**THE UNITED REPUBLIC OF TANZANIA**

**MINISTRY OF HEALTH**

**MUHIMBILI NATIONAL HOSPITAL**

**MLOGANZILA**

**DIRECTORATE OF MEDICAL SERVICES**

**REHABILITATION MEDICINE DEPARTMENT**

**ICU TRAINING MODULE COURSE OUTLINE FOR PERIPHERAL HOSPITALS IN TANZANIA.**

**COURSE TITLE: PHYSIOTHERAPY IN CRITICAL CARE**

**COUSE CODE: ICP 101**

**COURSE DURATION: 4 WEEKS**

**COURESE VALUE: 20 CPD POINTS**

**GENERAL OBJECTIVE**

The purpose of physiotherapy training in ICU is to equip a trainee with knowledge and clinical skills in the assessment, accurate physiotherapy impression and physiotherapy management of Critical illness using physiotherapy techniques based on clinical findings and evidence Based Practice in **MICU, SICU**, **NICU &PICU**.

**COURSE LEARNING OBJECTIVES**

1. **SESSION ONE:** **EVIDENCE-BASED PRACTICE**

**At the end of learning period trainees should be able to;**

* Explain the concept of evidence-based practice.
* Illustrate components and hierarchy of the evidence-based practice.
* Access Scientific Medical Literature.
* Apply knowledge of proper citations and referencing in professional writings for Evidence Based Practice (EBP).

1. **SESSION TWO: INTRODUCTION TO ICU**

**At the end of learning period trainees should be able to;**

* Appreciate history, types and levels of the Intensive Care Unit.
* Explain the concept of ICU in relation to critical illness.
* Identify Indications for ICU admission.
* Demonstrate ICU protocols.
* Identify precautions and contraindications with regard to physiotherapy in ICU.
* Identify common problems associated with respiratory care in the ICU.

1. **SESSION THREE:** **MECHANICAL VENTILATION**

**At the end of learning period trainees should be able to;**

* + Define the mechanical ventilation
  + Explain basic settings and modes of mechanical ventilator
  + Identify indications for mechanical ventilation
  + Describe the weaning protocol of mechanical ventilation
  + Identify complications of mechanical ventilation

1. **SESSION FOUR:** **ASSESSMENT PROTOCOL AND DOCUMENTATION**

**At the end of learning period trainees should be able to;**

* + Take accurate comprehensive and focused clinical history.
  + Demonstrate privacy, dignity and confidentiality in the context of health assessment.
  + Demonstrate knowledge and skills on patients’ consultation.
  + Critically appraise knowledge and skills within the context of holistic clinical assessment.
  + Accurately carry out documentation of objective and subjective data from the patient.

1. **SESSION FIVE**: **PHYSIOTHERAPEUTIC MODALITIES IN THE ICU AND MULTIDISCIPLINARY APPROACH**

**At the end of learning period trainees should be able to;**

* + Recognize the aims of physiotherapy in the ICU
  + Identify indications for physiotherapy intervention in ICU
  + Identify the Precautions and contraindications of physiotherapy in the ICU.
  + Appropriately perform physiotherapeutic techniques used in the ICU.
  + Utilize outcome measure tools in physiotherapy process in the ICU.
  + Carry out effective and efficient communication with other members of the clinical team.

1. **SESSION SIX:** **BASIC LIFE SUPPORT.**

**At the end of learning period trainees should be able to;**

* + Explain the concept of basic life support
  + Identify key components of basic life support
  + Perform a primary survey
  + Demonstrate cardiorespiratory resuscitation (CPR)
  + Identify emergency lifesaving drugs in relation to physiotherapy practice.

1. **SESSION SEVEN:** **PHYSIOTHERAPY FOLLOWING ORGAN TRANSPLANT**

**At the end of learning period trainees should be able to;**

* + Describe the concept, history, protocols and sources of organ transplant,
  + Role of physiotherapy in organ transplant
  + Pre and post physiotherapy in organ transplant.