

**Western Kentucky University
Department of Allied Health
Doctor of Physical Therapy Program**

<u>Course Number:</u>	DPT 747
<u>Course Title:</u>	Women's Health in Physical Therapy
<u>Credit Hours:</u>	2
<u>Lecture Hours:</u>	6 hours/week
<u>Weekly Schedule:</u>	M, T, Th: 4-6pm
<u>Office Hours:</u>	TBA
<u>Location:</u>	MCHC, Room 3341
<u>Instructor:</u>	Emily Davenport, PT/DPT emilydport@gmail.com 270-991-0111

Course Description:

Overview of the anatomical, physiological, nutritional, psychological, and sociological influences throughout the woman's life span including: adolescence, the reproductive years, the middle years, and older age. Discussion of physical therapy management of musculoskeletal, integumentary, cardiopulmonary, and genitourinary pathologies common to women. Prerequisite: Open only to DPT students in good standing.

Course Objectives:

At the completion of the course content, the student will be able to:

1. Discuss the phrase "women's health", its significance in society, particularly as it relates to rural and underserved areas, and within the profession of physical therapy.
2. Analyze the socialization of women and the cultural mores that affect behaviors, especially as it relates to seeking health care. (CC-5.18)
 - a. Discuss the need for culturally competent instruction, including the special needs of women in rural and underserved areas, as it relates to achieving goals and outcomes. (CC-5.18)
3. Explain anatomical and physiologic development of the female adolescent.
4. Describe the anatomy and function of the pelvic floor and its related organs.
5. Discuss physical therapy management of pelvic floor dysfunction.
6. Discuss the anatomy and physiology of urinary/fecal continence.
7. Discuss sexuality, sexual function, and common sexual issues in women.
8. Explain the major stages and characteristics of pregnancy, labor, and delivery.
9. Explain the normal physiologic changes of pregnancy in the organ systems and musculoskeletal system.
10. Discuss the psychological and emotional aspects of child bearing and the post-natal period.

11. Design prenatal and antenatal exercise/wellness programs. (CC-5.39a) (CC-5.50)
12. Describe the physiological and endocrine changes of menopause and how to manage the associated systemic changes.
13. Discuss health promotion, health risks, and prevention of gynecological problems in the reproductive and middle years. (CC-5.51)
14. Discuss functional disorders of the anorectum and pain syndromes. (CC-5.30p)
15. Describe pathology and physical therapy interventions for osteoporosis, breast cancer, lymphedema, coronary artery disease, and gynecological surgery.
16. Describe specific concerns and physical therapy interventions for women in the late years (age 65 and older).
17. Discuss development of a personal lifetime plan for health, exercise, wellness, and fitness. (CC-5.51)
18. Appropriately determine the patient/client who requires medical care not within the scope of physical therapy practice. (CC-5.27)
 - a. Discuss the necessity for culturally competent care for patients in collaboration with other practitioners. (CC-5.54) (CC-5.55)
19. Perform a physical therapy patient examination using appropriate screening, history, systems review, tests, and measures. (CC-5.28) (CC-5.29)

Course Structure and Learning Experience:

This course combines lecture and laboratory teaching. Laboratory portion of course will also be utilized to practice skills taught in class with the feedback and guidance of professor and laboratory assistants. Case studies will be utilized to integrate and practice a wide variety of skills as outlined in behavior objectives.

The student will gain knowledge in this course from the combination of 1) self-study (i.e., required reading assignments), 2) lecture material, 3) laboratory sessions, 4) collaborative projects, and 5) group discussions. Emphasis will be placed on accuracy of evaluation techniques, the ability to interpret test results, the organized manner in which an evaluation is performed, the accurate development of a patient problem list, and the ob/gyn treatment rendered. This course will prepare the student to enter the clinic and conduct an evaluation of any patient with obstetric or gynecologic dysfunction and outline a safe and effective treatment plan for the patient. The student will also be able to perform testing and treatment planning to promote health, wellness, and fitness for women.

Evaluation Methods:

1. Attendance

Attendance and promptness to class will be monitored. Students must sign in at the beginning of each lecture/presentation and document the time of arrival. One point will be deducted each time for tardiness and 2 points for each unexcused absence.

2. Testing

a. Written Exams

There will be a midterm and a final. If any student does not or cannot take the final due to an emergency, then plans must be made at the discretion of the professor to complete all coursework within a specified time period. Each student must take all exams.

b. Participation and Preparation

Students will also be graded 10 points on class participation and preparation.

3. Grading

a. Course Grading

The final course grade is a letter grade. The course grade will be based on the following:

Midterm Exam	100 points
In Class Assignments	50 points
Written Final	100 points
Participation	<u>10</u> points
Total	260 points

b. Numeric and Letter Grade Translation

A	90-100
B	80-89
C	70-79
F	<70

Instructional Practices:

1. Teaching Methods

- a. Lecture
- b. Class discussion
- c. Student self-study

2. Teaching Aides

- a. White board
- b. Video
- c. PowerPoint
- d. Anatomical models

Course Policies

1. Refer to WKU DPT Student Manual for the following items:

- a. Student Responsibilities (p. 40)
- b. Student Disability Services (p. 48)
- c. Copyright (p. 42)
- d. Academic Misconduct (p. 27)
- e. Religious Holidays Notification (p. 35)
- f. WKU Writing Center (p. 48)
- g. Missed Class(es)/Student (p. 34)
- h. Professional Behaviors (p. 22)

The instructor reserves the right to make changes in the course schedule as needed to accommodate guest lecturers or to alter course content.

Optional Texts:

- 1. *Women's Health in Physical Therapy.* Jean Irion and Glenn Irion. Lippincott, Williams and Wilkins.

DPT 747
Women's Health in Physical Therapy

Content Outline

Week 1	Women's health in physical therapy Pelvic floor anatomy Pelvic floor examination
Week 2	Bowel and Bladder Urinary incontinence physiology and treatment Gynecological dysfunction and treatment Pelvic floor examination and documentation
Week 3	Exam I Clinical Science Pain Psychology Endocrinology – adolescence through menopause (including pathology in menopause) Pregnancy and the puerperium Prenatal and postnatal education and exercise, guest lecturer
Week 4	Breast cancer and rehabilitation Lymphedema
Week 5	Body image and nutrition Osteoporosis examination and intervention Final Exam