COURSE DATA

Data Subject	
Code	33026
Name	Physiotherapy in clinical specialities III
Cycle	Grade
ECTS Credits	6.0
Academic year	2022 - 2023

Study (s)

Degree	Center	Acad. year	Period
1202 - Degree in Physiotherapy	Faculty of Physiotherapy	3	Second term

Subject-matter

Degree	Subject-matter	Character
1202 - Degree in Physiotherapy	14 - Physiotherapy in clinical specialties	Obligatory

Coordination

Name	Department
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.

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

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 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 (RD 1393/2007) // NO CONTENT (RD 822/2021)

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. Physiotherapy in Primary Care. Physiotherapy in home care and in community care. Health prevention and promotion programs.

2. Physical therapy in Primary Care: adults (theoretical program).

Item 2. Approach to the patient with chronic pain from Primary Care.
Item 3. Physiotherapy in Primary Care in cervical disorders. Therapeutic exercise.
Item 4. Physiotherapy in Primary Care in shoulder disorders. Therapeutic exercise.
Item 5. Physiotherapy in Primary Care in lumbar disorders. Therapeutic exercise.
Item 6. Preventive physiotherapy in the workplace.

3. Physical therapy in Primary Care: older adults (theoretical program).

Item 7. Active aging. Therapeutic exercise.
Item 8. Frailty and falls prevention.
Item 9. Physiotherapy in Primary Care in the main degenerative diseases.
Item 10. Foot care. Recommendations about footwear.

4. Physical therapy in Primary Care: pregnants (theoretical program).

Item 11. Primary Care physiotherapy in pregnant women.
Item 12. Primary Care physiotherapy in postpartum period and menopause.

5. Physical therapy in Primary Care in infants, children and adolescents (theoretical program).

Item 13. Primary Care physiotherapy in infants.
Item 14. Primary Care physiotherapy in children and adolescents.

6. Conceptual framework and generalities of physiotherapy in Primary Care (practical program).

Practice 1: Physical therapy community care programs.

7. Physical therapy in Primary Care: adults (practical program).

Practice 2. Approach to the patient with chronic pain from Primary Care.
Practice 3. Prevention and therapeutic exercise in cervical disorders.
Practice 4. Prevention and therapeutic exercise in shoulder disorders.
Practice 5. Prevention and therapeutic exercise in lumbar spine disorders.

8. Physical therapy in Primary Care: older adults (practical program).

Practice 6. Physical therapy in home care and community care in older adults.

9. Physical therapy in Primary Care: pregnant, postpartum period and menopause

Practice 7. Prevention and therapeutic exercise in pregnant women and during postpartum.

10. Physical therapy in Primary Care in infants, children and adolescents (practical program).

Practice 8. Physical therapy in Primary Care in infants

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
TOTAL	**150,00**	

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. Theoretical exam: a) Multiple choice test of 20 questions (20%), Mark=[hits-(errors/nº options-1)]* (maximal mark/nº questions); b) 3 short development questions (25%).

2. Continuous evaluation activities (5%). Delivery of three activities proposed during the subject.

Practical program (50% of the final mark)

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

2. Group work (15%). Presentation of a mandatory group work.

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: theoretical exam, group work and oral 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 and practical exam. The group work 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%, but only for duly justified reasons.

REFERENCES

Basic

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Additional

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