

# Department of **OCCUPATIONAL THERAPY** **[OT]**

## **DEPARTMENT OF OCCUPATIONAL THERAPY**

The Occupational Therapy department (Faculty of Allied Health Sciences, Kuwait University) offers the first Occupational Therapy degree program in the Gulf Peninsula. The Occupational Therapy program has been granted international accreditation by the World Federation of Occupational Therapists - WFOT ([wfot.org](http://wfot.org)) since 2009. The WFOT is the world's foremost authority for accreditation of international Occupational Therapy education programs. The aim of the program is to graduate competent occupational therapists to care for patients of all age groups, whom ability to function has been impaired. The program provides a foundation for graduates to become scholars and public educators in health and wellness.

English is the language of teaching and communication. The program is four and a half years in duration and is 128 credit hours. The first year consists of basic sciences and English Language. The core occupational therapy courses and related discipline modules are taken in the following years. These include courses in physical dysfunction, neuroscience, orthopedics, mental health, pediatrics, geriatrics, psychiatry, ergonomics and kinesiology. Students apply their academic learning in clinical settings (hospital and clinics) provided by the Ministry of

Health under the supervision of qualified occupational therapists. Clinical education starts in the third year of the program, and the final semester is devoted entirely to clinical education.

## **Vision**

We, the Kuwait University Occupational Therapy faculty, aspire to be leaders in Occupational Therapy education, professional and clinical training, research and community services that meet the community health needs of the State of Kuwait. The program offered by the Occupational Therapy department shall meet international standards and shall have international accreditation wherever possible.

## **Mission**

Our mission is to graduate skillful, knowledgeable, competent, and committed occupational therapists, who shall adhere to professional ethics and standards, and who can contribute successfully as occupational therapists in the health care team and meet the community health needs of the State of Kuwait in a way that is compatible with the societal values and socio-cultural constraints.

## **Objectives**

The Occupational Therapy Department is committed to the following objectives:

1. To strive for the highest quality of teaching, research, and service, and to stand as an example in those regards.
2. To educate occupational therapists who serve diverse populations in varied settings and function as master practitioners, researchers, and educators.
3. To develop professionals who are able to communicate, understand, and apply the science of occupational therapy.
4. To engage in scholarly work and participate in scientific inquiry.
5. To provide relevant and meaningful community service.
6. To engage in scholarly work and produce valuable research studies to contribute to the knowledge in occupational therapy and to benefit the society.
7. To use a variety of learning methods, including:
  - a. Didactic teaching
  - b. Hands-on learning
  - c. Problem-based learning
  - d. Computer-assisted learning

- e. Research projects
- f. Oral presentations
- g. Group interactions
- h. Clinical fieldwork training

## PROGRAMME REQUIREMENTS

The total number of credit hours required for graduation is **128**. The program for the B.Sc. Degree in Occupational Therapy is as follows:

### 1. UNIVERSITY REQUIREMENTS (19 Credits)

	<b>Credit Hours</b>
0410-115 Finite Mathematics	3
0788-181 English Language	5
0788-182 English Language	5
0788-250 English Language	3
Elective	3

### 2. FACULTY REQUIREMENTS (23 Credits)

0490-101 Biology	3
0711-105 Introduction to Health Informatics	3
0700-106 First Aid and Emergency Care	3
0480-107 Statistics for Medical Sciences	3
0420-110 Chemistry	3
0420-111 Chemistry Lab	1
0430-121 Physics	3
0430-125 Physics Lab	1
0510-220 Psychology of Medical Care	3

### 3. PROFESSIONAL REQUIREMENTS (86 Credits)

1370-101 Introduction to Sociology	3
0530-152 Physiology I	3
0700-155 Anatomy	3
0716-210 Introduction to Occupational Therapy	3
0716-212 Occupational Performance Analysis	3
0716-213 Communication and Group Process	2
0716-214 Human Development	2
0716-303 Frameworks of Occupational Therapy	3
0716-304 Mental Health in Occupational Therapy	3
0716-305 Human Movement and Functioning	2
0716-306 Clinical Fieldwork I	1
0530-310 Physiology II - Neuroscience	3

0716-311 Ergonomics in Occupational Therapy	3
0716-312 Phys. Disability and Occupational Performance	3
0716-313 Evaluation & Assessment	2
0580-316 Clinical Medicine and Pathology	3
0716-317 Orthopedic Rehabilitation	3
0716-318 Clinical Fieldwork II	2
0716-401 Research in Occupational Therapy	2
0716-402 Child Health in Occupational Therapy	3
0716-403 Psych. Disability & Occupational Performance	3
0716-404 Cognitive and Neuro-Rehabilitation	3
0716-405 Technology and Adaptation	2
0716-406 Clinical Fieldwork III	3
0716-407 Clinical Fieldwork IV	4
0716-409 Independent Study	1
0716-411 Occupational Environment and Daily Life	3
0716-412 Evidence Based Practice	3
0716-413 Professional Development	3
0716-408 Clinical Fieldwork V	9

## PROGRAMME TIMETABLE

### FIRST YEAR

Semester One		Semester Two	
Course	CH	Course	CH
110/111 Chem. & Chem. Lab. 4 or 121/125 Phys. & Phys. Lab.		110/111 Chem. & Chem. Lab or 121/125 Physics & Phys. Lab	4
115 Finite Mathematics	3	101 Biology	3
181 English Language	5	106 First Aid & Emergency Care	3
Elective	3	182 English	5
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>15</b>

### SECOND YEAR

Semester One		Semester Two	
Course	CH	Course	CH
101 Introduction to Sociology	3	105 Intro to Health Informatics	3
155 Anatomy	3	152 Physiology	3
107 Stats for Medical Sciences	3	220 Psychology of Med. Care	3
250 English	3	212 Occupational Performance Analysis	3
210 Introduction to Occupational Therapy	3	213 Communication & Group Process	2
		214 Human Development	2
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>

### THIRD YEAR

Semester One		Semester Two	
Course	CH	Course	CH

303 Frameworks of OT	3	304 Mental Health in OT	3
305 Human Movement & Functioning	2	317 Orthopedic Rehabilitation	3
313 Evaluation & Assess.	2	311 Ergonomics in OT	3
316 Clinical Med. & Path.	3	312 Physical Disability and Occupational Performance	3
310 Neuroscience	3	318 Clinical Fieldwork II	2
306 Clinical Fieldwork I	1		
<b>Total</b>	<b>14</b>	<b>Total</b>	<b>14</b>

#### **FOURTH YEAR**

##### **Semester One**

##### **Semester Two**

<b>Course</b>	<b>CH</b>	<b>Course</b>	<b>CH</b>
401 Research in OT	2	409 Independent Study	1
402 Child Health in OT	3	411 Occup. Environment & Daily Life	3
403 Psychosocial Disability & Occup. Performance	3	412 Evidence Based Practice	3
404 Cognitive & Neuro-Rehab	3	413 Professional Development	3
405 Technology & Adaptation	2	407 Clinical Fieldwork IV	4
406 Clinical Fieldwork III	3		
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>14</b>

## **FIFTH YEAR**

### **Semester One**

408 Fieldwork V	9
<b>Total</b>	<b>9</b>

## **OCCUPATIONAL THERAPY COURSE DESCRIPTIONS**

### **YEAR ONE, SEMESTER ONE**

**0420-110 CHEMISTRY (3-0-3)** (Faculty of Science)

Stoichiometry, electronic structure of atoms, periodic table; chemical bonds, introduction of chemistry of elements; chemical thermodynamics, chemical kinetics; chemical equilibrium, acids and bases in aqueous solutions.

**0420-111 CHEMISTRY LAB (0-3-1)** (Faculty of Science)  
**Co-requisite: 110 Chemistry**

**0410-115 FINITE MATHEMATICS (3-0-3)** (Faculty of Science)

This course discusses set theory, simple coordinate systems and graphs, linear programming, the simplex method, probability and statistics, and their application to medical sciences.



### **0788-181 ENGLISH LANGUAGE (10-0-5)**

This is the first of three required English Language courses offered in the Faculty. Its purpose is to reinforce the specific language skills taught in 180 English and introduce language skills that require a higher level of cognition. 181 English is a reading-based, multi-skills course intended to advance students' abilities to study content area courses in English. The macro-skills of reading, writing, listening, speaking and grammar are broken down into their component parts to give the students the opportunity to acquire fluency and accuracy in the language of the health sciences.

## **YEAR ONE, SEMESTER TWO**

### **0430-121 PHYSICS (3-0-3)**

(Faculty of Science)

Methods of physics, elementary math, Occupational Therapy and particle dynamics, mechanics of extended objects, conservation of energy, kinetic theory of gases. Liquids, vibrations and waves, ear and hearing, electricity and conduction in solids and ions.

### **0430-125 PHYSICS LAB (0-3-1)**

(Faculty of Science) **Co-requisite:**

**121 Physics**

### **0788-182 ENGLISH LANGUAGE (10-0-5)**

182 English expands on the content of the five basic language learning skills introduced in 181 English. Students read and listen to materials of a scientific medical nature, discuss the topics with their classmates to broaden their comprehension, and then write about the topics they have discussed, to show they are able to communicate comprehensibly. Grammar instruction is explicit and focuses on grammar used for science and medicine.

**Prerequisite: 181 English Language**

### **0490-101 BIOLOGY (2-3-3)**

(Faculty of Science)

Cellular bases of life: differences in size and complexity of cells as illustrated by viruses, bacteria, Occupational Therapy and various types of metazoan cells. Structure and metabolic activities of a generalized Occupational Therapy cell. Chemical composition and functions of the cell organs. Structure of DNA and RNA, genetic code and Occupational Therapy synthesis, mitosis and meiosis, Mendelian genetics and inherited disease. Interactions between Occupational Therapy cells and bacteria and viruses. Cell mediated immunity. Organization of cells into tissue.

**0700-106 FIRST AID AND EMERGENCY CARE (2-2-3)**

This course is designed to provide students with basic knowledge of first aid and the skills needed to provide early interventions and care in the event of a health emergency. It enables students to plan an assessment for each casualty, using a methodological two-stage system, first to check and treat life-threatening conditions (primary survey), then to call for help. An overall view of the basic fundamentals of first aid is presented with an emphasis on decision making in emergency situations.

**Prerequisite: 180 English Language**

**YEAR TWO, SEMESTER ONE****0700-155 ANATOMY I (2-3-3)**

This course introduces human morphology at the cell, tissue, and organ system levels of organization. The course is taught through theoretical lectures and practical demonstrations.

**Prerequisite: 181 English Language**

**1370-101 INTRODUCTION TO SOCIOLOGY (3-0-3)**

(Faculty of Social Sciences)

The course introduces the students to the establishment, development, and various approaches of sociology. Students learn the core concepts including the social fabric, levels of social relations, culture, upbringing and development, process of organization, social systems, and social adaptation and change.

**0480-107 STATISTICS FOR MEDICAL SCIENCES (3-1-3)**

(Faculty of Science)

Relevance and principles of Biostatistics with application in Medicine and Biology Descriptive statistics, sampling and sampling distributions. Estimation of parameters, probability and probability distribution, with emphasis on the normal Tests of hypotheses for one or two means and one or two portions. Measures of association between two continuous variables (correlation and regression) and two discrete variables (chi-square). Non-parametric tests commonly used in medicine.

**Prerequisite: 115 Finite Maths**

**0716-210 INTRODUCTION TO OCCUPATIONAL THERAPY (3-0-3)**

The course introduces the students to the local and international health care systems and provides an overview of the history, philosophy, beliefs, and professional identity of Occupational Therapy. Students study the role and contributions of

occupational therapy in Primary Health Care. The concept of interaction between person-occupation-environment as a means of influencing health and disability and affecting occupational performance is explored. Students learn essential health care terminology from the World Health Organization's classification of Function, Health and Disability (ICF), occupational therapy practice framework and generic medical terminology.

**0788-250 ENGLISH LANGUAGE (6-0-3)**

Language and study skills are perfected using authentic health sciences journal articles relevant to the students' majors. Report writing, abstract writing, bibliography and referencing techniques are taught.

**Prerequisite: 182 English Language**

**YEAR TWO, SEMESTER TWO**

**0711-105 INTRODUCTION TO HEALTH INFORMATICS (2-2-3)**

The purpose of this course is to give students a broad foundation of basic computing and information processing knowledge and skills. It introduces the students, briefly, to the history and overview of computers, computer architecture, computer hardware and software. Participants are familiarized with PC Operating Systems and Local Area Networks (LAN). Emerging technologies in the electronic data processing field such as electronic mail, CD-ROM databases, accessing the Internet, etc., are also covered. In addition to lecture sessions, there are practical laboratory sessions that help to reinforce the students' knowledge.

**0510-220 PSYCHOLOGY OF MEDICAL CARE (2-2-3)**

(Faculty of Medicine)

The first part of the course provides an overview of Psychology as the basic science concerned with individual human behavior and mental processes. Empirical studies and theoretical models of basic processes such as learning, memory and perception are introduced. Factors that Occupational Therapy behavior are considered, as well as contemporary models that describe and seek to explain the major dimensions of temperament and personality variation.

The second part of the course draws on the material taught in the first part to clarify issues relating to patients' compliance and satisfaction with the medical care they receive. Psychological factors which influence the behavior and expectations of health professionals and the efficacy of the care they provide are also considered. The special needs of certain patients are highlighted. This includes reference to children, the aged, the dying, and the physically handicapped and mentally retarded. Current theories linking stress and illness, methods for reducing stress

and research into pain and pain management are presented. The relationship between sociodemographic variables and health will also be considered.

**Prerequisite: 182 English Language**

**0530-152 PHYSIOLOGY I (2-2-3)**

(Faculty of Medicine)

This course provides a basic understanding of the physiology of the cell, body fluids, nerves, muscles, blood, functions of the cardiovascular system, respiratory system, renal system, gastro-intestinal system, endocrine system and reproductive system. Emphasis is placed on the interactions of the systems.

**Prerequisite: 155 Anatomy I**

**0716-212 OCCUPATIONAL PERFORMANCE ANALYSIS (3-0-3)**

The course explores the meaning and purpose of human occupation. It examines and analyzes activities, habits, roles and occupations for individuals with varying abilities. Students study the interaction of the person-occupation-environment and its influence on occupational performance. They also learn to demonstrate professional reasoning and analytical skills in analyzing occupational performance.

**0716-213 COMMUNICATION & GROUP PROCESS (2-0-2)**

The course prepares students for the use of therapeutic groups, emphasizing assessment techniques and intervention approaches in various areas of occupational therapy practice. It focuses on applying small group theory and group dynamics to facilitate change in individuals and groups. In addition, it introduces the students to the code of ethics, scope of practice, occupational therapy standards and regulations and patients' rights that guide practice, professional conducts and behaviors with patients and co-workers. Students develop effective professional communication skills, focusing on verbal and non-verbal communications, the use of technology as a form of communication, and written documentation of progress reports. Communication with people from different cultural backgrounds is emphasized.

**0716-214 HUMAN DEVELOPMENT (2-0-2)**

An overview of theories of human development from conception to death is provided. The focus is on age-associated changes in sensory, motor, cognitive and psychosocial functions and their implication for self-care, play and leisure, school and work occupations. Emphasis is placed on occupational roles, contextual influences, and functional adaptations as they relate to individuals in different stages of life.

**YEAR THREE, SEMESTER ONE**

**0530-310 NEUROSCIENCE (3-0-3)**

(Faculty of Medicine)

The course introduces students to the structure and function of the human nervous system. Concepts of normal sensory, Occupational Therapy, and cognitive functions as well as common neurological conditions are studied. Emphasis is placed on the fundamentals of neuroscience as they relate to occupation and occupational dysfunction.

**Prerequisites: 152 Physiology**

**0716-303 FRAMEWORKS OF OCCUPATIONAL THERAPY (3-0-3)**

The course introduces students to generic and specific frameworks of practice used in occupational therapy. The students learn to apply these frameworks of practice to case studies of individuals and groups. In addition to the construct of individualism and self-actualization, the role of family and cultural norms within Muslim society is considered. The case-based discussion and critical analysis of the literature enable students to develop the clinical reasoning skills needed for the application of the theoretical frameworks in occupational therapy clinical practice. Concepts and terminology from the World Health Organization's International Classification of Function, Health and Disability are discussed in relation to Occupational Therapy.

**0716-305 HUMAN MOVEMENT & FUNCTIONING (1-3-2)**

The course introduces concepts in kinesiology and exercise physiology. Principles of coordination and control of movement and the development of skilled action are discussed. The course focuses on fundamental movement activities, movement control processes, acquisition, retention, and transfer of skills. It includes biomechanics, kinematics and kinetic analysis of normal function and dysfunction. The course also covers the physiological adjustment of major body organs to different types of exercise and correlates them to various human physiological factors.

**0716-313 EVALUATION AND ASSESSMENT (1-3-2)**

The course provides an overview of the evaluation and assessment process. It focuses on understanding the theoretical principles related to aspects of occupational performance. The interaction of the person-occupation-environment that influences the assessment of occupational performance is examined. Students develop professional reasoning skills in identifying, administering and documenting assessments for the evaluation of different aspects of occupational performance. They also implement appropriate interventions to remediate or to compensate for problems that interfere with occupational performance.

**0580-316 CLINICAL MEDICINE AND PATHOLOGY (3-0-3)**

The study of disease processes affecting the human body in relation to etiology, organ system involvement, pathological changes in the structure and function of the tissues

and organs, specific physical signs and symptoms, diagnostic procedures, common complications, preferred treatment, forecast outcome of specific disease processes and pertinent public health aspects of specific disease processes.

**0716-306 CLINICAL FIELDWORK I (0-4-1)**

Fieldwork includes observation of occupational therapy practice in various clinical settings under professional supervision. Students learn the process of medical documentation through observation of occupational therapy practitioners and review of medical charts.

**YEAR THREE, SEMESTER TWO**

**0716-304 MENTAL HEALTH IN OCCUPATIONAL THERAPY (3-0-3)**

The course introduces the students to the nature of psychopathology (abnormal psychology), its causes, and its effects on occupational performance. Students learn the theoretical frame of references that guide occupational therapy evaluation and intervention of psychiatric and psychosocial issues. Through in-class case studies, students demonstrate skills in selecting appropriate mental health assessments, developing interventions and deciding on meaningful occupation.

**0716-317 ORTHOPEDIC REHABILITATION (2-3-3)**

The course covers orthopedic health problems, assessments, and interventions. Students develop skills to identify diseases, injuries, and conditions of the musculoskeletal system, select the appropriate assessments and design the correct interventions based on theoretical grounds and published evidence. Laboratory work allows students to implement assessments that are commonly utilized in orthopedic settings including manual muscle testing, goniometry, sensory evaluations, and functional assessments. Splinting principles are introduced and students are required to fabricate splints.

**0716-311 ERGONOMICS IN OCCUPATIONAL THERAPY (2-3-3)**

The course introduces the students to the interaction between the person and environment through occupation. The students implement environmental modifications plans based on assessments and observation to improve clients' occupational performance. The course focuses on body mechanics, work-related musculoskeletal injuries, activity analysis, and work hardening and conditioning. Additional topics include universal designs, accessibility, and local disability acts and policies.

**0716-312 PHYSICAL DISABILITY AND OCCUPATIONAL PERFORMANCE (2-3-3)**

The course prepares students for occupational therapy practice for adults with physical disabilities. The students learn the skills necessary for beginning practice in occupational therapy that enable function and wellbeing. Students practice several assessment tools and treatment methods relating to physical dysfunction. The effect of physical dysfunction on the person's occupational performance and participation in occupation is addressed.

**0716-318 CLINICAL FIELDWORK II (0-8-2)**

The overall purpose of the fieldwork experience is to provide students with exposure to clinical settings through observation of the treatment process. It also gives an opportunity for students to observe clients and therapists and to examine their reactions to clients, supervisors and other health care professionals.

**YEAR FOUR, SEMESTER ONE**

**0716-401 RESEARCH IN OCCUPATIONAL THERAPY (2-0-2)**

The course addresses the parameters and criteria for research practice. Students learn different models and paradigms of research. They are presented with an opportunity to explore quantitative and qualitative approaches to research. Topics include literature review, sampling techniques, data collection, analysis strategies, research ethics and critique of research papers. Students are expected to develop a research proposal that is relevant to Occupational Therapy.

**0716-402 CHILD HEALTH IN OCCUPATIONAL THERAPY (2-3-3)**

The course focuses on occupational performance for children with disabilities. Students acquire the knowledge and skills needed to provide occupational therapy evaluation and intervention services for various pediatric disabilities, and compares and contrasts typical and atypical growth. The importance of sociocultural norms and Islamic beliefs in working with children and their families is emphasized.

**0716-403 PSYCHOSOCIAL DISABILITY AND OCCUPATIONAL PERFORMANCE (2-3-3)**

The course examines the psychosocial dimensions of the person-occupationenvironment relationship. It focuses on assessments and implementation of interventions for individuals with specific psychosocial disorders, in addition to counseling, adaptation and social skills training. The influence of Islamic principles and cultural beliefs on clients with psychosocial issues is discussed.

**0716-404 COGNITIVE AND NEURO-REHABILITATION (2-3-3)**

The Central Nervous System, motor control, and motor learning are examined. Frames of references that guide occupational therapy evaluation and interventions of CNS dysfunction are reviewed, including neuro-developmental treatment, proprioceptive neuromuscular facilitation, Brunnstrom, and Rood. The course also covers neurological impairments as they relate to occupational performance and the principles that guide neurological assessments and interventions.

**0716-405 TECHNOLOGY AND ADAPTATION (1-3-2)**

The course presents an overview of the role of the occupational therapist in facilitating the use of augmentative communication and assistive technology by individuals with disabilities to enable occupational performance. Through the hands-on lab experiences, students learn about the various types of assistive technology devices as they pertain to individuals with disabilities.

**0716-406 CLINICAL FIELDWORK III (0-12-3)**

Working with clients under the supervision of an occupational therapist, students are provided a clinical learning experience in delivering occupational therapy services. The focus of the learning experience is to apply skills learned through coursework, including observation, conducting assessments, writing goals, implementing interventions and demonstrating professional behavior.

**YEAR FOUR, SEMESTER TWO****0716-409 INDEPENDENT STUDY (1-0-1)**

Students explore an area of their interest, working one-on-one with a faculty member to gain an in-depth knowledge of that area. The course learning process includes meetings, gathering information, evaluation, and on-site observation and implementation of clinical practice.

**0716-411 OCCUPATIONAL ENVIRONMENT & DAILY LIFE (3-0-3)**

The course presents in depth analysis of an occupational environment at the personal, societal and community levels and its impact on occupational performance. Emphasis is placed on appraising and analyzing the environmental factors that sustain or hinder occupational performance. Students are expected to provide recommendations to improve, modify and adapt the environment to sustain occupational performance and promote functioning.



**0716-412 EVIDENCE BASED PRACTICE (3-0-3)**

Students learn how to integrate research evidence into the professional reasoning process and how to answer important questions from qualitative and quantitative data sources. They evaluate the status, beliefs and practice of the profession, and develop skills in synthesizing and presenting evidence to service recipients. They also implement a research project in the field of occupational therapy.

**0716-413 PROFESSIONAL DEVELOPMENT (3-0-3)**

The course promotes active student-centered learning, focusing on case studies that address realistic and relevant local and international health care issues. Drawing on their clinical experience, students analyse issues directly related to professional practice in occupational therapy. The course addresses the complexities and richness of Occupational Therapy practice with an examination of the variability between therapists' expectations and the events that unfold in real life therapy.

**0716-407 CLINICAL FIELDWORK IV (0-16-4)**

Students apply didactic material learned in Occupational Therapy courses and interact with clients in a therapeutic setting. Practice of evaluation, goal setting, intervention, documentation, and application of therapeutic techniques are carried out under the supervision of an occupational therapist.

**YEAR FIVE, SEMESTER ONE**

**0716-408 CLINICAL FIELDWORK V (0-36-9)**

Clinical experience in various settings, including acute hospital settings, inpatient settings, rehabilitation centers, day treatment centers, nursing homes, school system, developmental centers, industrial settings, and community health initiatives. Each student performs hands-on treatment for a wide range of disabilities and age groups. Practice of evaluation, goal setting, intervention, documentation, and application of occupations, activities, and therapeutic techniques appropriate to the student's skill level are carried out under the supervision of an occupational therapist.