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
- Safety and Mental Adjustment
- Orthopedic Conditions
- Neurological Conditions
- Pediatrics
- Wellness/Cardio
- Special Techniques
- Special Populations
- Business Aspects

**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

**LEARNING ACTIVITIES**

- 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

**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!!"

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