

## SYLLABUS

**Name of Course:** Full Spine Lab - TECH-202

**Length of Course:** 1 unit, 20 hours (2 hours /week)

**Course Description:** This is the first of two courses in a series designed to refine and enhance the student doctor's full spine adjusting skills in the Diversified and / or the Gonstead Technique as taught at Life West. Emphasis is placed on actual adjusting performance and skill in the previously learned core technique methods. The primary goal is help each student identify specific areas of needed improvement and development in the adjusting skillset required for rendering competent care in the Health Center. Students will work with instructors to implement an improvement plan and then be evaluated for progress and improvement in the areas identified

**Prerequisites:** TECH-238, TECH-222

**Course Offered By:** Technique Department

**Required Text:** Course Notes / Handouts

**Recommended Text:** Bergman, T. F., & Peterson, D. H. (2011). *Chiropractic Technique: Principles and Procedures* (3rd Ed.).  
Herbst, *Gonstead Chiropractic Science and Art*  
Plaugher, *Textbook of Clinical Chiropractic: A Specific Biomechanical Approach*

**Materials:** Current CMR review, Radiology Report, Accessible Radiographs on the Opal System or comparable documentation from the Health Center clearing the student for adjusting in the classroom environment.

**Methods of Instruction:** Reviews of adjustive moves, hands-on practice and drill with assistance from the instructor(s). Approved S.O.A.P. note documentation and format will be employed for the assessment and evaluation portion of the lab. This is a learning environment contributing toward the preparation of the student for the adjustive skillset necessary for the clinical experience in the Health Center

**Evaluation Criteria:** This course is pass / no pass. Each student is expected to complete 3 assessments (75%) based on the format and components of the Technique Rubric. Assessments may be attempted multiple times until completed satisfactorily. Formative work involving SOAP note methods and analysis will be employed (25%).

Students with a cumulative completion rate of 75% of all the assessments will pass the course

Assessment #1:	25%
Assessment #2:	25%
Assessment #3:	25%
<u>Formative Work:</u>	<u>25%</u>
TOTAL:	100%

**Extra Credit:** There will be no extra credit work accepted in this class

**Grades and the Grading System Final Grades** are available online through the CAMS student portal. If there are any questions on grading procedures, computation of grade point average, or the accuracy of the grade report, please contact the Registrar's Office or the Office of Academic Affairs. Grades will be reported and evaluation will be based on the Academic Policies, Procedures, & Services. Please refer to Evaluation Policy (**Policy ID: OAA.0007**)

In order to maintain **Satisfactory Academic Progress**, a student must maintain a 2.0 or better in each and every course. **Any grade less than a C must be remedied by repeating the class.** Please refer to Satisfactory Academic Progress (**Policy ID: OAA.0006**)

**Attendance:** Please refer to Attendance Policy (**Policy ID: OAA.0002**)

**Conduct and Responsibilities:** Please refer to the Personal Conduct, Responsibility and Academic Responsibility Policy (**Policy ID: OAA.0003**)

**Make-up Exams:** Please refer to Make-up Assessment Policy (**Policy ID: OAA.0001**)

**Request for Special Testing:** Please refer to Request for Special Testing (**Policy ID: OAA.0004**)

**Accommodation  
for Students with Disabilities:**

If you have approved accommodations, please make an appointment to meet with your instructor as soon as possible. If you believe you require an accommodation, but do not have an approved accommodation letter, please see the Academic Counselor Lori Pino in the Office of Academic Affairs. Contact info: [Lpino@lifewest.edu](mailto:Lpino@lifewest.edu) or 510-780-4500 ext. 2061. Please refer to Service for Students with Disabilities Policy (**Policy ID: OAA.0005**)

**Electronic Course Management:**

**Canvas** is LCCW's Learning Management System (LMS). Canvas will be used throughout the quarter during this course. Lectures, reminders, and messages will be posted. In addition, documents such as the course syllabus and helpful information about the class project will be posted. Students are expected to check Canvas at least once a week in order to keep updated. The website address for Canvas is <https://lifewest.instructure.com/login/canvas> Please refer to the Educational Technologies Policy (**Policy ID: OAA.0009**)

### **Life West Technique Lab Attire Policy:**

Please keep in mind that no student should ever contribute to an environment that makes another student uncomfortable or feel vulnerable. This is a close contact profession that requires discretion and professionalism at all times. As a doctor in training you are expected to abide by all the requirements stated and implied.

All students are required to follow the policy outlined in this section. Failure to wear proper attire or follow the guidelines may result in being counted as absent for that lab and / or not being allowed to participate. Please notify the instructor if you have any health concerns (skin conditions, injuries, etc.) or other issues that may hinder your ability to comply to these guidelines.

Keep in mind that everything we ask and expect of students is focused on clinical practice and providing a safe professional environment not only for the students in the lab, but eventually for the patients under your care.

**Healthy clean hygiene is expected from all students.** Common courtesy and mutual respect suggests you do not show up wearing the same gym clothes you wore during your daily workout. It is recommended that students bring a face cloth and / or towel to place on the table. Towels maintain sanitary standards and reduce the need for the use of chemical sanitation treatments on the adjusting tables. Plus, vinyl can be cold and uncomfortable to lie on at times.

**For Men:** A crew neck T-shirt with sleeves, long pants / sweats or shorts kept at the waistline and covering all underwear (also required). Men should wear a shirt at all times except when being palpated or examined.

**For Women:** A crew neck T-shirt with a bra underneath, long pants / sweats or shorts kept at the waistline and covering all underwear (also required) To maintain modesty and a professional environment, no low cut, or revealing attire is permitted.

**Covered shoes are required for all participants.** Sandals, flip-flops, or bare/sock feet are not allowed in lab.

If you have any questions or concerns as to whether an article of clothing meets the criteria for lab attire check with the instructor before the lab begins.

*Reminder: Failure to comply may result in the student not being allowed to participate in lab and being counted absent*



### **Course Objectives:**

#### **During this course the Instructor will;**

- ❖ Assist students in identifying areas of improvement in their individual adjusting skillsets
- ❖ Assist students in developing an improvement plan and plan of action to address any deficiencies
- ❖ Establish reasonable goals for assessment and improvement with each student
- ❖ Provide instruction as needed and assist students in adapting adjusting moves to their body type and physical ability.

## **Weekly Schedule**

<b>Week 1</b>	Introduction, self-analysis by students, begin instructor evaluations of student skillsets
<b>Week 2</b>	Continue assessment process, SOAP note evaluations, formative analysis and adjusting drills
<b>Week 3</b>	Continue assessment process, SOAP note evaluations, formative analysis and adjusting drills
<b>Week 4</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 5</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 6</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 7</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 8</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 9</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation
<b>Week 10</b>	Individual student mentoring and skill development, formative SOAP note and technique analysis, insights into force generation

**Student Learning Outcomes (SLO):** At the completion of this course, a student should be able to:

1. Demonstrate improvement in specific areas of adjusting as identified in the initial assessment process. [PLO:1, 2]
2. Demonstrate how to assess and identify the subluxation complex in other students [PLO:1, 2]
3. Perform successful adjustments in full spine adjusting as designated in their individual improvement plans [PLO:1, 2]

**Program Learning Outcomes (PLO):** Students graduating with a Doctor of Chiropractic degree will be proficient in the following:

1. **ASSESSMENT AND DIAGNOSIS:** An assessment and diagnosis requires developed clinical reasoning skills. Clinical reasoning consists of data gathering and interpretation, hypothesis generation and testing, and critical evaluation of diagnostic strategies. It is a dynamic process that occurs before, during, and after the collection of data through history, physical examination, imaging, laboratory tests and case-related clinical services.
2. **MANAGEMENT PLAN:** Management involves the development, implementation and documentation of a patient care plan for positively impacting a patient's health and well-being, including specific therapeutic goals and prognoses. It may include case follow-up, referral, and/or collaborative care.
3. **HEALTH PROMOTION AND DISEASE PREVENTION:** Health promotion and disease prevention requires an understanding and application of epidemiological principles regarding the nature and identification of health issues in diverse populations and recognizes the impact of biological, chemical, behavioral, structural, psychosocial and environmental factors on general health.
4. **COMMUNICATION AND RECORD KEEPING:** Effective communication includes oral, written and nonverbal skills with appropriate sensitivity, clarity and control for a wide range of healthcare related activities, to include patient care, professional communication, health education, and record keeping and reporting.
5. **PROFESSIONAL ETHICS AND JURISPRUDENCE:** Professionals comply with the law and exhibit ethical behavior.
6. **INFORMATION AND TECHNOLOGY LITERACY:** Information literacy is a set of abilities, including the use of technology, to locate, evaluate and integrate research and other types of evidence to manage patient care.
7. **CHIROPRACTIC ADJUSTMENT/MANIPULATION:** Doctors of chiropractic employ the adjustment/manipulation to address joint and neurophysiologic dysfunction. The adjustment/manipulation is a precise procedure requiring the discrimination and identification of dysfunction, interpretation and application of clinical knowledge; and, the use of cognitive and psychomotor skills.
8. **INTERPROFESSIONAL EDUCATION:** Students have the knowledge, skills and values necessary to function as part of an inter-professional team to provide patient-centered collaborative care. Inter-professional teamwork may be demonstrated in didactic, clinical or simulated learning environments.
9. **BUSINESS:** Assessing personal skills and attributes, developing leadership skills, leveraging talents and strengths that provide an achievable expectation for graduate success. Adopting a systems-based approach to business operations. Networking with practitioners in associated fields with chiropractic, alternative medicine and allopathic medicine. Experiencing and acquiring the hard business skills required to open and operate an on-going business concern. Participating in practical, real time events that promote business building and quantifiable marketing research outcomes
10. **PHILOSOPHY:** Demonstrates an ability to incorporate a philosophically based Chiropractic paradigm in approach to patient care. Demonstrates an understanding of both traditional and contemporary Chiropractic philosophic concepts and principles. Demonstrates an understanding of the concepts of philosophy, science, and art in chiropractic principles and their importance to chiropractic practice.