & analysis of data: Processing operations, problems in processing, Types of analysis, Statistics in research, Measures of central tendency, Dispersion, Asymmetry, relationship.
9. Testing of hypothesis: What is hypothesis? Basic concepts concerning testing of hypothesis, Procedure of hypothesis testing, measuring the power of hypothesis test, Tests of hypothesis, limitations of the tests of hypothesis
10. Computer technology: Introduction to Computers, computer application in research, computers & researcher.

11. SCIENTIFIC CONDUCT

- a) Ethics with respect to science and research
- b) Scientific misconducts: Falsification, Fabrication, and Plagiarism (FFP)
- c) Redundant publications: duplicate and overlapping publications, salami slicing
- d) Selective reporting and misrepresentation of data

12. PUBLICATION ETHICS (7 hrs.)

- a) Publication ethics: definition, introduction and importance
- b) Best practices/ standards setting initiatives and guidelines: COPE, WAME, etc.
- c) Conflicts of interest
- d) Publication misconduct: definition, concept, problems that lead to and vice versa, types
- e) Violation of publication ethics, authorship and contributorship

BIOSTATISTICS

1. Introduction: Meaning, definition, characteristics of statistics., Importance of the study of statistics, Branches of statistics, Statistics and health science including physiotherapy, Parameters and Estimates, Descriptive and inferential statistics, Variables and their types, Measurement scales.
2. Tabulation of Data: Basic principles of graphical representation, Types of diagrams – histograms, frequency polygons, smooth frequency polygon, cumulative frequency curve, Normal probability curve.
3. Measure of Central Tendency: Need for measures of central Tendency, Definition and calculation of mean – ungrouped and grouped, Meaning, interpretation and calculation of median ungrouped and grouped., Meaning and calculation of mode, Comparison of the mean, median and mode, Guidelines for the use of various measures of central tendency.
4. Probability and Standard Distributions: Meaning of probability of standard distribution, the binominal distribution, the normal distribution, Divergence from normality – skewness, kurtosis.
5. Sampling techniques: Need for sampling - Criteria for good samples, Application of sampling in community, Procedures of sampling and sampling designs errors, Sampling variation and tests of significance.

6. Analysis of variance & covariance: Analysis of variance (ANOVA), what is ANOVA? Basic principle of ANOVA, ANOVA technique, Analysis of Co variance (ANACOVA).
7. Format of scientific documents. (Structure of protocols, formats reporting in scientific journals, systematic reviews and meta-analysis).

Reference Books:

1. Methods of Biostatistics --. Mahajan, B.K. - Jaypee brothers New Delhi –3RD Edition- 2007
2. Research Methodology- Kothari, C.R.- Jaypee Brothers New Delhi -3RD Edition – 2007
3. Research Methodology - Mustafa- AITBS New Delhi - 3RD Edition- 2017

CLINICAL CARDIOVASCULAR AND PULMONARY

SUBJECT DESCRIPTION - Following the basic science and clinical science course, this course introduces the Student in cardio-thoracic conditions which commonly cause disability.

The objective of this course is that after lectures and demonstration in addition to clinics the student will be able to demonstrate an understanding of Cardio-thoracic conditions causing disability and their management. Particular effort is made in this course to avoid burdening the student with any detail pertaining to diagnosis which will not contribute to their understanding of the limitations imposed by cardiovascular pathology on the functioning of the individual.

1. Anatomy and Physiology

a. Respiratory system

- i. Upper respiratory tract
- ii. Lower respiratory tract – Trachea, Bronchial tree, Bronchopulmonary segments
- iii. Respiratory unit, hilum of lung.
- iv. Muscles of respiration
- v. Pleura, intra pleural space, intra pleural pressure, surfactant
- vi. Mechanics of respiration – Chest wall movements, lung & chest wall compliance
- vii. V/Q relationship, airway resistance
- viii. Respiratory centre, Neural & chemical regulation of respiration
- ix. Lung volumes and lung capacities, Spiro meter, lung function test
- x. Pulmonary circulation, Lung sounds, cough reflex

b. Cardiovascular systems

- i. Chambers of heart, semi lunar and atria ventricular valves
- ii. Coronary circulation, conductive system of heart
- iii. Cardiac cycle, ECG, Heart sounds
- iv. Blood pressure, pulse, cardiac output

2. Cardio Vascular system

- a. Define, etiology, pathogenesis, clinical features, complications,
- b. Conservative and surgical management of the following conditions

- i. Ischemia heart disease
- ii. Myocardial infarction
- iii. Heart failure
- iv. Cardiac arrest
- v. Rheumatic fever
- vi. Hypertension
- vii. Infective endocarditis
- viii. Myocarditis & cardiomyopathy

c. Cardiovascular Disease : Examination of the Cardiovascular System Investigations : ECG, Exercise Stress Testing, Radiology ; Clinical manifestations of Cardiovascular disease ; Definition, Etiology, Clinical features, signs and symptoms, complications, management and treatment of following diseases and disorders of the heart : Pericarditis, Myocarditis, Endocarditis, Rheumatic Fever – resulting in valve disorders, Ischemic Heart Disease, Coronary Valve Disease, Congenital disorders of the Heart, Cardiac Arrest ; Examination and Investigations of diseases of arteries and veins ; Hypertension : Definition, causes, classification, types, assessment, investigations and management.

d. Disorders of the Heart – Definition, Clinical features, diagnosis and choice of management for the following disorders : Congenital Heart diseases – Acyanotic congenital heart disease & Cyanotic congenital heart disease : Patent Ductus Arteriosus, Coarctation of Aorta, Atrial Septal Defect, Ventricular Septal Defect, Tetralogy of Fallot, Transposition of Great Vessels ; Acquired Heart Disease – Mitral Stenosis & Insufficiency, Aortic Stenosis and Insufficiency, Ischemic Heart Disease – Coronary Artery Disease, Cardiac tumors.

3. Respiratory System

a. Respiratory Disease : Examination of the Respiratory System – Investigations : Chest Radiographs, Pulmonary Function Testing, Arterial Blood Gas Analysis ; Clinical manifestations of Lung disease ; Patterns of lung disease – Chronic Obstructive Lung Disease and Restrictive Lung Disease ; Definition, Etiology, Clinical features, signs and symptoms, complications, management and treatment of following lung diseases :

Chronic Bronchitis, Emphysema, Asthma, Bronchiectasis, Cystic Fibrosis, Upper Respiratory Tract Infections, Pneumonia, Tuberculosis, Fungal Diseases, Interstitial Lung Diseases, Diseases of the pleura, diaphragm and chest wall ; Respiratory failure – Definition, types, causes, clinical features, diagnosis and management.

b. Chest wall disorders- Definition, Clinical features, diagnosis and choice of management for the following disorders – chest wall deformities, chest wall tumors, Spontaneous Pneumothorax, Pleural Effusion, Empyema Thoracis, Lung abscess, Bronchiectasis, Tuberculosis, Bronchogenic Carcinoma, Bronchial Adenomas, Metastatic tumors of the Lung, tracheal Stenosis, Congenital tracheomalacia, Neoplasms of the trachea, Lesions of the Mediastinum. Carcinoma of the female breast.

Reference Books:

1. Cardiopulmonary Physical Therapy-- Irwin and Teclin – Mosby
2. Essential of Cardiopulmonary Physical Therapy – Hilligass & sadowasky-W B Saunders
3. Cardiovascular & PULMONARY PHYSICAL THERAPY –William E. Deturk – Elsevier- 2ND Edition

PHYSIOTHERAPY IN NEUROLOGY & PSYCHOSOMATIC DISORDER

SUBJECT DESCRIPTION - The subject serves to integrate the knowledge gained by the students in neurology and neurosurgery with skills to apply these in clinical situations of dysfunction and neurological pathology. The objective of the course is that after the specified hours of lectures and demonstrations the student will be able to identify disabilities due to neurological dysfunction, plan and set treatment goals and apply the skills gained in exercise therapy and electrotherapy in these clinical situations to restore neurological function.

1. Neurological Assessment: Required materials for examination, Chief complaints, History taking – Present, Past, medical, familial, personal histories, Observation, Palpation, Higher mental function – Consciousness, Orientation, Wakefulness, memory, Speech, Reading, Language, Writing, Calculations, Perception, Left right confusion, Reasoning, and Judgment, Motor Examination – Muscle power, Muscle tone, Spasticity, Flaccidity, Reflexes – Developmental reflexes, deep tendon reflexes, Superficial reflexes, Sensory examination – Superficial, Deep and Cortical sensations, Special tests – Romberg's, Kernig's sign, Brudzki sign, Tinel's sign, Slum test, Lehermitte's sign, Bells Phenomenon, Gower's sign, Sun set sign, Battle's sign, Glabellar tap sign, etc, Balance examination, coordination examination, Gait analysis – Kinetics & Kinematics (Quantitative & Qualitative analysis), Functional Analysis, Assessment tools & Scales – Modified Ashworth scale, Berg balance scale, FIM, Barthel index, Glasgow coma scale, Mini mental state examination, Rancho Los Amigos Scale for Head injury, APGAR score, ASIA scale, Reflex Grading. Differential diagnosis.
2. Neuro physiological Techniques – Concepts, Principles, Techniques, Effects of following Neurophysiological techniques: NDT, PNF, Vojta therapy, Rood's Sensory motor Approach, Sensory Integration Approach, Brunnstorm movement therapy, Motor relearning program, Contemporary task oriented approach, Muscle re-education approach and Constraint induced movement therapy.
3. Paediatric Neurology: Paediatric Examination, Developmental milestones, developmental reflexes, Neuro developmental screening tests. Evaluation & Management - History, Observation, Palpation, Milestone Examination, developmental reflex Examination, Higher mental function, Cranial nerve examination, Motor & Sensory examination,

Reflex testing, differential Diagnosis, Balance & Coordination examination, Gait analysis, Functional analysis, List of Problems & Complications, short & Long Term goals, Management of systemic complications, Management of Mechanical Complications, Use of various Neurophysiological approaches & Modalities in Risk babies, Minimum brain damage, Developmental disorders, Cerebral palsy, Autism, Down's Syndrome, Hydrocephalus, Chorea, Spina bifida, and syringomyelia.

4. Evaluation and Management of Brain and Spinal Cord Disorders : History, Observation, Palpation, Higher mental function, Cranial nerve examination, Motor & Sensory examination, Reflex testing, differential Diagnosis, Balance & Coordination examination, Gait analysis, Functional analysis, List of Problems & Complications, short & Long Term goals, Management of systemic complications, Management of Mechanical Complications, Use of various Neurophysiological approaches& Modalities in Cerebro vascular Accident, Meningitis, Encephalitis, Head Injury, Brain Tumors, Perceptual disorders, Amyotrophic lateral sclerosis, and Multiple sclerosis.
5. Evaluation and Management of Cerebellar, Spinal Cord and Muscle Disorders : History, Observation, Palpation, Motor & Sensory examination, Reflex testing, differential Diagnosis, Balance & Coordination examination, Gait analysis, Functional analysis, List of Problems & Complications, short & Long Term goals, Management of systemic complications, Management of Mechanical Complications, Use of various Neurophysiological approaches& Modalities in Ataxia, Sensory Ataxia, Parkinson's disease, Muscular dystrophy (DMD), Myasthenia Gravis, Eaton-Lambert Syndrome, Spinal tumors, Spinal cord injury, Transverse myelitis, Bladder & Bowel Dysfunction, Spinal muscular atrophies, Poliomyelitis, Post-Polio Syndrome.
6. Evaluation and Management of Peripheral Nerve Injuries and Disorders : History, Observation, Palpation, Motor & Sensory examination, Reflex testing, differential Diagnosis, Balance & Coordination examination, Gait analysis, Functional analysis, List of Problems & Complications, short & Long Term goals, Management of systemic complications, Management of Mechanical Complications, Use of various Neurophysiological approaches& Modalities in Hereditary motor sensory neuropathy, Guillain-Barre syndrome, Brachial plexus palsy, Thoracic outlet syndrome, Lumbosacral plexus lesions, Phrenic & intercostals nerve lesions, Median nerve palsy, Ulnar nerve

palsy, Radial nerve palsy, Musculocutaneous nerve palsy, Anterior & Posterior interosseous nerve palsy, Axillary nerve palsy, Long thoracic nerve palsy, Suprascapular nerve palsy, sciatic nerve palsy, Tibial nerve palsy, Common peroneal nerve palsy, Femoral nerve palsy, Obturator nerve palsy, and Pudental nerve palsy.

7. Assessment and management of Neurological gaits: Quantitative and Qualitative (Kinetic & Kinematics) analysis, List of Problems, short & Long Term goals, Management of following Neurological Gaits - Hemiplegic gait, Parkinson gait, High step gait, Hyperkinetic gait, Hypokinetic gait, Waddling gait, Scissoring gait, Spastic gait, Choreaform Gait, Diplegic Gait, and Myopathic Gait.
8. Pre and post-surgical assessment and treatment following conditions - Spinal disc herniation, Spinal stenosis, Spinal cord trauma, Head trauma, Brain tumors, Tumors of the spine, Spinal cord and peripheral nerves, Cerebral aneurysms, Subarachnoid hemorrhages, epilepsy, Parkinson's disease, Chorea, Hemiballism, Psychiatric disorders, Malformations of the nervous system, Carotid artery stenosis , Arteriovenous malformations, and Spina bifida.

PRACTICAL: Practical shall be conducted for all the relevant topics discussed in theory in the following forms:

1. Bedside case presentations and case discussions
2. Lab sessions consisting of evaluation and assessment methods on student models, treatment techniques and practice sessions.

Reference Books:

4. Physical Rehabilitation --. Susan `O Sullivan -- Jaypee brothers New Delhi –4TH Edition- 2017
5. Pediatric Physical Therapy--. Jans Tecklin—5TH Elsevier New Delhi –2ND Edition- 2016
6. Neurological Rehabilitation —Umphard Darcy—Wolter Kluwar--6TH Edition 2016

HEALTH PROMOTION, FITNESS AND WELLNESS

SUBJECT DESCRIPTION - This course includes discussion on the theories of health and wellness, including motivational theory, locus of control, public health initiative, and psycho-Social, spiritual and cultural consideration. Health risks, screening, and assessment considering epidemiological principles are emphasized. Risk reduction strategies for primary and secondary prevention, including programs for special populations are covered.

1. Prevention practice: a holistic perspective for physiotherapy
 - a. Defining Health
 - b. Predictions of Health Care
 - c. Comparing Holistic Medicine and Conventional Medicine
 - d. Distinguishing Three Types of Prevention Practice.
2. Healthy People
 - a. Definition of healthy people
 - b. Health education Resources
 - c. Physiotherapist role for a healthy community.
3. Key concepts of fitness
 - a. Defining & Measuring Fitness
 - b. Assessment of Stress with a Survey
 - c. Visualizing Fitness
 - d. Screening for Mental and Physical Fitness
 - e. Body Mass Index calculations.
4. Fitness training
 - a. Physical Activities Readiness Questionnaire
 - b. Physical Activities Pyramid
 - c. Exercise Programs
 - d. Evidence-Based Practice.
5. Health, fitness, and wellness issues during childhood and adolescence
6. Health, fitness, and wellness during adulthood
7. Women's health issues: focus on pregnancy:

8. Prevention practice for older adults
9. Resources to optimize health and wellness
10. Health protection.
11. Prevention practice for musculoskeletal conditions
12. Prevention practice for cardiopulmonary conditions
13. Prevention practice for neuromuscular conditions
14. Prevention practice for integumentary disorders
15. Prevention practice for individuals with developmental disabilities
16. Marketing health and wellness.

Reference Books:

1. Preventive and Social Medicine –K. Park – 24TH Edition –Banarsidas Bhanot Publisher- 2017
2. Textbook of Community Medicine—Rajiv Bahal—Wolters Kluwer -3RD Edition-2009

PRINCIPLES OF MANAGEMENT

The course is intended to provide knowledge about the basic principles of Management.

1. Introduction to management
2. Strategic Management
3. Foundations of Planning
4. Planning Tools and Techniques
5. Decision Making, conflict and stress management
6. Managing Change and Innovation
7. Understanding Groups and Teams
8. Leadership
9. Time Management
10. Cost and efficiency

Reference Books:

1. Management—Stones A F Jones –Pearson Education –New Delhi –6th Edition
2. Principles of Management –Gupta, R.N. S. Chand Publishing –New Delhi -1st Edition

MEDICAL/ PHYSIOTHERAPY LAW AND ETHICS

Legal and ethical considerations are firmly believed to be an integral part of medical practice in planning patient care. Advances in medical sciences, growing sophistication of the modern society's legal framework, increasing awareness of human rights and changing moral principles of the community at large, now result in frequent occurrences of healthcare professionals being caught in dilemmas over aspects arising from daily practice.

Medical/ Physiotherapy ethics has developed into a well based discipline which acts as a "bridge" between theoretical bioethics and the bedside. The goal is "to improve the quality of patient care by identifying, analyzing, and attempting to resolve the ethical problems that arise in practice". Doctors are bound by, not just moral obligations, but also by laws and official regulations that form the legal framework to regulate medical practice. Hence, it is now a universal consensus that legal and ethical considerations are inherent and inseparable parts of good medical practice across the whole spectrum. Few of the important and relevant topics that need to focus on are as follows:

1. Medical ethics versus medical law - Definition - Goal - Scope
2. Introduction to Code of conduct
3. Basic principles of medical ethics – Confidentiality
4. Malpractice and negligence - Rational and irrational drug therapy
5. Autonomy and informed consent - Right of patients
6. Care of the terminally ill- Euthanasia
7. Organ transplantation
8. Medical diagnosis versus physiotherapy diagnosis.

9. Medico legal aspects of medical records – Medico legal case and type- Records and document related to MLC - ownership of medical records - Confidentiality Privilege communication - Release of medical information - Unauthorized disclosure - retention of medical records - other various aspects.
10. Professional Indemnity insurance policy
11. Development of standardized protocol to avoid near miss or sentinel events
12. Obtaining an informed consent.
13. Biomedical ethical principles
14. Code of ethics for physiotherapists
15. Ethics documents for physiotherapists
16. Laws affecting physiotherapy practice

Reference Books:

1. Module For Interns In Medical Ethics In Patients Care– Rajiv Mahajan—1st Edition Unistar Publication -Chandigarh 2018
2. Human Values And Professional Ethics –Gour, R.R. –Excel Books 1ST Edition -2019

BPT

EIGHTH

SEMESTER

CURRICULUM

SEMESTER – VIII						Total	
CORE COURSES		Credit Hours					
Course Code	Course Title	Theory		Practical		Cr. Hr.	Mar ks
		Cr. Hr.	Marks	Cr. Hr	Marks		
BPT.406	Administration and Teaching Skills	1	100	1	100	2	200
BPT.407	Physiotherapy in Cardiovascular, Pulmonary & Intensive Care	4	100	2.5	100	6.5	200
BPT.408	Community Physiotherapy	3	100	1.5	100	4.5	200
BPT.409	Clinical Reasoning & Evidence Based Physiotherapy	1	100	0.5	100	1.5	200
BPT.500	Research Project	-	-	2 (NC)	-	2 (NC)	-
BPT.410	Clinical Education V	-	-	6.5 (NC)	-	6.5 (NC)	-
Total		09	400	14	400	23	800

ADMINISTRATION AND TEACHING SKILLS

1. Introduction:

- a. Branches of administration, Nature and scope of administration, How to be an effective administrator, Planning hospital administration as part of a balanced health care program.
- b. Principles of hospital administration and its applications to physiotherapy.
- c. Planning and organization: Planning cycle, Principles of organizational charts, Resource and quality management, planning change -innovation
- d. Financial issues including budget and income generation
- e. Hospital administration: Organization, Staffing, Information, Communication, Coordination, Cost of services, Monitoring and evaluation.
- f. Organization of physiotherapy department: Planning, Space, Manpower, Other basic resources.
- g. Organizing meetings, committees, and negotiations
- h. Personnel management: Personnel performance appraisal system, Quality care delivery from the staff.

2. Aims of physiotherapy education

- a. Concepts of teaching and learning
- b. Curriculum development
- c. Principles and methods of academic and clinical teaching
- d. Measurement and evaluation
- e. Guidance and counseling
- f. Faculty development program
- g. Administration in clinical setting
- h. Use of A-V aids in teaching
- i. Taxonomy of education

Reference Books:

1. Management—Stones A F Jones –Pearson Education –New Delhi –6th Edition
2. Principles of Management –Gupta, R.N. S. Chand Publishing –New Delhi -1st Edition

PHYSIOTHERAPY IN CARDIO VASCULAR PULMONARY AND INTENSIVE CARE

SUBJECT DESCRIPTION - The subject is designed to provide knowledge in assessing and planning physiotherapy interventions for various General, Medical and Surgical conditions. The student must be able to reassess the patient as necessary, to monitor the patient in regard to treatment, to monitor the patient's vital signs, student must know emergency drugs indication and contra-indication, care in intensive care unit (ICU) and to provide appropriate interventions to the patient.

THEORY –

1. Anatomical and Physiological differences between the Adult and Pediatric lung.
2. Bedside assessment of the patient-Adult & Pediatric.
3. Investigations and tests – Exercise tolerance Testing – Cardiac & Pulmonary, Radiographs, PFT, ABG, ECG, Hematological and Biochemical Tests.
4. Physiotherapy techniques to increase lung volume – controlled mobilization, positioning, breathing exercises, Neurophysiological Facilitation of Respiration, Mechanical aids - Incentive Spirometry, CPAP, IPPB.
5. Physiotherapy techniques to decrease the work of breathing – Measures to optimize the balance between energy supply and demand, positioning, Breathing re-education – Breathing control techniques, mechanical aids – IPPB, CPAP, BiPAP.
6. Physiotherapy techniques to clear secretions – Hydration, Humidification & Nebulisation, Mobilisation and Breathing exercises, Postural Drainage, Manual techniques – Percussion, Vibration and Shaking, Rib Springing, ACBT, Autogenic Drainage, Mechanical Aids – PEP, Flutter, IPPB, Facilitation of Cough and Huff, Nasopharyngeal Suctioning.
7. Drug therapy – Drugs to prevent and treat inflammation, Drugs to treat Bronchospasm, Drugs to treat Breathlessness, Drugs to help sputum clearance, Drugs to inhibit coughing, Drugs to improve ventilation, Drugs to reduce pulmonary hypertension, Drug delivery doses, Inhalers and Nebulisers.
8. Neonatal and Pediatric Physiotherapy – Chest physiotherapy for children, The neonatal unit, Modifications of chest physiotherapy for specific neonatal disorders, Emergencies in the neonatal unit.
9. Physiotherapy in Obstructive lung conditions.

10. Physiotherapy in Restrictive lung conditions.
11. Management of breathlessness.
12. Pulmonary Rehabilitation.
13. Physiotherapy following Lung surgeries
14. Respiratory failure – Oxygen Therapy and Mechanical Ventilation.
15. Introduction to ICU : ICU monitoring –Apparatus, Airways and Tubes used in the ICU -
Physiotherapy in the ICU – Common conditions in the ICU – Tetanus, Head Injury, Lung Disease, Pulmonary Oedema, Multiple Organ Failure, Neuromuscular Disease, Smoke Inhalation, Poisoning, Aspiration, Near Drowning, ARDS, Shock; Dealing with an Emergency Situation in the ICU.
16. Physiotherapy management following cardiac surgeries.
17. Cardiac Rehabilitation.
18. Physiotherapy management following PVD.
19. Abdominal Surgeries - Management of Pulmonary Restorative Dysfunction following surgical procedures on Abdomen and Thorax.
20. Management of Amputations following Diabetes, PVD - Prosthesis in amputations of lower limbs following ulcers and gangrenes.
21. Home program and education of family members in patient care.
22. Treatment, Response to exercise and Implications of Physiotherapy in the following disease conditions: Hypertension, Diabetes, Renal Failure and Obesity.

PRACTICAL:

Practical shall be conducted for all the relevant topics discussed in theory in the following forms:

1. Bedside case presentations and case discussions
2. Lab sessions consisting of evaluation and assessment methods on student models, treatment techniques and practice sessions.

Reference Books:

1. CTB of general medical and surgical conditions for physiotherapists –Downie-Jaypee Brothers
2. Cardiopulmonary Physical Therapy-- Irwin and Teclin – Mosby
3. Essential of Cardiopulmonary Physical Therapy – Hilligass & sadowasky-W B Saunders

COMMUNITY PHYSIOTHERAPY

SUBJECT DESCRIPTION - The subject serves to integrate the knowledge gained by the students in community medicine and other areas with skills to apply these in clinical situations of health and disease and its prevention. The objective of the course is that after the specified hours of lectures and demonstrations the student will be able to identify rehabilitation methods to prevent disabilities and dysfunctions due to various disease conditions and plan and set treatment goals and apply the skills gained in rehabilitating and restoring functions.

1. Rehabilitation: Definition, Types.
2. Community: Definition of Community, Multiplicity of Communities, The Community based approach, Community Entry strategies, CBR and Community development, Community initiated versus community oriented programme, Community participation and mobilization.
3. Introduction to Community Based Rehabilitation: Definition, Historical review, Concept of CBR, Need for CBR, Difference between Institution based and Community based Rehabilitation, Objectives of CBR, Scope of CBR, Members of CBR team, Models of CBR.
4. Principles of Community based Rehabilitation. W.H.O.'s policies-about rural health care-concept of primary /tertiary health centers-district hospitals etc-Role of P.T.-Principles of a team work of Medical person/P.T./O.T. audiologist/speech therapist /P.&O./vocational guide in C.B.R. of physically handicapped person , Agencies involved in rehabilitation of physical handicapped - Legislation for physically handicapped. Concept of multipurpose health worker. Role of family members in the rehabilitation of a physically handicapped.
5. Planning and management of CBR Programmes, CBR Programmed planning and management, Ownership and Governance, Decentralization and CBR, Management of CBR,
6. Programmed sustainability, Communication and Coordination, Community participation, mobilization and awareness, CBR programme influence on promoting and developing public policies.
7. Disability: Definition of Impairment, Handicap and Disability, Difference between impairment, handicap and disability, Causes of disability, Types of disability, Prevention

of disability, Disability in developed countries, Disability in developing countries. Disability Surveys: Demography. Screening: Early detection of disabilities and developmental disorders, Prevention of disabilities- Types and levels. Disability Evaluation: Introduction, What, Why and How to evaluate, Quantitative versus Qualitative data, Uses of evaluation findings.

8. Role of Government in CBR: Laws, Policies, Programmes, Human Rights Policy, Present rehabilitation services, Legal aspects of rehabilitation.
9. Role of Social work in CBR: Definition of social work, Methods of social work, History of social work, Role of social worker in rehabilitation.
10. Role of voluntary Organizations in CBR: Charitable Organizations, Voluntary health agencies – National level and International NGO's, Multilateral and Bilateral agencies. International Health Organizations: WHO, UNICEF, UNDP, UNFPA, FAO, ILO, World bank, USAID, SIDA, DANIDA, Rockfeller, Ford foundation, CARE, RED CROSS.
11. National District Level Rehabilitation Programme: Primary rehabilitation unit, Regional training center, District rehabilitation center, Primary Health center, Village rehabilitation worker, Anganwadi worker
12. Role of Physiotherapy in CBR: Screening for disabilities, Prescribing exercise programme, Prescribing and devising low cost locally available assistive aids, Modifications physical and architectural barriers for disabled, Disability prevention, Strategies to improve ADL, Rehabilitation programmes for various neuro-musculoskeletal and cardiothoracic disabilities.
13. Screening and rehabilitation of paediatric disorders in the community: Early detection of high risk babies, Maternal nutrition and education, Rehabilitation of Cerebral Palsy, Polio, Downs Syndrome, Muscular Dystrophies etc., Prevention and rehabilitation of mental retardation and Behavioural disorders, Immunization programmes, Early intervention in high risk babies, Genetic counselling.
14. Extension services and mobile units: Introduction, Need, Camp approach.
15. Vocational training in rehabilitation: Introduction, Need, Vocational evaluation, Vocational rehabilitation services.

16. Geriatrics- Physiology of Aging /degenerative changes-Musculoskeletal /Neuromotor /cardio – respiratory-/Metabolic, Endocrine, Cognitive, Immune systems. Role of Physio Therapy in Hospital based care, Half-way homes, Residential homes, Meals on wheels etc. Home for the aged, Institution based Geriatric Rehabilitation. Few conditions:- Alzheimer's disease, Dementia, Parkinson's Disease, Incontinence, Iatrogenic drug reactions, etc. Ethics of Geriatric Rehabilitation.

17. Industrial Health & Ergonomics [10 hours] - Occupational Hazards in the industrial area -
- Accidents due to

- a. Physical agents-e.g.-Heat/cold, light, noise, Vibration, U.V. radiation, Ionizing radiation,
- b. Chemical agents-Inhalation, local action, ingestion,
- c. Mechanical hazards-overuse/fatigue injuries due to ergonomic alteration & ergonomic evaluation of work place-mechanical stresses per hierarchy –
 - i. sedentary table work –executives, clerk,
 - ii. inappropriate seating arrangement- vehicle drivers
 - iii. constant standing- watchman- Defense forces, surgeons,
 - iv. Over-exertion in laborers,-common accidents –Role of P.T.-Stress management.
- d. Psychological hazards- e.g.-executives, monotonicity & dissatisfaction in job, anxiety of work completion with quality, Role of P.T. in Industrial setup & Stress management-relaxation modes.
- e. Biological Hazards

PRACTICAL: This will consist of Field visits to urban and rural PHC's., Visits to regional rehabilitation training center, Regular mobile camps, Disability surveys in villages, Disability screening, Demonstration of Evaluation and Physiotherapy prescription techniques for musculoskeletal, neuromuscular, cardio-respiratory, paediatric, gynecological and geriatric problems in community, Demonstration of evaluation and prescription techniques for ambulatory and assistive devices, Fabrication of low cost assistive devices with locally available materials.

Reference Books:

- 1. Textbook Of Rehabilitation - Sunder S -3rd Edition -Jaypee Brothers --New Delhi
- 2. Preventive and Social Medicine –K. Park – 24TH Edition –Banarsidas Bhanot Publisher-2017

CLINICAL REASONING AND EVIDENCE BASED PHYSIOTHERAPY PRACTICE

1. Introduction to Evidence Based Practice: Definitions, Evidence Based Practice,
2. Concepts of Evidence based Physiotherapy: Awareness, Consultation, Judgement, and Creativity
3. Development of Evidence based knowledge, The Individual Professional, Professionals within a discipline, and Professionals across disciplines
4. Evidence Based Practitioner: The Reflective Practitioner, The E Model, Using the E Model
5. Finding the Evidence: Measuring outcomes in Evidence Based Practice, Measuring Health Outcomes, Measuring clinical outcomes, Inferential statistics and Causation
6. Searching for the Evidence: Asking Questions, Identifying different sources of evidence, Electronic Bibliographic databases and World Wide Web, Conducting a literature search. Step by-step search for evidence
7. Assessing the Evidence: Evaluating the evidence; Levels of evidence in research using quantitative methods, Levels of evidence classification system, Outcome Measurement, Biostatistics, The critical review of research using qualitative methods
8. Systematically reviewing the evidence: Stages of systematic reviews, Meta-analysis, The Cochrane collaboration
9. Economic evaluation of the evidence: Types of economic evaluation, conducting economic evaluation, critically reviewing economic evaluation, locating economic evaluation in the literature
10. Using the evidence: Building evidence in practice; Critically Appraised Topics (CATs), CAT format, Using CATs, Drawbacks of CATs
11. Practice guidelines, algorithms, and clinical pathways: Recent trends in health care, Clinical Practice Guidelines (CPG), Algorithms, Clinical pathways, Legal implications in clinical pathways and CPG, Comparison of CPGs, Algorithms and Clinical Pathways

12. Communicating evidence to clients, managers and funders: Effectively communicating evidence, Evidence based communication in the face of uncertainty; Evidence based communication opportunities in everyday practice
13. Research dissemination and transfer of knowledge: Models of research transfer, Concrete research transfer strategies, Evidence based policy

Reference Books:

1. Practical Evidence Based Physiotherapy –Herbert ROB –Elsevier –New Delhi -1st Edition --2005
2. Clinical Reasoning For Manual Therapists- Mark Jones and Darren Rivett -- Elsevier – New Delhi -1st Edition --2004

RESEARCH PROJECT

The project may be a case study or of recent technique or literature reviews and etc. to make the student to have research mind and to facilitate for higher studies.

CLINICAL EDUCATION

Students will be posted in rotation in the following areas/wards. The students will be clinically trained to provide physiotherapy care for the patients under supervision. They will be trained on bed side approach, patient assessment, performing special tests, identifying indications for treatment, ruling out contraindications, decision on treatment parameters, dosage and use relevant outcome measures under supervision. Evidence based practice will be part of training.

1. Physiotherapy OPD
2. Neurology, Neurosurgery & Neuro ICU
3. Community-PHC
4. Orthopedics
5. General Medicine & MICU
6. General Surgery & CTS ICU
7. Developmental Pediatrics & Child Guidance Clinic
8. OBG
9. Geriatric – Old Age Homes
10. Industrial Visits - Ergonomics