

**Clinical, Technical and Operational Support Skills
Provided by
Rehabilitation Assistants
(OTA/PTA/SLPA)**

**Capilano University
Rehabilitation Assistant Diploma Program**

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Fourth Edition**

**STUDENT REHABILITATION ASSISTANT
CLIENT-CENTRED SKILLS LIST
CLINICAL SUPPORT**

Procedure	Needs Practice (initial only)	Competent Completion	Clinician Signature	Date
Bed Mobility				
<input type="checkbox"/> 1-2 person assist roll supine/side lying				
<input type="checkbox"/> 2 person assist to move patient up bed				
<input type="checkbox"/> 1 person assist supine to dangling				
<input type="checkbox"/>				
specify others				
Sit To Stand 1 person				
<input type="checkbox"/> At the bedside				
<input type="checkbox"/> In parallel bars				
<input type="checkbox"/> At a walker				
<input type="checkbox"/> With crutches				
Transfers				
<input type="checkbox"/> 1 person assist bed/chair standing pivot				
<input type="checkbox"/> 1 –2 person assist bed/chair sliding board				
<input type="checkbox"/> Overhead bar				
<input type="checkbox"/> Toilet				
<input type="checkbox"/> Bath				
<input type="checkbox"/> Car				
<input type="checkbox"/> Mechanical lift				
<input type="checkbox"/> Ceiling track lift				
<input type="checkbox"/>				
specify others				
Positioning Use proper positioning and handling				
<input type="checkbox"/> Bed sitting posture				
<input type="checkbox"/> Bed lying posture				
<input type="checkbox"/> Bed positioning for CVA patient				
<input type="checkbox"/> Wheelchair sitting posture				
<input type="checkbox"/> Safe swallowing postures				
Apply positioning devices for comfort, safety and/or function				
<input type="checkbox"/> Collars				
<input type="checkbox"/> Slings				
<input type="checkbox"/> Hand splints				
<input type="checkbox"/> Foot orthoses				
<input type="checkbox"/> Wheelchair accessories e.g. trays, lap belts				
<input type="checkbox"/>				
specify others				
Ambulation and Aids - Ambulate a patient				
<input type="checkbox"/> Guarding techniques with/without aid				
Hover to minimal assist using:				
<input type="checkbox"/> wheeled walker				
<input type="checkbox"/> standard walker				
<input type="checkbox"/> cane / quad cane				
<input type="checkbox"/> crutches				
<input type="checkbox"/> minimal assist using transfer belt				

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Procedure	Practice Required (initial only)	Competent Completion	Clinician Signature	Date
Ambulation and Aids - continued				
2 person moderate to major assist with				
<input type="checkbox"/> walker				
<input type="checkbox"/> cane / quad cane				
<input type="checkbox"/> parallel bars				
<input type="checkbox"/> Assist up from floor				
<input type="checkbox"/> Teaching down/up from floor with crutches/walker				
Instruct/Hover assist a patient in:				
<input type="checkbox"/> Crutch Walking (NWB)				
<input type="checkbox"/> Crutch Walking up/down stairs (NWB)				
<input type="checkbox"/> Cane up/down stairs (PWB)				
<input type="checkbox"/> Ambulate patient with portable O ₂				
<input type="checkbox"/> Ambulate a patient with hemiplegia				
specify others				
Cardio-Respiratory Function				
<input type="checkbox"/> Teach deep breathing exercises / coughing				
<input type="checkbox"/> Teach /assist patient with incentive spirometry				
<input type="checkbox"/> Take heart rate / pulse				
<input type="checkbox"/> Switch patient from wall oxygen to portable oxygen				
<input type="checkbox"/> Take O ₂ saturation with monitor				
<input type="checkbox"/> Take blood pressure				
<input type="checkbox"/>				
specify others				
Physical Skills/Exercise				
<input type="checkbox"/> Perform Passive Range of Motion on a patient				
<input type="checkbox"/> Perform PROM – neuro patient with tone				
<input type="checkbox"/> Instruct/supervise bed exercises				
<input type="checkbox"/> Instruct/supervise exercise program				
<input type="checkbox"/> Progress/Modify exercise program				
<input type="checkbox"/> Record progress on exercise flow chart				
<input type="checkbox"/> Exercises to increase tolerances e.g. standing, sitting				
<input type="checkbox"/> Community gym exercise program to develop/restore physical skills				
Utilize the following exercise equipment:				
<input type="checkbox"/> weights				
<input type="checkbox"/> therapy ball				
<input type="checkbox"/> slings / springs				
<input type="checkbox"/> balance board				
<input type="checkbox"/> resistive tubing				
<input type="checkbox"/> resistive putty				
<input type="checkbox"/> Bosu				
<input type="checkbox"/>				
specify others				

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Exercise Groups Teach exercise programs				
<input type="checkbox"/> Groups to restore skills e.g. Arthritis, joint replacement, CVA, core stability				
<input type="checkbox"/> Exercises to increase function e.g. hand group				
<input type="checkbox"/> Maintenance exercise groups for seniors/elders				
<input type="checkbox"/> Community group exercise walk for endurance				
<input type="checkbox"/>				
specify others				
Modalities/Methods				
Thermal				
<input type="checkbox"/> test a patient for hot / cold sensitivity				
<input type="checkbox"/> prepare and apply a hot pack				
<input type="checkbox"/> prepare and apply a cold pack				
Electrophysical				
apply and remove electrodes for the following modalities:				
<input type="checkbox"/> TENS				
<input type="checkbox"/> EMS				
Other				
<input type="checkbox"/> Apply compression stockings				
Assist in the preparation of:				
<input type="checkbox"/> mechanical traction				
<input type="checkbox"/> laser				
<input type="checkbox"/> interferential current				
<input type="checkbox"/> ultrasound				
<input type="checkbox"/>				
specify others				
Seating/Mobility Provide training in				
<input type="checkbox"/> Regular wheelchair mobility				
<input type="checkbox"/> Power mobility devices including scooters				
<input type="checkbox"/> Strategies to improve driving skills including rules of the road				
<input type="checkbox"/> Ongoing care and maintenance of mobility devices				
<input type="checkbox"/>				
specify others				
Psychosocial Skills Provide social groups				
<input type="checkbox"/> to develop stress relaxation techniques				
<input type="checkbox"/> to develop or restore interaction skills in mental health				
<input type="checkbox"/> to maintain psychosocial functions with seniors/elders				
<input type="checkbox"/>				

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Procedure	Requires Practice (initial only)	Competent Completion	Clinician Signature	Date
Cognitive Skills				
<input type="checkbox"/> Train in use of compensatory strategies with clients who have brain injuries e.g. use of day timer				
<input type="checkbox"/> Maintain function in clients with dementia e.g. memory box, story telling				
<input type="checkbox"/>				
<input type="checkbox"/>				
Perceptual Motor Skills				
<input type="checkbox"/> Train skill development/restoration e.g. visual neglect				
<input type="checkbox"/>				
<input type="checkbox"/>				
Communication Skills				
<input type="checkbox"/> Train in oral-motor exercises				
<input type="checkbox"/> Provide/use of supportive conversation techniques				
<input type="checkbox"/> Trains use of skills in all modalities including:				
<input type="checkbox"/> Reading				
<input type="checkbox"/> Writing				
<input type="checkbox"/> Talking				
<input type="checkbox"/> Understanding				
<input type="checkbox"/>				
Self Care: ADL				
Provide ADL Training tasks, including selecting and teaching use of appropriate equipment				
<input type="checkbox"/> Bathing/Washing				
<input type="checkbox"/> Grooming				
<input type="checkbox"/> Dressing				
<input type="checkbox"/> Eating				
<input type="checkbox"/>				
specify others				
Self Care: IADL				
Provide IADL training tasks, including selection, teaching and use of equipment and resources				
<input type="checkbox"/> Use of Joint Protection/Energy Conservation				
<input type="checkbox"/> Meal Planning and Preparation				
<input type="checkbox"/> Grocery Shopping				
<input type="checkbox"/> Financial management e.g. basic money/math skills				
<input type="checkbox"/> Public Transit				
<input type="checkbox"/> Light Housekeeping e.g. cleaning kitchen/bath, vacuuming, bed making, laundry etc.				
<input type="checkbox"/>				
<input type="checkbox"/>				

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Procedure	Requires Practice (initial only)	Competent Completion	Clinician Signature	Date
Productivity				
<input type="checkbox"/> Provide work simulation activities including material handling				
<input type="checkbox"/> Support Gradual Return to Work at worksite				
<input type="checkbox"/> Demonstrate ergonomic positioning				
Support Avocational activities including				
<input type="checkbox"/> Parenting and Eldercare				
<input type="checkbox"/> Volunteering				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				
Leisure				
<input type="checkbox"/> Support client in community recreational activities				
<input type="checkbox"/> Provide recreational programs in residential setting				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				

Collect Client Information				
<input type="checkbox"/> Gather relevant intake information				
<input type="checkbox"/> Measure ROM accurately				
<input type="checkbox"/> Score tests/tallies information accurately				
<input type="checkbox"/> Prepare Objective data collection e.g. Run Charts				
<input type="checkbox"/> Record and report client responses				
<input type="checkbox"/> Assist Clinician during modified barium swallow				
<input type="checkbox"/> Perform hearing screening				
<input type="checkbox"/>				
specify others				

**STUDENT REHABILITATION ASSISTANT
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TECHNICAL SUPPORT**

Procedure	Requires Practice (initial only)	Competent Completion	Clinician Signature	Date
Ambulation and Aids				
Measure, Fit and Adjust for patient:				
<input type="checkbox"/> walker				
<input type="checkbox"/> cane				
<input type="checkbox"/> crutches				
<input type="checkbox"/> parallel bars				
<input type="checkbox"/>				
specify others				
Splinting, Aids and Applications				
<input type="checkbox"/> Work with product provided to increase function e.g. removing buttons and adding velcro				
<input type="checkbox"/> Complete item started by clinician e.g. finish splint with straps, smooth edges				
<input type="checkbox"/> Follow pattern or specifications for finished product e.g. assemble wheelchair, sew slippers				
<input type="checkbox"/>				
<input type="checkbox"/>				
Seating and Mobility				
<input type="checkbox"/> Provide standard wheelchair equipment e.g. arms, footrests, headrests				
<input type="checkbox"/> Provide specialized seating e.g. Jay, Roho				
<input type="checkbox"/> Prepare and assemble wheelchair components				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				
Adjusts or Maintains Equipment				
<input type="checkbox"/> Perform infection control procedures per policy				
<input type="checkbox"/> Clean and maintain equipment e.g. hydrotherapy				
<input type="checkbox"/> Check machines for problems e.g. loose pedal on exercise bike				
<input type="checkbox"/> Provide adjustment for architectural barriers through addition/removal of equipment e.g. installing a raised toilet seat				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				
Communication Devices				
<input type="checkbox"/> Make Communication Board				
<input type="checkbox"/> Adjust/Troubleshoot Hearing Aids				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				

**STUDENT REHABILITATION ASSISTANT
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OPERATIONAL SUPPORT**

Procedure	Requires Practice (initial only)	Competent Completion	Clinician Signature	Date
Supports People				
<input type="checkbox"/> Welcome and orient patients				
<input type="checkbox"/> Provide information according to policies				
<input type="checkbox"/> Demonstrate or assist to teach Body Mechanics to staff				
<input type="checkbox"/>				
<input type="checkbox"/>				
specify others				
Supports Practice Environment				
<input type="checkbox"/> Provide general support e.g. answering phone, booking appointments, scheduling rooms, copying and filing				
<input type="checkbox"/> Prepare treatment areas/morning routine e.g. icepacks, fresh linens, fill ultrasound gels				
<input type="checkbox"/> Prepare equipment for treatment				
<input type="checkbox"/> Prepare food tray for modified barium swallow				
<input type="checkbox"/>				
specify others				
Supports Management of Things				
<input type="checkbox"/> Order, check, store equipment and supplies				
<input type="checkbox"/> Coordinate, track maintenance/annual equipment calibration				
<input type="checkbox"/> Prepare, file, track health records				
<input type="checkbox"/> Collect, summarize data e.g. workload/outcome measurement				
<input type="checkbox"/> Maintain library				
<input type="checkbox"/> Search/locate information requested e.g. internet or literature search				
<input type="checkbox"/>				
specify others				