

Occupational Therapy/Physiotherapy Assistant (OTA/PTA) Clinical Competencies
Integrated Stroke Program

Name: _____ **Professional Designation:** _____
Number of years in current position: _____ **Date:** _____

Novice	<p>Marginal conceptual understanding, minimal clinical experience, very little foundational knowledge of the topic area, textbook/classroom knowledge</p> <ul style="list-style-type: none"> You frequently seek assistance in making clinical decisions You have minimal practice in this area
Advanced Beginner	<p>Conceptual understanding, minimal clinical experience, some foundational knowledge of the topic area</p> <ul style="list-style-type: none"> You have had limited exposure to clinical situations You are able to identify normal findings You are guided by what you need to do rather than by patient responses
Competent	<p>Conceptual understanding and skill performance (competent) and clinically experienced</p> <ul style="list-style-type: none"> You have had varied exposure to many situations You are able to identify normal and abnormal findings You have an awareness of patient and family view points You are able to manage complex situations You are able to prioritize based on patients needs
Proficient	<p>Conceptual understanding, proficient performance, clinically experienced, and able to make quick and accurate clinical judgments</p> <ul style="list-style-type: none"> You have had extensive exposure in most situations You are able to anticipate potential assessment changes You are able to prioritize in response to changing situations You are able to interpret the patient and family experience from a wider perspective
Expert	<p>Analysis, synthesis, application, highly skilled clinically with extensive and well-developed knowledge</p> <ul style="list-style-type: none"> You have had extensive exposure with deep understanding of the situation You are able to rapidly and consistently identify actual and potential assessment changes You are able to rapidly change priorities under all conditions You are able to keep personal values in perspective and therefore able to encourage and support patient and family choices.
Not Applicable	<p>The topic area is not relevant to your practice. In your current role, you would not require this knowledge/skill.</p>

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DISCLAIMER

Listed below are a variety of resources for you to consider. Please feel free to find and include your own resources where applicable.

- <https://www.corhealthontario.ca/>
- <http://ebrsr.com/>
- <https://www.heartandstroke.ca/>
- <https://www.strokebestpractices.ca/>
- <http://www.strokecorecompetencies.org/node.asp?id=home>
- <https://www.strokengine.ca/en/>
- <http://www.swostroke.ca/>

Core Competencies for Stroke	Novice	Advanced Beginner	Competent	Proficient	Expert	Not applicable	Resources	Date
							https://www.corhealthontario.ca/resources-for-healthcare-planners-&-providers/core-competencies/disciplines/occupational-therapy	
1. Principles of Stroke Care								
1.1 Demonstrates awareness of the principles of impairment, activity and participation as described by the World Health Organization, and how these principles are relevant to function and quality of life of persons with stroke, while maintaining cultural sensitivity.								
1.2 Demonstrates knowledge of the guiding principles of client-centered care and supports this approach in practice.								
1.3 Demonstrates an understanding of the concepts that impact stroke rehabilitation.								

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1.4 Demonstrates knowledge of the other disciplines' roles in the management of a person with stroke and has an understanding of the concept of interprofessional collaborative practice.								
2. Anatomy and Physiology of Stroke								
2.1 Demonstrates knowledge of neuroanatomical structures that impact clinical presentation and stroke recovery: <ul style="list-style-type: none"> •Brain functions according to lobe, hemisphere •Penumbra region •Vascular supply •System-based neuroanatomy (i.e.corticospinal system, reticulospinal,vestibulospinal system, cerebellum, basal ganglia) 								
2.2 Demonstrates awareness of the effects of a stroke and potential complications including: <ul style="list-style-type: none"> •Deep vein thrombosis and pulmonary embolism •Dysphagia and aspiration pneumonia •Impaired respiratory function •Impaired cardiovascular function •Skin breakdown and decubitus ulcers 								

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<ul style="list-style-type: none"> •Urinary tract infection •Bowel and bladder dysfunction •Cognitive and perceptual deficits •Muscle weakness •Changes in muscle tone and contractures •Shoulder and other joint injuries •Pain Emotional changes (e.g., depression, ability, anxiety) •Communication difficulties Visual difficulties •Behavioural changes •Neglect •Sexual dysfunction 								
2.3 Demonstrates a basic understanding of vital signs, their normal ranges, and implications of abnormal values with respect to appropriateness for OT/PT intervention, secondary stroke prevention and impact on daily functioning.								
3. Cardiovascular and Respiratory Effects								
3.1 Demonstrates awareness of the signs and symptoms of altered cardiovascular and respiratory function as it relates to the person with stroke.								

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4. Psychosocial Effects								
4.1 Awareness of the psychosocial effects of a stroke and recognition of their signs/symptoms and their impact on patient engagement/motivation/participation in the OT/PT programming								
4.2 Recognizes signs/symptoms of psychological issues, collaborates with the care team and/or refers to another team member when warranted to ensure the needs of the person with stroke are addressed.								
5. Communication								
5.1 Awareness that communication disorders can occur after a stroke including aphasia, dysarthria, and apraxia and their impact on daily functioning, activity engagement, and OT/PT treatment								
5.2 Demonstrates effective communication strategies when interacting with persons with stroke applying principles of Supported Conversation for Adults with Aphasia.								

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6. Independence in Mobility and Prevention of Complications of Immobility								
6.1 Utilizes safe, proper handling and positioning of the person with hemiplegia to prevent complications (e.g. shoulder subluxation, skin breakdown, changes in muscle tone etc.) and optimize mobility and function.								
6.2 Uses appropriate mobility aids and assistive devices that enable safe and efficient function for the person with stroke (as prescribed by OT/PT)								
6.3 Implements effective gait training and incorporated functional strategies that include a variety of settings and environments								
6.4 Uses appropriate handling techniques to improve postural control, ROM, balance and coordination, upper extremity function.								
7. Routine Activities of Daily Living								
7.1 Awareness of ADL assessments (e.g. feeding, toileting, grooming, dressing, bathing)								

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commonly used with persons with stroke that guide OT interventions.								
7.2 Implements treatment techniques as outlined by OT/PT								
7.2 Educate persons with stroke and their caregivers on maximizing independence related to activities of daily living.								
8. Instrumental Activities of Daily Living								
9. Cognitive, Perceptual and Behavioural Changes Following Stroke								
9.1 Has knowledge of cognitive, perceptual and behavioural issues with stroke and how these can impact on safe and independent participation in daily activities.								
10. Sexuality								
10.1 Awareness and transfer of knowledge to patients and family members about the impact of stroke on relationships, intimacy and sexual functioning.								
11. Nutrition								

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11.1 Understands the relationship of nutrition, hydration, modified diets, and alternative-feeding methods as it relates to participation in OT/PT treatment.								
12. Dysphagia								
12.1 Demonstrates an understanding of dysphagia and its management.								
13. Skin Care								
13.1 Applies strategies for prevention of skin breakdown in collaboration with interprofessional team members								
14. Continence Management								
14.1 Identifies common continence issues related to stroke and deficits (e.g. cognition, perception etc.) that may impact continence goals.								
15. Primary and Secondary Stroke Management								
15.1 Identifies the signs of stroke TIA and the knowledge that this indicates a medical emergency.								

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15.2 Describe modifiable and non-modifiable risk factors for stroke and TIA and appropriate intervention.								
15.3 Advise persons with stroke and their caregivers about the rationale supporting secondary prevention management including lifestyle change, physical activity, and stress management as it relates to functional activity.								
16. Transition Management								
16.1 Collaborate with the team and the patient to ensure effective and efficient transfers of care and information to the next stage and setting of care.								