

Contemporary Therapeutic Aquatics: Interprofessional Course

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BACKGROUND

Aquatic therapy can meet the needs of individuals from childhood to older adulthood with a variety of health conditions, and, in certain situations, is preferable to land-based therapy. Information on this specialized area of practice is minimally covered in entry-level occupational and physical therapy curricula, yet aquatic therapy is a rapidly expanding area of practice.

COURSE DESCRIPTION

- Interprofessional course for occupational and physical therapy students weekly classes, each 2.5 hours, over 10 weeks,
- Classes consist of 1) a didactic portion, 2) in-pool learning activities and optional in-pool practice at the end of each session.
- Evidence-based, skilled practice with a variety of patients/clients in an aquatic environment.
- Includes treatment, rehabilitation, prevention, health, wellness, and fitness in an aquatic environment.
- Clinicians expert in each topic brought in to lecture & teach in pool



COURSE TOPICS PER CLASS

Physics of Water and Affective Issues	Wellness/Cardio
Safety and Mental Adjustment	Special Techniques
Orthopedic Conditions	Special Populations
Neurological Conditions	Business Aspects
Pediatrics	

COURSE OBJECTIVES

Students will:

1. understand and apply knowledge of the properties of water
2. discuss general water safety, precautions, and contraindications pertaining to musculoskeletal, neurological, cardiopulmonary, fitness/wellness, adult developmental disabilities, pediatrics and/or other populations.
3. demonstrate specific methods and techniques for evaluation and treatment of musculoskeletal, neurological, cardiopulmonary, fitness/wellness, adult developmental disabilities, and/or pediatric populations.
4. demonstrate sensitivity to factors that influence client participation such as fear, body image, and intimacy while demonstrating effective use of self.
5. demonstrate understanding of business practices regarding aquatic therapy, including reimbursement, documentation, advanced practice opportunities and related resources

IPE COURSE DEVELOPMENT

- Collaboration of expert faculty in OT and PT and specialized aquatics experience
- Negotiate schedules incorporating schedules of students, faculty, and clinicians
- Partnered plans with availability of the Jeff IBC Wellness Center pool
- Utilized University Clinical Skills Simulation Center standardized patients for in pool practicum

LEARNING ACTIVITIES

- IP Team Projects – In-class presentation and pool demonstration, PT and OT dyad
- Written Final Exam – administered online
- Pool Practicum with Standardized Patient—individual implementation of intervention with handling



STUDENT FEEDBACK – COURSE EVALUATION

Students agree/strongly agree:

Content learned:

100%:

- having knowledge in properties of water, applied to intervention
- developed skill in designing therapeutic interventions
- learning more about how OT's and PT's use the aquatic environment

88%:

- understanding how evidence supports aquatic therapy

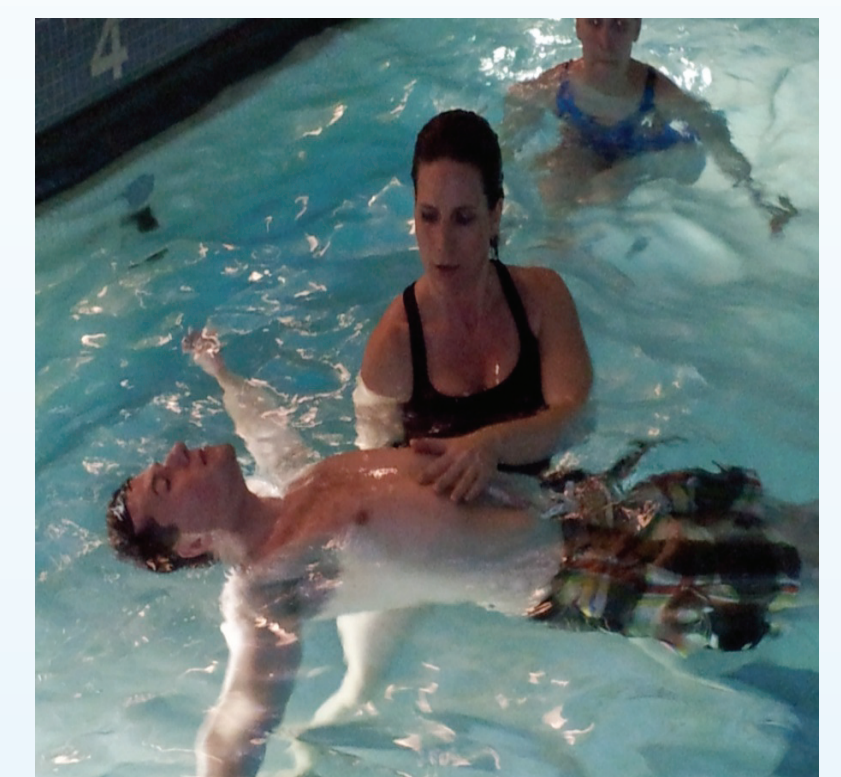
Strengths of the Course

100%:

- Class discussions, Guest speakers, Class structure (didactic & in pool sessions)

88%:

- Practicum with Standardized Patients, Interprofessional Team Project



STUDENT COMMENTS

- I enjoyed being able to participate in class and then carry over what we learned in the pool afterwards. I was very satisfied with this course overall.
- (I will remember) the relationships we got to actually build interprofessionally
- Overall my favorite class this semester by far!
- The standardized patient experience was the most real I have experienced in my time at Jefferson.
- I liked “The awesome zumba class!!!! Reminded us that ultimately the pool should be FUN!!