SYLLABUS

Name of Course: Diversified II - TECH-238

Length of Course: 1 unit, 20 hours (2 hours lab-demo/week)

Course Description: This course develops hands-on skills in Diversified Cervical Techniques. Emphasis is placed on actual adjusting performance, incorporating previously learned methods. Special attention will be given to the introduction of additional seated, prone and supine moves.

Prerequisites: TECH-130

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.). St. Louis: Mosby.
Gatterman, M. I. (2004). *Chiropractic Management of Spine Related Disorders* (2nd Ed.) Baltimore: Lippincott Williams & Wilkins.
Gatterman, M. I. (Ed.) (2005). *Foundations of Chiropractic: Subluxation* (2nd Ed.). St. Louis: Mosby.

Reference Texts: Haldeman, S. (Ed.) (2005). *Principles and Practice of Chiropractic* (3rd Ed.). New York: McGraw- Hill Medical.
Leach, R. A. (2003). *The Chiropractic Theories: A Textbook of Scientific Research* (4th Ed.). Baltimore: Lippincott Williams & Wilkins.
Panjabi, M. M., & White, A. A. (2001). *Biomechanics in the Musculoskeletal System*. New York: Churchill Livingstone.
Redwood, D., & Cleveland, C., III (2003). *Fundamentals of Chiropractic*. St. Louis: Mosby.
White, A. A., III, & Panjabi, M. M. (1990). *Clinical Biomechanics of the Spine* (2nd Ed.). Philadelphia: J.P. Lippincott Company

Materials: Copy of X-rays, Radiology Report, and ***current CMR*** review from the clinic. (These materials are needed to participate in the adjustment portion of the class. If not made available, student will not be able to participate in this portion of the class which is worth 70% of final grade)

Methods of Instruction:
Lab demonstrations of adjustive moves, hands-on practice and drill with assistance from the instructor and/or T.A. - use of S.O.A.P. format for the evaluation of other students.

Evaluation Criteria: No Midterm or Final

6 in class adjustments will be observed and graded (100 pts) by the instructor, plus 3 that will be done in open lab and will be worth 20 points per adjustment (9 total graded adjustments). Class participation will be worth 80 points which means you must be on time and participate in the class.

Point totals are as follows:

❖ 3 Open Lab Adjustments x 20	=	60
❖ 6 Graded Class Adjustments 100	=	600
❖ Class Participation	=	80
❖ Total	=	740

******* You must have your HC file up to date to participate in this class*******

All open lab adjustments must follow the open lab requirements.
NO CMR NO ADJUSTMENT.
CMR must be in your hands and a copy given to the instructor.

Graded Adjustments

Six (100 points each) of the 9 adjustments will be graded in class and averaged for your overall class grade. Failure to do the required sequence of adjustments will result in a Zero (0) as in no points for the missed adjustment. One graded, in class adjustment, per week ONLY.

Technique Grade Scale

❖ A	4.0	93-100%
❖ B	3.0	84- 92%
❖ C	2.0	75- 83%
❖ F		≤ 74.4%

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 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)**

TECHNIQUE LAB ATTIRE POLICY:
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)
- **For Women**: A crew neck T-shirt with sleeves and a slit cut up the

back (or patient gown) with a bra underneath (no sports bras, please), long pants / sweats or shorts kept at the waistline and covering all underwear (also required) ***NOTE: an instructor may waive the cut T-shirt or patient gown requirement for any given course***.

- To maintain modesty and a professional environment, no low cut or revealing attire is permitted.
- **Covered shoes** (sandals and flip flops do not qualify) **are required for all participants.**

The bottom line is we need to be able to easily palpate the spine for specific landmarks and structures. 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;

- ❖ Demonstrate and help in refining and drilling current patient placement and set ups, as well as defining and incorporating the line of correction
- ❖ Demonstrate Diversified Cervical adjusting moves and help to refine specific adjusting skills.
- ❖ Discuss, demonstrate and review Diversified Full Spine adjusting, and how to incorporate the SOAP method of patient analysis and record keeping.

Weekly Schedule

Week 1	Introduction, syllabi, and review of listings and leg checks 1 hour of instruction, instructor will review Diversified 1 Adjustments
Week 2	First hour instructor will demonstrate the Sacral Base and Coccyx adjustments Second hour Open lab (in class adjusting)
Week 3	First hour demonstrate Ilium Side posture-In, Ex, PIIN, PIEX Second hour Open lab (in class adjusting)
Week 4	First hour demonstrate T9-L5 Double Thenar and T1-L5 Double Knife edge adjustments Second hour Open lab (in class adjusting)
Week 5	First hour review C7-T2 Prone thumb and Braced thumb and demonstrate Wesdorf adjustment and Anterior Dorsals Second hour Open lab (in class adjusting)

Week 6 First hour instruction will demonstrate Seated first rib and prone cervical adjustments
Second hour Open lab (in class adjusting)

Week 7 First hour instruction will review and demonstrate supine & seated cervicals
Second hour Open lab (in class adjusting)

Week 8 First hour instructor will demonstrate Seated and Supine Occiput
Second hour Open lab (in class adjusting)

Week 9 First hour instructor will review Diversified Full Spine Adjusting
Second hour Open lab (in class adjusting)

Week 10 First hour instructor will review all of Diversified Full Spine Adjusting. Students must hand in **ALL** required signed SOAP sheets for the quarter before the end of class.
Second hour Open lab (in class adjusting)

Student Learning Outcomes (SLO): At the completion of the TECH-328 course, a student should be able to:

1. Demonstrate the correct patient placement, doctor contact, patient contact, tissue pulls, LOD, LOC and professionalism necessary to adjust using the Diversified technique. [PLO:1, 2]
2. Demonstrate how to find the subluxation and use the appropriate Diversified cervical moves to correct specific subluxations. [PLO:1, 2]
3. Identify and apply the indications and contraindications for adjusting the cervical spine to clinical practice. [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.