

POPLPRAC 756

Adult Rehabilitation Studies

30 Points
Semester 2, 2012

Course Prescription

This course focuses on the rehabilitation of adults with an acquired or traumatic condition; including an in-depth exploration of the philosophy of rehabilitation interwoven with the development of clinical rehabilitation skills. The concepts addressed in Adult Rehabilitation Studies reflect the eclectic nature of the discipline.

Goals of the Course

The focus of this programme is the enhancement of rehabilitation practice across a wide spectrum of settings. It integrates theoretical concepts with key aspects of clinical rehabilitation. The course is intended for nurses, occupational therapists, physiotherapists, speech-language therapists, doctors and other health professionals providing rehabilitation services in a variety of environments.

The fundamental principles of contemporary rehabilitation will be examined. In addition there will be exploration of some of the diverse theoretical frameworks that underpin current rehabilitation practice. This will provide a broad framework for developing an understanding of contemporary rehabilitation. The course is concerned with how theories explicitly or implicitly influence practice.

Learning Outcomes

The course aims to:

- Critically analyse the comparative healthcare impact of key theoretical frameworks that underpin contemporary rehabilitation
- Explore the significance of accurate measurement and planning of rehabilitation.
- Critique common factors affecting the rehabilitation process
- Analyse and compare the roles of the multidisciplinary team in rehabilitation
- Identify and explain the psycho-social aspects of rehabilitation.

Content Outline

The course is built round three principles recognized by rehabilitation professionals:

- i. Rehabilitation is person-centred so psychological and social perspectives are therefore of prime importance and no boundary can be drawn between "health" and "social" aspects of rehabilitation
 - ii. Rehabilitation is a trans-disciplinary activity so that the effectiveness of different rehabilitation professionals is likely to be enhanced by opportunities for shared learning
 - iii. Rehabilitation should be so far as possible evidence-based.
1. Disability including the examination of broad models of disability: these are human capacity (includes medical model, psychological and educational), public studies (involves examination of empowerment, integration and cultural responsiveness), cultural studies (approaches disability and the role of the individual and family from the perspective of how they are viewed within their particular society).
 2. Rehabilitation concepts: exploring the differences between concepts used by professionals with differing backgrounds and by users of services. In addition there will be discussion of team dynamics and the concept of trans-disciplinary teams will be explored.
 3. Theoretical models relevant to rehabilitation processes: for example, models of motor recovery in physiotherapy and nursing models.

