

**COURSE DATA****Data Subject**

<b>Code</b>	33026
<b>Name</b>	Physiotherapy in clinical specialities III
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2021 - 2022

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. Period</b>
1202 - Degree in Physiotherapy	Faculty of Physiotherapy	3 Second term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1202 - Degree in Physiotherapy	14 - Physiotherapy in clinical specialties	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
BALASCH I BERNAT, MERCÈ	191 - Physiotherapy
DUEÑAS MOSCARDO, LIRIOS	191 - Physiotherapy

**SUMMARY**

The subject of Clinical Specialties in Physical Therapy III will help the student to know the functions of the physiotherapist in primary care as well as the treatment process in the most common pathologies of physiotherapy in primary care services, not only at the community care but also at the home treatments.

Throughout the subject the student will learn the importance of primary care to improve health. The central themes of the course are: health (instead of being the disease), knowledge of people and communities and early and comprehensive approach to health needs.



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

It is not necessary previous requirements.

## OUTCOMES

### 1202 - Degree in Physiotherapy

- Respect fundamental rights and equality between men and women.
- Recognise diversity, multiculturality, democratic values and peace culture.
- Have the ability to organise and plan work.
- Know how to plan treatment goals in the different clinical specialities of Primary Care and in the different stages of cognitive-motor development from the Physiotherapy Clinical Records.
- Know how to establish a therapeutic plan to reach the goals from the Physiotherapy Diagnosis, established in accordance with internationally recognised standards and international validation instruments.
- Know how to apply the different physiotherapy techniques of promotion, prevention and health preservation in Primary Care, in the different stages of cognitive-motor development, and the proprioceptive methods, soft tissue techniques and motor re-education methods in nervous system disorders.
- Know how to assess the applied physiotherapy treatment and write the Discharge report.
- Know how to assess the results of the physiotherapy treatment.
- Know and apply good clinical practice guides.

## LEARNING OUTCOMES

After passing the subject the student will know how to handle the most common pathologies of physiotherapy services in primary care, both individual and community level.

The student will be able to plan the treatment goals from the physiotherapy diagnosis; to establish a treatment plan using the guidelines of good clinical practice; to use the tools of international validation; to apply different techniques for physiotherapy promotion, prevention and health maintenance; to assess the applied treatment; to write the discharge report and to assess the outcomes of physiotherapy treatment in different clinical specialties of primary care.



This will be done not from the individual, but as part of a multidisciplinary team. That's why skills related to teamwork and organization and planning will be treated. Within this context, students will learn to respect the multicultural, democratic and peace values, fundamental rights and equality between men and women.

## DESCRIPTION OF CONTENTS

### **1. Conceptual framework and generalities of physiotherapy in primary care (theoretical program)**

Item 1. Introduction to the subject. Physiotherapy in Primary Care. Conceptual framework.  
Item 2. Physiotherapy in community care and in home care. Health Programs. Teamwork. The discharge report.

### **2. Physical therapy in primary care: pregnant (theoretical program)**

Item 3. Primary care physiotherapy in pregnant women  
Item 4. Primary care physiotherapy in postpartum period and menopause.

### **3. Physical therapy in primary care: adult (theoretical program)**

Item 5. Preventive physiotherapy in upper limb pathology. Therapeutic exercise.  
Item 6. Preventive physiotherapy in lower limb pathology. Therapeutic exercise.  
Item 7. Preventive physiotherapy in lumbar pathology. Therapeutic exercise.  
Item 8. Preventive physiotherapy in cervical pathology. Therapeutic exercise.  
Item 9. Preventive physiotherapy in the workplace. Workplace analysis.  
Item 10. Pain education in primary care. Therapeutic exercise and chronic pain.  
Item 11. Sleep disturbances and chronic pain.

### **4. Physical therapy in primary care: geriatrics (theoretical program)**

Item 12. Therapeutic exercise and falls prevention in the elderly.  
Item 13. Physiotherapy in primary care in major chronic degenerative diseases.  
Item 14. Foot care in the elderly. Recommendations on the use and choice of footwear.

### **5. Physical therapy in primary care in babies, children and adolescents (theoretical program)**

Item 15. Preventive physical therapy in the newborn.  
Item 16. Preventive physical therapy in childrens and adolescents.

**6. Conceptual framework and generalities of physiotherapy in primary care (practical program)**

Practice 1: Team work: community care programs.

**7. Physical therapy in primary care: PREGNANT, POSTPARTUM PERIOD and MENOPAUSE**

Practice 2. Therapeutic exercise in pregnant women and postpartum.

**8. Physical therapy in primary care: ADULT**

Practice 3. Therapeutic exercise in scapular dyskinesis.

Practice 4. Therapeutic exercise in lumbar pathology.

Practice 5. Therapeutic exercise in cervical pathology.

Practice 6. Therapeutic exercise in chronic pain.

**9. Physical therapy in primary care: GERIATRICS**

Practice 7. Home care and community care in geriatrics.

**10. Physical therapy in primary care in CHILDREN AND ADOLESCENTS**

Practice 8. Massage and handling of the baby.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Laboratory practices	30,00	100
Development of group work	20,00	0
Preparation of evaluation activities	34,00	0
Preparing lectures	11,00	0
Preparation of practical classes and problem	25,00	0
<b>TOTAL</b>	<b>150,00</b>	

**TEACHING METHODOLOGY**

The theoretical contents will take place in the classroom by means of master class lectures linked with participatory activities. Students know in advance the topics in order to encourage them to ask questions, concepts, as well as to promote their participation.



For the practical program students will solve problems and exercises, group activities and case studies. They will be trained in skills and physical therapy procedures used in primary care.

Students will also work in small groups.

The teaching program might be modified during the development of the subject if the professor considers it appropriate, in order to guarantee the teaching quality and the learning process.

## EVALUATION

### **Theoretical program (50% of the final mark)**

1. Written test: a) Multiple choice test of 20 questions (20%),  $\text{Mark} = [\text{hits} - (\text{errors} / \text{n}^\circ \text{ options} - 1)] * (\text{maximal mark} / \text{n}^\circ \text{ questions})$ ; b) 4 short development questions (30%)

### **Practical program (50% of the final mark)**

1. Oral examination (35%). Simulation of the physical therapy techniques presented at the practice lessons and case studies.

2. Homework (15%). Presentation of group work. Mandatory. Incorrect orthography and grammar should be penalized.

The final mark of the subject will be the weighted sum of the marks obtained in both the theoretical program and the practical program blocks, provided that the student has obtained at least 50% of the maximum score in each of the tests : Written test (theoretical exam), homework (group work) and oral examination (practical exam).

All the evaluation tests can be retrievable in second call. There are no differences in the evaluation system between the first and second calls in theoretical exam (written test) and practical exam (oral exam). Homework will also not change, although in the event that it cannot be done within a group because only one student has to do it in the second call, the work will have the same structure, sections and evaluation form as the one from the first call.

All written tests will penalize the incorrect spelling (orthography and grammar). Attendance at practices is mandatory. Attendance to 80% of the practices is required, being possible the non attendance to 20% of the remaining ones, but only for duly justified reasons.





## REFERENCES

### Basic

- Berg Kristian. "Guia ilustrada de los estiramientos terapéuticos. Eliminar el dolor y prevenir lesiones". Ediciones Tutor S.A. Noviembre 2011.

Martín Zurro.A, Cano Pérez, J.F. Atención Primaria. Conceptos, organización y práctica clínica. Volumen I. Elsevier. 2003.

Paz Lourido B y Martinez Rodríguez A. Fisioterapia comunitaria desde la Atención Primaria. En: Martínez Rodríguez A (coordinadora). Fisioterapia en Atención Primaria. Madrid: Editorial Síntesis; 2008.

Houglum PA. Therapeutic exercise for musculoskeletal injuries. 3rd ed. United States: Human Kinetics; 2010.

### Additional

- Barakat R. Ejercicio físico durante el embarazo. Pearson educación. 2006.

Brian, E. The comprehensive manual of therapeutic exercises: orthopedic and general conditions. Slack Incorporated; Spi edition. 2018.

Carrie M. Hall, Lori Thein B. Ejercicio terapéutico. Recuperación funcional. Ed. Paidotribo; 2006.

Debra J. Rose. Equilibrio y movilidad en personas mayores. Ed. Paidotribo, 2005.

Esnault M. Estiramientos analíticos en fisioterapia activa. Barcelona: Masson; 1994.

Fernández M., Lambruschini R., Fernández J. Manual de Pilates Aplicado al Embarazo. Editorial Medica Panamericana S.A. 2016.

Groose D, Sengler J. Reeducción del periné. Fisioterapia en las incontinencias urinarias. Ed. Masson. 2001.

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Liemohn W. Prescripción de ejercicio para la espalda. Barcelona: Editorial Paidotribo; 2005.

Mantle J, Haseam J, Barton S. Physiotherapy in obstetrics and gyneacology. 2ª Ed. Butterworth Heinemann. 2004.



- Ramirez I., Blanco L., Kauffman S. Rehabilitacion del suelo pelvico femenino, ed panamericana. 2013.

Richardson CA, Jull GA. Muscle control-pain control: what exercises would you prescribe? Manual Ther;1995;1:2.

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Sharmann S. Diagnóstico y tratamiento de las alteraciones del movimiento. Editorial Paidotribo; 2005, capítulo cinco, p. 209-261.

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Viel E., Esnault M. Lumbalgias y cervicalgias de la posición sentada. Consejos de ergonomía y ejercicios de fisioterapia. Barcelona: Masson 2001.

Walker C. Fisioterapia en obstetricia y uroginecología 2º edicion. Elsevier. 2013.

Ylinen J. Estiramientos Terapeuticos en el Deporte y en Terapias Manuales / Stretching Therapy For Sport And Manual Therapies. Elsevier España; 2009. 296 p.

## **ADDENDUM COVID-19**

**This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council**

This addendum will only be activated if the health situation so requires and with the prior agreement of Consell de Govern.

### **1. Contents**

The contents initially included in the teaching guide are maintained.

### **2. Workload and temporary teaching planning**

The proportion of the different activities that add up to the hours of dedication in ECTS credits marked in the original teaching guide has been maintained.



### **3. Teaching methodology**

Depending on the needs, teaching will be adapted to the blended or non-classroom mode, through the implementation of the corresponding teaching strategies (i.e. hybrid teaching, videoconference sessions, voice-over presentations, videos or additional multimedia material).

The tutorials may be conducted virtually, following the guidelines of the Universitat de València, via e-mail or videoconference, through the Blackboard Collaborate or Teams platform.

### **4. Evaluation:**

The final evaluation tests will be presential, and only in case of problems caused by the evolution of the pandemic, final evaluation tests will be done online through Aula Virtual of the Universitat de València.