DACUM Competency Profile for
The Physical Therapist Assistant

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February 1996
The Physical Therapist Assistant is one who provides treatments and documentation of treatment under the supervision and guidelines of a Physical Therapist, to maximize the functional abilities of each individual patient.

### Duties

**A** Perform Continuous Assessment

- A-1 Assess Mechanical Alignment
- A-2 Assess Gait
- A-3 Assess Posture
- A-4 Measure Range of Motion
- A-6 Assess Change in Muscle Tone
- A-7 Recognize symptoms of Contra-indications to Treatment
- A-8 Assess Vital Signs
- A-9 Assess Tolerance to Activity
- A-10 Assess Tolerance to Treatment
- A-11 Assess Appropriateness of TX Goals
- A-12 Assess Patient Accountability
- A-13 Assess & Screen Patients for Potential Interventions

**B** Deliver Treatment Modalities

- B-1 Administer Ultrasound
- B-2 Administer Hot Pack Treatments
- B-3 Apply Cryotherapy
- B-4 Provide Hydrotherapy
- B-5 Administer Diathermy
- B-6 Administer Electrical Stimulation Therapy
- B-7 Administer Paraffin Treatment
- B-8 Administer Fluidotherapy
- B-9 Administer Mechanical Traction
- B-10 Administer Sequential Pumping

**C** Perform Physical Therapy Procedures

- C-1 Provide Pre-gait, Transfer & Gait Training
- C-2 Provide Prosthetic Training
- C-3 Mobilize Soft Tissue
- C-4 Provide Wound Care/Burn Care
- C-5 Administer & Supervise Functional Electrical Stimulation
- C-6 Administer Iontophoresis
- C-7 Administer Photophoresis
- C-8 Passive Joint Mobilization
- C-9 Passive R.O.M.
- C-10 Apply & Modify Orthotics
- C-11 Perform Manual Traction
- C-12 Administer Spray & Stretch
<table>
<thead>
<tr>
<th>Column 1</th>
<th>Column 2</th>
<th>Column 3</th>
<th>Column 4</th>
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</thead>
<tbody>
<tr>
<td>Therapeutic Exercise</td>
<td>D-1 Facilitate Neurodevelopmental Training</td>
<td>D-2 Provide Active/Resisitive Range of Motion</td>
<td>D-3 Provide Active Assistive R.O.M.</td>
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<td>D-5 Provide Aquatic Therapy</td>
<td>D-6 Administer Proprioceptive Neuromuscular Facilitation</td>
<td>D-7 Provide Open/Closed Chain Exercises</td>
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<td>D-9 Administer Chest Therapy</td>
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<tr>
<td>Provide Education</td>
<td>E-1 Teach Patient/Caregiver Home Exercise Programs</td>
<td>E-2 Teach Patient/Caregiver Activities of Daily Living</td>
<td>E-3 Provide Patient/Caregiver Joint Protection Education</td>
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<td>E-5 Teach Patient/Caregiver Stress Management</td>
<td>E-6 Provide Community Education</td>
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<tr>
<td>Documenting Patient Care/Progress</td>
<td>F-1 Document Assessments</td>
<td>F-2 Documentation of Treatments/Functional Outcomes</td>
<td>F-3 Generate Periodic Patient Progress Reports</td>
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<td>F-5 Document Patient/Caregiver Teaching</td>
<td>F-6 Integrate Visual Support in Documentation</td>
<td>F-7 Generate Charges for Treatment &amp; Supplies</td>
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<tr>
<td>Participate Interdisciplinary Planning</td>
<td>G-1 Report Patient Status to Primary Therapist</td>
<td>G-2 Participate in Planning Sessions With the Therapist</td>
<td>G-3 Coordinate Treatment Schedules</td>
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<td>G-5 Make recommendations to primary therapist for changes in patients treatment plan</td>
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<tr>
<td>Assist with Department Management</td>
<td>H-1 Maintain Equipment</td>
<td>H-2 Maintain Inventory of Supplies</td>
<td>H-3 Participate in Staff Meetings</td>
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<td>H-5 Participate in Data Collection for Quality Assurance</td>
<td>H-6 Performs various office duties</td>
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<tr>
<td>Maintain Professional Development</td>
<td>I-1 Maintain Safety Certifications</td>
<td>I-2 Participate in Continuing Education/Staff Development</td>
<td>I-3 Maintain Licensure</td>
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</tbody>
</table>
CURRENT TRENDS/ISSUES
• Aging Population
• Changes in Reimbursement
• Managed Care
• Consolidation of Services
• DRGs
• Ergonomics
• Multi-Drug Resistant Organisms
• Opportunities for Professional Growth & Education
• Capitation
• Wound Care
• Women’s Health Issues
• Manual Therapy
• Aquatic Therapy

GENERAL KNOWLEDGE & SKILLS
• Anatomy
• Physiology
• Physio-Pathology
• Kinesiology
• Physics Applied to Medicine
• Body Mechanics
• Aseptic Techniques
• Communication Skills (Oral/Written)
• Computer Skills
• C.P.R.
• Cultural Awareness
• Age Specific Awareness
• Departmental Policies & Procedures
• Knowledge of English
• Infection Control
• Interpersonal Skills
• Listening Skills
• Mechanical Skills
• Medical Terminology
• Organizational Skills
• Patient's Rights
• Problem Solving Skills
• State & Federal Regulations
• Stress Management Skills
• Teaching Skills
• Universal Precautions
• Cost Containment & Medical Eco.
• Elementary Psychology
• Elementary Psychiatry
• Knowledge of
  • Rehab Disc.
  • O.T.
  • S.T.
  • Nursing PCP
  • Goniometry
  • Observation Skills
  • Critical Thinking
  • Elementary Pharmacology
• Take Vitals
• Medical Ethics
• Information Management
• Medical Imaging
• Knowledge of 3rd Party Payor
• Leadership Skills
• Computer Tech
• Cost Containment

TOOLS, EQUIPMENT, SUPPLIES
• Ultrasound Machine
• Ultrasound Gel
• Diathermy
• Electric Stimulation Machines
• High Volt Galvanic
• Interferential
• FES (Functional Electrical Stimulation)

• TENS
• Media - Sponges, Gel
• Paraffin
• Traction
• Cervical
• Pelvic
• Belts Application
• Computer Assistive
• Isokinetic Machine
• Sequential Pumps
• Pumps/Hose/Measurement
• Free Weights
• Reflex Hammers
• Isotonic Exercise Equipment
• Hand Grips
• Hotpack
• Joontopheresis and Medications
• Dex/Lido/Hydrocortisones
• Cold Pack
• Fluoromethane Spray
• Goniometer
• Measuring Tapes
• Walkers
• Front Wheel
• Pick up
• Platform
• Hemi
• Reciprocating Walker
• Wheelchair
• Canes
• Quad - Wide Base - Narrow Base
• Single point
• Crutches
• Hemi-cane
• Orthotics
• Wrist Splints
• Knee Braces
• Back Braces
• Sacro-iliac Joint/Lumbar Corset
• Slings
• Dry Casting
• Ankle Foot Orthosis
• Computers
• Laser
• Cameras
• Video
• Hospital Beds
• Roto bed
• Blood Pressure Cuff
• Stethoscope
• Sterilization & Disinfectant Agents
• Gait Belts
• Beepers - Pagers
• Balms - Chemical Irritants
• Theraband
• Crash Cart
• Faces
• Masks/Bonnet/Gowns/Gloves/Goggles
• Dressings for Wound Care
• Swiss Balls
• Bikes-Stationary/Restorator
• Balance Board
• Cardiac Monitor
• Ergometer
• Medicine ball
• Tru-K-Isokinetic Resistance Machine
• Trampoline
• Pools
• High/Low Manipulation Table
• Syphgmomenometer
• Treadmill
• Whirlpools
• Tilt Table
• Total Lift Chair
• Hoyer Lift
• Biofeedback
• Standing Cage/Standing Table
• Raised Toilet Seat
• Tumblers
• Parallel Bars
• Reachers
• Balance Beams
• Sliding Boards
• Powder Boards
• Stairs/Ramps
• Prosthetics
• Arms
• Below Knee
• Above the Knee
• Athletic Tape
• Needles

WORKER TRAITS & BEHAVIORS
• Accept Constructive Criticism
• Compassionate
• Assertive
• Team Player
• Honesty
• Confidentiality
• Efficient (ability to manage multiple tasks)
• Ethical
• Patient's Rights
• Manual Dexterity
• Organized
• Sense of Humor
• Physically Fit
• Follow Directions
• Personal Hygiene
WORKER TRAITS & BEHAVIORS

- Punctuality
- Flexible
- Creative
- Adaptable