## SYSTEM: Immune

### CONDITION: Scleroderma

(BOLD content unlikely to be covered elsewhere in the curriculum)

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery*</th>
</tr>
</thead>
</table>
| **Examination: Patient-History**  
• Statistics on gender prevalence of scleroderma.  
• Factors related to development of scleroderma  
• Differential diagnostic criteria to identify scleroderma |  
• Describe the gender differences in prevalence for scleroderma.  
• Discuss research related to environmental factors that may predispose someone to scleroderma  
• Differentiate the signs and symptoms of scleroderma from other immune system disorders | F |
| **Examination: Tests and Measures**  
• Clinical presentation of scleroderma (symptoms and impairment)  
• Standard outcome tool to assess function and quality of life |  
• Discuss phases of skin changes in patients with scleroderma  
• Describe differences between localized (CREST syndrome) and systemic scleroderma  
• Can effectively implement standard outcome tools | F, F, P |
| **Evaluation:**  
• Scleroderma prognosis and effects of fibrosis of internal organs on the PT plan of care |  
• Problem solves the implications of multi-system involvement (GI, cardiopulmonary, GU) on the overall management of the client as evidenced supported intervention program is developed.  
• Describe the cellular changes and subsequent clinical signs that occur in the skin, vascular system and organs  
• Discuss the epidemiology of scleroderma with consideration of gender and lifespan | F, F, P |
| **Interventions**  
• Evidence to support use of modalities to enhance tissue extensibility and decrease pain  
• Parameters of safe exercise including stretching, strengthening, and aerobic conditioning for patients with scleroderma  
• Ergonomics and body mechanics techniques to enhance performance of ADLs and leisure activities |  
• Create an evidence based, safe comprehensive treatment plan with consideration of pain relief, exercise, and orthotic devices to improve and/or maintain function.  
• Educate the patient and family on the disease process, prognosis, and disease management  
• Discuss and practice use of splinting and compression garments as a component of care  
• Educate the patient/client on body mechanics, safe ways of performing ADLs and leisure activities | P, F, F, P |
| **Prevention and Wellness**  
• Evidence to support prevention and enhance wellness |  
• Discuss best practices for patient energy conservation, body mechanics and wellness enhancement | F |
| **Medical management**  
• Common pharmacological agents used to manage scleroderma  
• Interdisciplinary team roles |  
• Describe consequences of pharmacologic agents that may be used based on organ involvement  
• Demonstrate appropriate communication skills when collaborating with other members of the interdisciplinary team | F, P |

* F = Familiar; P= Proficient; M= Mastery