

COMMUNITY PHYSIOTHERAPY

Advances in Community Physiotherapy –Part I (Essentials of Community Physiotherapy)

1. Health and Illness; Levels of Healthcare & Fitness
2. Principles and practice of fitness training for health promotion in community
3. Basic Concepts of rehabilitation and foundations of rehabilitation
4. Institute based rehabilitation services and multi-disciplinary approach.
5. Methodology of CBR with reference to National Health Delivery system.
6. Role of National Institutes, District Rehabilitation Centre and Primary Health Centre (with appropriate exposure).
7. Public awareness to the various disabilities. Communications, Message generation and dissipation.
8. National and UN (United Nations) Legislations for persons with disability.
9. Disability detection and early intervention.
10. Appropriate Technology, Assistive devices used for Stability & Mobility to enhance function
11. Home exercise programs for various classifications of disabilities.
12. Physical fitness, stress management through yoga and psychosomatic approaches.
13. Principles and practice of Rehabilitation and outreach services including domiciliary services
14. Role of Government in CBR, inter-sectoral programs and co-ordination. Implementation of the Act.
15. Role of Non-Government organizations in CBR.
16. Community dynamics & scope of community physiotherapy.
17. Physiotherapist as a Master Trainer in CBR.
18. Role of Physiotherapist in disaster management

Advances in Community Physiotherapy – Part II (Women’s Health, Industrial Health and Geriatric Health)

1. Evaluation and theories of aging; Assessment of the elderly;
2. Exercise prescription for the elderly; Psychosocial and safety issues in elderly
3. Geriatric Rehabilitation
4. Holistic physiotherapy for the aged.
5. Physiotherapy in maternal and child health care.
6. Women’s, Health: Women’s reproductive health and health care;
7. Exercise prescription in pre and post- natal stage;
8. Diagnosis and treatment of musculoskeletal pain and dysfunction during pregnancy
9. Diagnosis and treatment of musculoskeletal pain and dysfunction during post menopause.
10. Treatment of Incontinence and Pelvic floor dysfunction; Special problems related to women.
11. Occupational Health, Occupational Hazards, Industrial Hygiene, Vulnerable workers group and labor law;
12. Industrial therapy, Injury prevention and returning the worker to productivity
13. Ergonomics, Principles, Issues related to hand tools, posture, material handling and lifting
14. Prevention of work related Injuries and redesigning workspace, Designing auditory and visual displays for workers; Occupational stress; Environmental Pollution – noise, vibration etc.
15. Physiotherapy role in industry – preventive, intervention, ergonomic and rehabilitative.
16. Recent Advances in **Women’s Health, Industrial Health and Geriatric Health** in Community Physiotherapy.
17. Evidence Based Practice in Community Health.

Clinical Posting Second Year -

Gynecology and Obstetrics, antenatal postnatal OPD, geriatric OPD, PHC/CHC in Rural areas, Urban slums, Industry, Old Age Homes, Physical Rehabilitation Centers

Examination Pattern: All papers to be set and evaluated by speciality teachers. Topics from Applied Physiotherapeutics Paper I & II can be subject to application as per speciality

Theory Examination

- There shall be four theory papers of 100 marks each
- Each paper shall be of three hours duration

Paper I - Applied Physiotherapeutics Paper I (Applied biomechanics& clinical kinesiology, exercise physiology and nutrition, Electrophysiology and Electrodiagnosis)

Paper II - Applied Physiotherapeutics Paper II (Physiotherapy Diagnosis and Clinical Decision Making, Evidence Based practice and Advanced Physiotherapeutics)

Paper III – Advances in Physiotherapy (Speciality)- I
 Paper IV- Advances in Physiotherapy (Speciality)- II

Question paper pattern :

Q. No.	Nature of question	Distribution of marks	Total marks
1.	Long Answer question answer any one	1 ×30	30 marks
2.	Long Answer question answer any one	1×30	30 marks
3.	Solve any four out of five SAQ	4×10	40 marks

Practical 400 marks

Long Case I – Speciality – Paper I – 150 marks
Long Case I – Speciality – Paper II – 150 marks
Short Case – Allied – 50 marks
Dissertation & Research Viva- 30 marks
Presentation of Teaching Skills - 20 marks

BOOKS & JOURNALS OF COMMUNITY PHYSIOTHERAPY

- 1) Geriatric Physical Therapy By Andrew A. Guccione, 2nd Edition (Mosby 2000)
- 2) Developing Cultural Competence In Physical Therapy Practice By Jill Black Lattanzi, Larry D. Purnell (F.A.Davis Company, Philadelphia 2006)
- 3) Rehabilitation Of The Aging And Elderly Patient By Gerald Felsenthal, Susan J. Garrison, Franz U. Steinberg (Williams &Wilkins 1994)
- 4) Physical Therapy Of The Geriatric Patient By Jackson Osa. Churchill Livingstone. New York.
- 5) Geriatric Physical Therapy: A Clinical Approach By Carole B. Lewis And Jennifer Bottomley (1993)
- 6) Geriatric Rehabilitation Manual By Timothy L. Kauffman (1999)
- 7) Manual Of Geriatric Rehabilitation By David X. Cifu (2003)
- 8) Functional Fitness For Older Adults By Patricia A. Brill (2004)
- 9) Epidemiology Of Aging – An Ecological Approach By William A. Satariano (Jones And Bartlett Publishers, 2006).
- 10) Little Black Book Of Geriatrics, By Karen Gershman, Mccullough Dennis 4th Edition (Jones And Bartlett Publishers, 2008).
- 11) Burnside’s Working With Older Adults, Group Process And Techniques By Barbara Haight,

Faith Gibson; 4th Edition (Jones And Bartlett Publishers, 2005).

- 12) Developing Cultural Competence In Physical Therapy Practice, Jill Black Lattanzi, Larry D. Purnell (2006 F.A. Davis).
- 13) Industrial Therapy, Key.G.L. (1987 Mosby)
- 14) Physiotherapy In The Community , Gibson, Ann. 1988, Woodhead-Faulkner (Cambridge, Wolfeboro, N.H., USA)
- 15) Community Rehabilitation In Neurology, Michael P. Barnes, Harriet Radermacher, Cambridge University Press 2009
- 16) Community Care For Health Professionals, Ann Crompton And Mary Ashwin, (Butterworth – Heinemann 2000)
- 17) Ruth Sapsford, Joanne Bullock Saxton, Sue Markwell, “Women’s Health: A Textbook For Physiotherapists, 1998, Bailliere Tindall.
- 18) Physiotherapy In Obstetrics And Gynecology, Margaret Polden And Jill Mantle, Butterworth-Heinemann Publishers, Stoneham, MA, 1990
- 19) Obstetrics And Gynecologic Physiotherapy , Elaine Wilder, Churchill Hill Livingstone.
- 20) Rebecca G. Stephenson, Linda J. O’ Connor, “Obstetric And Gynecologic Care In Physical Therapy”, 2000, Slack Incorporated 2 Edition.
- 21) Carolyn Kisner, Colby Allen lynn, “Therapeutic Exercise Foundations And Techniques, 5th Edition.
- 22) Bo, Kari; Berghmans, Bary, “Evidence-Based Physical Therapy For The Pelvic Floor: Bridging Science And Clinical Practice”, 2007, Churchill Livingstone (London)
- 23) Irion, Jean M.; Irion, Glenn, “ Women's Health In Physical Therapy: Principle And Practices For Rehabilitation Professional”, 2009, Lippincott Williams And Wilkins (Philadelphia).
- 24) David Wise, Rodney U. Anderson, J. Laycock, “Therapeutic Management Of Incontinence And Pelvic Pain: Pelvic Organ Disorders”, 2007, Springer; 2nd Ed. Edition.
- 25) Matthew Parsons, Linda Cardozo, “Female Urinary Incontinence In Practice”, 2004, Royal Society Of Medicine Press.
- 26) John Cox And Jeni Holden, “Perinatal Mental Health - A Guide To The Edinburgh Postnatal Depression Scale”, 2003, Gaskell Publisher.
- 27) Carrie Hall And Lori Thein Brody, “Therapeutic Exercise: Moving Towards Function, 2005, Lippincott Williams &Wilkins.
- 28) Padubidri Vg Shirish N Daftary, Shaw's Textbook Of Gynecology, Elsevier India P Ltd 2008.
- 29) Gary Cunningham Et Al, Williams Obstetrics, Mcgraw Hill Professional, 2001
- 30) Kevin P Hanretty, Et Al, Obstetrics Illustrated, Churchill Livingstone; 6 Edition
- 31) David Makay Hart, Et Al Gynaecology Illustrated, Churchill Livingstone 2000.
- 32) 1.Rehabilitation. 2.Disabled Persons. 3.Community Health Services. 4.Health Policy. 5.Human Rights.6.Social Justice. 7.Consumer Participation. 8.Guidelines.
WHO Library Cataloguing-in-Publication Data
- 33) I.World Health Organization. II.UNESCO.
- 34) III.International Labour Organisation. Iv.International Disability Development Consortium.
- 35) IsBn 978 92 4 154805 2 (nlm classification: wB 320)
- 36) © World Health Organization 2010
- 37) 2) **Prejudice & Dignity : An introduction to Community-Based Rehabilitation** by Einar Helander United Nations Development Programme . Publication NO, E93-III-B.3, ISBN92-1-126032-9.
- 38) 3) **Training in the Community for People with Disabilities** by E. Helander , P.Mendis, G.Nelson, and A.Goerd. Published by WHO Geneva 1989.
- 39)) **Finnie's Handling the Young Child with Cerebral Palsy at Home**, 4th Edition 2008, Editor: Eva Bower

Journals

- 1) Journal Of Rehabilitation – Research And Development
- 2) Archives Of Physical Medicine And Rehabilitation
- 3) Geriatric Physical Therapy
- 4) Journal Of Geriatrics
- 5) Journal Of Indian Academy Of Geriatrics
- 6) Journal Of Clinical Gerontology & Geriatrics.

