INSTITUTE OF PHYSICAL MEDICINE AND REHABILITATION (IPM & R)
The field of physical medicine and rehabilitation is relatively young, growing and a neglected field in our country. It includes the knowledge of physical therapy, exercise physiology, orthosis, adaptive aids, artificial limbs, occupational therapy, speech therapy special education, vocational training and physical modalities to help patients with acute or chronic disability thus maximizing their level of function and independence. Through out the world this specialty already has proven its clinical practice value as this field not only emphasizes on prevention but also management of disabilities. The increasing number of disabled which according to WHO are 10% of world population are demanding reasonably good quality of life and this is possible only when health care practitioners and society have general understanding of the field of physical medicine and rehabilitation and role of its integral team members. With appropriate rehabilitation services, the majority of people with disabilities can become important contributors to society.

More than 600 million people in the world experience disabilities of various types and degrees. This global disabled population is increasing as a result of population growth, aging, chronic conditions, malnutrition, war natural disasters, bomb blasts, landmines, Violence, road traffic accidents, domestic and occupational injuries. Globally every medical university and major hospital has department of physical medicine & rehabilitation but unfortunately in Pakistan we have not even established one institute since independence. Dow university is the first one to establish this institute which in turn has sub-departments of

- Neuro- rehabilitation
- Cardiac- rehabilitation
- Pediatric- rehabilitation
- Musculoskeletal- rehabilitation
- Pulmonary- rehabilitation
In Pakistan although Physical Medicine & Rehabilitation is growing and neglected field of health care system but the future of this field seems to be very bright. Rehabilitation medicine is the need of the day as 80% of the hospitalized patients require rehabilitation intervention in order to implement functional and independent living.

Institute of Physical Medicine and Rehabilitation Dow University of Health Sciences is the first public sector rehabilitation institute that serves large population of Pakistan through comprehensive multidisciplinary services to all age groups at low affordable cost by trained rehabilitation team with latest equipment and technology. The students of school of occupational therapy, Physiotherapy, prosthesis and orthosis are exposed to early clinical, home and community rehabilitative care programs so that practical implementation and preventive element of rehabilitative care is easy to deliver

The increasing number of disabled are demanding reasonably good quality of life and the main objectives to establish the first institute of Physical Medicine and Rehabilitation in Pakistan at Dow University of Health Sciences are:

- To produce qualified physiatrists, physiotherapists, occupational therapists, language and swallowing pathologists, Orthotists, Prosthetists, vocational therapists and rehabilitation nurses.

- To improve rehabilitative health care system in the country by providing rehabilitation services to disabled at primary, secondary and tertiary hospitals.

- To create opportunities to rehabilitation team members for higher education and better service sector and research.

- To improve the rehabilitative care of disabled in the community, starting from the acute inpatient services, outpatient services ending at ergonomic changes at home and at public areas.

**ADD LIFE TO YEARS**

**NOT**

**YEARS TO LIFE**
The rehabilitation medicine is not organ based but rehabilitates the human as a whole by making disabled people independent at home and at society level. This dynamic and challenging field rehabilitates all age groups through a rehabilitation team which includes
Doctor of Physiotherapy (DPT)
Department/School of Physiotherapy
Dow University of Health Sciences IPMR
(5 Years Program)

Professional qualification is essential in today’s national and international competitive job market. We are pleased to announce that we are starting Doctor of Physiotherapy (DPT) at Dow University of Health Sciences in 2012. Dow University is the first public sector university in Sindh province who is able to offer Doctor of Physiotherapy (DPT) Degree in Karachi.

We aim to provide 5 enjoyable years in an interactive teaching environment where each student feels valued and welcome. All of our teaching and clinical staff hold Master degrees and dedicated to provide high quality physiotherapy teaching.
OBJECTIVES OF THE DPT PROGRAM

Graduates of the doctor of physical therapy program will:

1. Demonstrate in-depth knowledge of the basic and clinical sciences relevant to physical therapy, both in their fundamental context and in their application to the discipline of physical therapy.
2. Understand, correlate and apply theoretical foundations of knowledge to the practice of physical therapy; evaluate and clarify new or evolving theory relevant to physical therapy.
3. Demonstrate the behaviors of the scholarly clinician by developing and utilizing the process of critical thinking and inquiry, particularly focused on the improvement of the practice of physical therapy and the delivery of health care.
5. Demonstrate mastery of entry level professional clinical skills. Provision of these services is based on the best available evidence and includes physical therapy examination, evaluation, diagnosis, prognosis, intervention, prevention activities, wellness initiatives and appropriate health care utilization.
6. Prepared to influence the development of human health care regulations and policies that are consistent with the needs of the patient and of the society.
7. Demonstrate leadership, management, and communication skills to effectively participate in physical therapy practice and the health care team.
8. Incorporate and demonstrate positive attitudes and behaviors to all persons.
9. Demonstrate the professional and social skills to adapt to changing health care environments to effectively provide physical therapy care.
SUPPORT

Support is available throughout 5 years of study to improve academic and clinical skills.
There is also a system of personal tutors within the university department.

FUTURE PROSPECTS

Doctor of Physiotherapy (DPT) qualification would increase employment opportunities within public and private sectors as well as working abroad.
The course is designed to produce professionals who would be able to work independently in hospitals, private clinics, mobile clinics and in the community.
FACULTY DEPARTMENT/SCHOOL OF PHYSIOTHERAPY

DR. NABILA SOOMRO
MBBS, FCPS (Physical Medicine & Rehabilitation)
Director, IPM&R

MUHAMMAD KHAN
Assistant professor (Physiotherapy)
HOD Department / School of physiotherapy
MSc. Advancing PT (UK).
Diploma Orthopaedic Medicine (UK).
B.Sc PT Level 3 London (UK).

- Dilshad Farheen Sulaiman
  Coordinator Cardiac Rehabilitation
  M.S Advancing PT (USA)

- Fazal Hazrat
  Academic Coordinator
  M.Sc. PT (L.N.H) BS PT (J.P.M.C).

- Faisal Yamin
  Clinical Co-ordinator
  M.Sc. PT, BS PT (J.P.M.C)

Atiq ur Rehman
Senior Physiotherapist
M.Sc. PT (ZMU) BS PT (J.P.M.C)

Kashmala Khan
Senior Physiotherapist
M.Sc. PT (L.N.H). BS PT (ZMU).

Rabia Fauz
Senior Physiotherapist
M.Sc. PT (L.N.H). BS PT (L.N.H).

VISITING FACULTY

- Muhammad Bin Afsar Jan
  MSc Physiotherapy (Aust)

- Saeed Akhter
  MSc Physiotherapy (UK)
  BSc PT Level 3 London (UK)
# SYLLABUS OUTLINE

## Doctor of Physiotherapy (DPT)

### 1st Professional Year:

<table>
<thead>
<tr>
<th>Semester</th>
<th>Courses</th>
<th>Course Credit Hours</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Theory</td>
<td>Practical/Labs.</td>
</tr>
<tr>
<td>I</td>
<td>Anatomy-I</td>
<td>3</td>
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<tr>
<td></td>
<td>Physiology-I</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Kinesiology-I</td>
<td>2</td>
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<tr>
<td></td>
<td>English-I (Functional English)</td>
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<tr>
<td></td>
<td>Pakistan Studies</td>
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<tr>
<td></td>
<td>Biostatistics-I</td>
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<tr>
<td>II</td>
<td>Anatomy –II</td>
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<tr>
<td></td>
<td>Physiology-II</td>
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<td>Kinesiology-II</td>
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<td>English-II (Functional English)</td>
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<td>Islamic Studies / Ethics</td>
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<td>Biostatistics-II (University Optional)</td>
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# SYLLABUS OUTLINE

**Doctor of Physiotherapy (DPT)**

## 2nd Professional Year:

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<th>Semester</th>
<th>Courses</th>
<th>Course Credit Hours</th>
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<td>Theory</td>
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<td><strong>English-III</strong> (Technical Writing &amp; Presentation Skills)</td>
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<tr>
<td></td>
<td><strong>Introduction To Computer</strong></td>
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<td><strong>Anatomy –III</strong></td>
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<td><strong>Physiology-III</strong></td>
<td>2</td>
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<tr>
<td></td>
<td><strong>Biomechanics &amp; Ergonomics-I</strong></td>
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<tr>
<td></td>
<td><strong>Biochemistry &amp; Genetics-I</strong></td>
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<tr>
<td>IV</td>
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<td><strong>Behavioral Sciences</strong> (Psychiatry &amp; Psychology)</td>
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# SYLLABUS OUTLINE

**Doctor of Physiotherapy (DPT)**

### 3rd Professional Year:

<table>
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<th>Semester</th>
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<td>Pharmacology-I</td>
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<td>Health &amp; Wellness</td>
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<td>V</td>
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<tr>
<td>VI</td>
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<td>Pharmacology II</td>
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<td>VI</td>
<td>Physical Agents &amp; Electrotherapy - II</td>
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<tr>
<td>VI</td>
<td>Manual Therapy</td>
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<tr>
<td>VI</td>
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<tr>
<td>VI</td>
<td>Supervised Clinical Practice II</td>
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# SYLLABUS OUTLINE
**Doctor of Physiotherapy (DPT)**

## 4th Professional Year:

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<td>Surgery - I</td>
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4th Year => 17 Credit Hours

5th Year => 17 Credit Hours
# SYLLABUS OUTLINE

**Doctor of Physiotherapy (DPT)**

## 5th Professional Year:

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<th>Course Credit Hours</th>
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<td>Emergency Procedures &amp; Primary Care In Physical Therapy</td>
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<tr>
<td></td>
<td>Clinical Decision Making &amp; Differential Diagnosis</td>
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<tr>
<td></td>
<td>Scientific Inquiry &amp; Research Methodology</td>
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<tr>
<td></td>
<td>Professional Practice (Laws, Ethics &amp; Administration)</td>
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<td>Integumentry Physical Therapy</td>
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<td>Supervised Clinical Practice-V</td>
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<td>X</td>
<td>Obstetrics &amp; Gynaecological Physical Therapy</td>
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<tr>
<td></td>
<td>Paediatric Physical Therapy</td>
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<tr>
<td></td>
<td>Gerontology &amp; Geriatric Physical Therapy</td>
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<td></td>
<td>Sports Physical Therapy</td>
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<td>Research Project</td>
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<tr>
<td></td>
<td>Supervised Clinical Practice VI</td>
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</tbody>
</table>
BS OCCUPATIONAL THERAPY
&
BS PROSTHETICS & ORTHOTICS
# FACULTY

*Institute of Physical Medicine and Rehabilitation (IPM&R)*

## MULTIDISCIPLINARY TEAM IPM&R

**DR. NABILA SOOMRO**  
MBBS, FCPS (Physical Medicine & Rehabilitation)  
Director, IPM&R

- Physiatrist **DR. SYED IMRAN AHMED**  
  MBBS, FCPS (Physical Medicine & Rehabilitation)  
  Assistant Professor
- **DR. FAISAL JAVAID**  
  MBBS, MSc. (UK)  
  (Department of Cardiac Rehabilitation)

## OCCUPATIONAL THERAPY

**MS. SHAHIDDA ZAKIR KHAN**  
B.Sc, Dip. OT  
Principal School of Occupational Therapy

### School of Occupational Therapy
- **Ms. Farzana Ashfaq**, B.Sc OT  
  Lecturer Occupational Therapy
- **Ms. Mariam Bilal**, B.Sc OT  
  Lecturer Occupational Therapy
- **Ms. Brigitte Kamran**, B.Sc OT  
  Lecturer Occupational Therapy
- **Ms. Nighat Tahir**, B.Sc OT, MPH  
  Lecturer Occupational Therapy
- **Rizwana Waheed**, B.Sc OT  
  Lecturer Occupational Therapy

### Visiting Faculty
- **Mr. Imtiaz M. Khan**, MS Sociology  
  Lecturer
- **Ms. Razia Mushtaq Ali**, MA English Literature  
  Lecturer
- **Dr. Nusrat Zaidi**, MBBS  
  Lecturer Anatomy & Physiology

### Department of Occupational Therapy
- **Huma Ahmed**, B.Sc OT  
  Clinical Occupational Therapist
- **Asma Khalid**, B.Sc OT  
  Clinical Occupational Therapist
- **Bushra Khan**, B.Sc OT  
  Clinical Occupational Therapist
- **Shahla Rafique**, B.Sc OT, MA (Sp.Ed)  
  Clinical Occupational Therapist
- **Sumaira Naz**, B.Sc OT  
  Clinical Occupational Therapist

### Neuropsychology
- **Rukhsana Bibi**, MS/M.Phil (Clinical Psychology)  
  Neuropsychologist / Lecturer Psychology
- **Sharmeen Khan**, MS/M.Phil (Clinical + Counselling Psychology)  
  Neuropsychologist / Lecturer Psychology
PROSTHETICS & ORTHOTICS

MULTIDISCIPLINARY TEAM IPM&R

DR. NABILA SOOMRO
MBBS, FCPS (Physical Medicine & Rehabilitation)
Director, IPM&R

Kamran Yousuf Siddiqui
BPOS
Manager / Sr. Lecturer Prosthetics & Orthotics

- Ahmad Waqas Memon,
  BPOS
  Lecturer Prosthetics & Orthotics

- Muhammad Sulaiman
  BPOS/MBA
  Lecturer Prosthetics & Orthotics

- Muhammad Mohib Hashmi
  B.Sc (Hons) in Prosthetic & Orthotic Sciences
  Prosthetist & Orthotist
  ISPO Certified/Att: II

- M. Ali Minhas
  BSPT, MSc. PT (Neuromusculoskeletal)
  Physiotherapist / Lecturer Biomechanics

Visiting Faculty

- Dr. Nusrat Zaidi
  MBBS
  Lecturer Anatomy & Physiology

Neuropsychology

- Rukhsana Bibi, MS/M.Phil (Clinical Psychology)
  Neuropsychologist / Lecturer Psychology

- Sharmeen Khan, MS/M.Phil (Clinical + Counselling Psychology)
  Neuropsychologist / Lecturer Psychology
GLOBAL NEED (WHO)

- 600 million people, disabilities of various kind
- 80% of them live in low-income areas
- 0.5% of Occupational Therapists (OT), Certified Prosthetists & Orthotists (CPO) services are available to 160 million
- 800,000 in need of O.T, CPO services in Pakistan
NEED OF OCCUPATIONAL THERAPISTS
PROSTHETISTS & ORTHOTISTS IN PAKISTAN

- Total Disabled People in need of P& O Services: 800000
- The average number of disabled people that can be treated per O.T& CPO professional per year is 250
- Total number of Trained Personnel needed to serve these People: 3200
- Minimum Centers needed: 120
- Available: Less than: 15

<table>
<thead>
<tr>
<th>District Centres</th>
<th>1.2*250</th>
<th>300 disabled people per CPO</th>
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</thead>
<tbody>
<tr>
<td>Divisional Centre</td>
<td>1.0*250</td>
<td>250 disabled people per CPO</td>
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<tr>
<td>Provincial Centre</td>
<td>0.5*250</td>
<td>125 disabled people per CPO</td>
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</table>

Dow University of Health Sciences has been established under the Sindh Assembly Act passed in year 2004. This is a new university in public sector, established with main objective of promoting research and training activities in different disciplines of health sciences, in order to provide rehabilitation facilities to disabled sector of community.

Dow University of Health Sciences intends to produce skilled doctors, nurses, paramedics, technologists, rehabilitation professionals and researchers to promote health status of people of Pakistan and to decrease dependence on foreign countries, for higher education and technology.

Institute of physical medicine and rehabilitation (IPM&R) Dow University of Health Sciences in collaboration with Pakistan institute of Prosthetic and Orthotic Sciences [PIPOS] is offering B.S in Prosthetic and Orthotic sciences. The second bachelor’s course offered by Institute of physical medicine and rehabilitation Dow University of Health Sciences is Occupational Therapy. These programs are designed to prepare students as professionals in different fields of rehabilitation. The curriculum is designed to meet the demands of skilled and trained professionals using modern instructional techniques thus promoting their important contribution to rehabilitative health care delivery system.
CAREER IN PROSTHETICS AND ORTHOTICS

Prosthetics and orthotics is a challenging medical career for men and women who enjoy working with disabled. The Prosthetist/Orthotist works as a member of a rehabilitation team along with physiotherapist, occupational therapist, bio-engineer, nurse social worker and Physiatrist.

The Prosthetist is the professional who provides a suitable prosthesis (artificial limb) to amputees. The aim of this prosthesis is to provide a limb, which looks and functions in a manner, as close to the natural limb.

The Orthotist is the professional concerned with the design and fitting of Orthosis (Splints, Braces, Assistive) which align, correct support parts of a body having deformities.

To function effectively, Prosthetist and Orthotist must receive an education, which provides knowledge about the human body and disabilities. They must fully understand the properties of the equipment and material of Prosthesis and Orthosis to deliver functional & safe Prosthesis and Orthosis to patients.

Good communication and hand skills are needed to make appliances which are individually tailored.
THE OBJECTIVES OF OFFERING B.S IN PROSTHETICS AND ORTHOTICS ARE TO:

1. Educate and train students in prosthetic and orthotic technology, research and rehabilitation services.

2. Develop training and educational facilities for postgraduate students in prosthetic and orthotic sciences, with the approval of the Board, through National / International examining institutions.

3. Develop and regulate the establishment of centres both in public and private sectors providing artificial limbs and related facilities in the field of prosthetics and orthotics to maintain high standards of services provided to the patients at primary, Secondary and tertiary care hospitals.
CAREER IN OCCUPATIONAL THERAPY

Occupational therapy is a challenging field for both male and female. Occupational Therapists are integral members of rehabilitation multidisciplinary team helping in the treatment of physical and psychiatric conditions through specific selected activities in order to help disabled reach maximum level of function in daily activities like grooming, dressing, eating, bathing etc and improving the functions of upper limb and hand. Occupational therapists are trained to give therapeutic exercises, cognitive therapy, provide assistive devices and prescribe orthosis.
THE OBJECTIVES OF OFFERING BACHELORS
IN OCCUPATIONAL THERAPY ARE TO:

• Learn to be integral functional member of rehabilitation team
• Upper extremity functional training
• Evaluate and train the patients in self care activities e.g dressing, eating, grooming, toileting
• Provide training to disabled in home management skills
• Prescription and management of upper extremity orthosis
• Evaluate and train patients in use of assistive aids
• Home rehabilitation program
• Explore vocational skills
SYLLABUS OUTLINE
Bachelors of Science (B.S) in
Occupational therapy, Prosthetics and Orthotics

CORE COURSES COMMON TO BOTH PROGRAMS

- Basic Medical Sciences (overview)
- Behavioral Sciences
- Basic computer skills
- English Proficiency
- Research Methodology
SYLLABUS OUTLINE

Bachelors of science [B.S] in occupational therapy

[Four year program]

The prescribed programme is divided into four parts as follows:

I. Basic Sciences
   a. Pre-Clinical Studies:
      • Anatomy
      • Physiology
      • Kinesiology
   b. Behavioral Sciences
      o Psychology
      o Sociology
   c. Clinical Sciences:
      • Psychiatric Conditions/ Mentally Challenged
      • Medical Conditions(General Medicine & Neuro- Medicine)
      • Surgical Conditions(General Surgery, Thoracic surgery, Neurosurgery & Orthopedics)
      • Pharmacology

II. Introduction to Occupational Therapy

III. Therapeutic Activities & Their Techniques(Practical of skills)

IV. Occupational Therapy - Physical and Psychosocial Rehabilitation

V. Management in Occupational therapy services

VI. Occupational therapy for elderly

VII. Field Work: Clinical Practice
     (working with patients in clinical settings)

VIII. Prosthetics and Orthotics

IX. Research Methodology

X. English (Compulsory University Requirement)
SYLLABUS OUTLINE
Bachelors of science [B.S] in prosthetics & orthotics
[Four year program].....cont.

- Anatomy and Physiology
- Pathology
- Mechanics and Biomechanics
- Mathematics
- Material technology
- Workshop technology
- Clinic, workshop and workshop management
- Communication and Psychology
- English
- Prosthetic and Orthotic sciences
- Clinical studies
- Electro technology
- Computer studies
- Prosthetics and orthotic clinical practice
- Research Methodology
ACADEMIC SCHEDULE

OF
Bachelors in Occupational therapy
and
Prosthetics and Orthotics

An academic year will be divided into
two regular semesters

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total Duration</th>
<th>Vacation</th>
<th>Study Duration</th>
<th>Study Leave</th>
<th>Examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Semester 1</td>
<td>18 weeks</td>
<td></td>
<td>15 weeks</td>
<td>01 weeks</td>
<td>02 weeks</td>
</tr>
<tr>
<td>Inter Semester Break</td>
<td></td>
<td>04 weeks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Regular Semester 2</td>
<td>18 weeks</td>
<td></td>
<td>15 weeks</td>
<td>01 weeks</td>
<td>02 weeks</td>
</tr>
<tr>
<td>Retake Semester (For repeaters)</td>
<td>08 weeks</td>
<td></td>
<td>(Preparation Leave)</td>
<td></td>
<td>02 weeks</td>
</tr>
</tbody>
</table>

**Academic Load**
As per the current policy course offerings in regular terms are fixed for every semester and students have to take all the courses offered in a semester.

**NOTE:**
Hostel facility cannot be provided to any student by Dow University of Health Sciences.