



Universitat de Lleida

# DEGREE CURRICULUM **FUNDAMENTALS IN PHYSIOTHERAPY 1**

Coordination: CASANOVA GONZALVO, CARLOS

Academic year 2023-24

## Subject's general information

Subject name	FUNDAMENTALS IN PHYSIOTHERAPY 1			
Code	102709			
Semester	1st Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Physiotherapy	1	COMPULSORY	Attendance-based
	Double bachelor's degree: Degree in Physical Activity and Sports Sciences and Physiotherapy	1	COMPULSORY	Attendance-based
Course number of credits (ECTS)	6			
Type of activity, credits, and groups	Activity type	PRAULA		TEORIA
	Number of credits	3		3
	Number of groups	2		1
Coordination	CASANOVA GONZALVO, CARLOS			
Department	NURSING AND PHYSIOTHERAPY			
Important information on data processing	Consult <a href="#">this link</a> for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
CASANOVA GONZALVO, CARLOS	carles.casanova@udl.cat	9	

## Learning objectives

1. Study the foundations and evolution of Physiotherapy
2. Integrate the scientific, humanistic, ethical and legal principles of Physiotherapy
3. Center the reality of Physiotherapy in Society
4. Acquire the basic holistic dimension of Health and Disability
5. Know the Care Process in Physiotherapy
6. Work on the prociceptive, emotional and social perception of Disability
7. Work on the Process of Attention to People from Communication in the Professional-Patient Help Relationship
8. Acquire basic knowledge and skills to prevent musculoskeletal disorders in the practice of Physiotherapy
9. Acquire the basic knowledge of the Bibliographic Search
10. Practice teamwork, organizational skills, leadership, interpersonal communication, the ability to synthesize and oral expression

## Competences

### Specific Competences:

CE2 Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed

Learning outcomes:

- 2.1 Understand the general, basic and specific theories of Physiotherapy.
- 2.2 Define the concept of Physiotherapy and its evolution throughout history.
- 2.3 List the basic skills that characterize the figure of the physiotherapist.
- 2.8 Explain and describe the factors that influence the application of the physical agents typical of physiotherapy.
- 2.9 Describe the administrative context in which physiotherapy is framed and the different forms adopted by health management and health care in Spain and in the Community.
- 2.12 Use the basic techniques of scientific research in physiotherapy

CE3 Know and understand the physiotherapeutic methods, procedures and actions, aimed at both the therapy itself to be applied in the clinic for pre-education or functional recovery, as well as activities aimed at promoting and maintaining health.

Learning outcomes:

- 3.1 Explain the theoretical foundations on which the different physiotherapeutic methods and procedures are based
- 3.2 Recognize the general and specific procedures of Physiotherapy.
- 3.3 Understand and apply physical agents as the basis of therapy in physiotherapy.
- 3.5 Mention the means to favor the participation of the user and the family in the recovery process

CE5 Assess the functional status of the patient, considering the physical, psychological and social aspects.

Learning outcomes:

- 5.1 Apply the procedures for assessment and systematic collection of relevant information related to the needs of patients, considering from a global and objective vision, the physical, psychological and social aspects

CE6 Diagnostic assessment of physiotherapy care according to standards and with internationally recognized validation instruments.

Learning outcomes:

- 6.1 Distinguish the different diagnostic techniques in the pathologies of the different devices and systems

CE8 Execute, direct and coordinate the physiotherapy intervention plan, using their own therapeutic tools and attending to the individuality of the user.

Learning outcomes:

- 8.1 Carry out the specific techniques of physical therapy treatment in the patient, according to the different pathologies, and apply the intervention procedures on the patient and his environment.

CE10 Prepare the physiotherapy care discharge report once the proposed objectives have been covered.

Learning outcomes:

- 10.1 Effectively and adequately register a complete Physiotherapy Clinical History with all the information from the reception of the patient to the Physiotherapy discharge report
- 10.2 Prepare a discharge report based on compliance with the objectives set and the adequate evolution of the patient.

CE11 Provide effective physiotherapy care, providing comprehensive assistance to patients.

Learning outcomes:

- 11.1 Use and incorporate the ethical and legal principles of the profession in physiotherapy care
- 11.2 Apply the quality assurance mechanisms in the practice of physiotherapy, according to recognized and validated criteria.
- 11.4 Identify the importance of daily recording the application of Physiotherapy, its evolution and incidents
- 11.5 Guide the activities and mode of action in relation to each patient, offering a personal and individualized

treatment

11.6 Demonstrate communication skills and use the appropriate treatment with patients, taking into account their biopsychosocial characteristics.

11.7 Demonstrate ability in a professional, ethical and legal context of the professional, recognizing and responding to dilemmas and ethical issues in daily practice

CE12 Intervene in the fields of promotion, prevention, protection and recovery of health.

Learning outcomes:

12.1 Identify and describe the basic principles of prevention, as well as the different medical and surgical treatments applicable to each type of pathology.

12.3 Promote healthy lifestyle habits based on physiotherapy actions through health education

CE13 Participate in the preparation of physiotherapy care protocols based on scientific evidence, promoting professional activities that stimulate research in physiotherapy.

Learning outcomes:

13.1 Incorporate scientific research and evidence-based practice as a professional culture, as well as establish lines of research within the scope of the profession's competencies.

13.2 Use the scientific method through basic and applied research programs.

13.4 Identify and use the possibilities offered by new technologies in the management and quantitative treatment of information.

13.5 Describe and analyze the evidence-based physiotherapy care protocols, applied to the different branches of the same.

13.7 Establish Physiotherapy assistance protocols based on practice based on scientific evidence and promote all those professional activities that share the revitalization of Physiotherapy research.

CE15 Understand the importance of updating the knowledge, abilities, skills and attitudes that make up the professional skills of the physiotherapist.

Learning outcomes:

15.1 Promote the updating and recycling of knowledge, skills and fundamental attitudes of professional skills, through a process of ongoing training.

15.2 Understand, select, and advocate new research designs and methods appropriate for physiotherapy.

15.3 Interpret, analyze, synthesize and criticize the research findings related to physiotherapy and future lines of expansion.

15.4 Assess the need for research and search for publications related to physiotherapy and formulate relevant research questions.

15.5 Demonstrate skills in self-search, critical examination, and integration of scientific literature and other relevant information

CE16 Acquire clinical management skills that include the efficient use of healthcare resources and develop planning, management and control activities in healthcare units where physiotherapy care is provided and its relationship with other healthcare services.

Learning outcomes:

16.1 Identify the basic elements of management services of the profession.

16.2 Describe the organizational structure and management of public health systems.

16.6 Identify the administrative authorization requirements for the installation and operation of health centers as well as the different management tools.

## **General competences of the degree:**

CG1 Communicate effectively and clearly, both orally and in writing, with users of the healthcare system as well as with other professionals

CG2 Knowing how to work in professional teams as a basic unit in which the professionals and other personnel of the healthcare organizations are structured in a single, multidisciplinary and interdisciplinary way.

CG3 Incorporate the ethical and legal principles of the profession into professional practice, such as integrating social and community aspects in decision-making.

## **Transversal competences of the Degree:**

CT4 Respect for the fundamental rights of equality between men and women, the promotion of Human Rights and the values of a culture of peace and democratic values.

## **Strategic competencies of the University:**

CEUdL1 Adequate comprehension and oral and written expression of Catalan and Spanish;

CEUdL2 Significant command of a foreign language, especially English;

CEUdL3 Training in the use of new technologies and information and communication technologies;

CEUdL4 Basic knowledge of entrepreneurship and professional environments; CEUdL5 Essential notions of scientific thought.

## **Subject contents**

### **Topic 1. Physiotherapy**

1.1. Definition. skills. deontological code

1.2. Presentation of the Library and Documentation Service of the Health Sciences Campus

1.3. Historical stages and professionalization of care in Physiotherapy

### **Topic 2. Physiotherapy metaparadigm**

2.1. theoretical approach

2.2. theoretical referents

23. Scientific, humanistic, ethical and legal principles of care in Physiotherapy

## **Topic 3. Health and disability**

3.1. Health and disability

3.2. bioethics 3.3. Quality of life

3.4. Technology of the information and communication

3.5. movement and emotions

3.6. Non-pharmacological means

## **Topic 4. Professional-patient help relationship**

## **Topic 5. Information and communication systems**

## **Topic 6. Manual Handling of People**

6.1. Manual handling of people

6.2. accompaniments to the deambulation

6.3. Activation and revitalization

## **Topic 7. Care Process in Physiotherapy**

7.1. clinic history

7.2. Diagnosis in Physiotherapy

7.3. assessment

7.4. Goals. Expectations

7.5. Planning

7.6. High. care continuum

7.7. Multidisciplinary team. transdisciplinary work

## **Methodology**

Dates	Activity(1)	Description:	HTP (2)	HTNP (3)
Week 1	Master lesson and classes participatory	Presentation of the subject	2 Hours	3 Hours

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Week 1	Seminar and works	T1. Physiotherapy	2 Hours	3 Hours
Week 2	Master lesson and classes participatory	T1. Physiotherapy	2 Hours	3 Hours
Week 2	Seminar and works	T1. Historical stages of Physiotherapy	2 Hours	3 Hours
Week 3	Master lesson and classes participatory	T1. Skills. deontological code. Professionalization of care in Physiotherapy	2 Hours	3 Hours
Week 3	Seminar and works	T1. Presentation of the Health Sciences Campus Library Service	2 Hours	3 Hours
Week 4	Master lesson and classes participatory	T2. Metaparadigm of Physiotherapy	2 Hours	3 Hours
Week 4	Seminar and works	T1. Definition. Historical stages and professionalization of care in Physiotherapy T2. Metaparadigm of Physiotherapy	2 Hours	3 Hours
Week 5	Master lesson and classes participatory	T2. Metaparadigm of Physiotherapy	2 Hours	3 Hours
Week 5	Seminar and works	Practical experience	2 Hours	3 Hours
Week 6	Master lesson and classes participatory	T2. Metaparadigm of Physiotherapy. Theoretical vision	2 Hours	3 Hours
Week 6	Seminar and works	T2. Metaparadigm of Physiotherapy. Theoretical vision	2 Hours	3 Hours
Week 7	Master lesson and classes participatory	T2. Scientific, humanistic, ethical and legal principles of action in Physiotherapy	2 Hours	3 Hours
Week 7	Seminar and works	T2. Scientific, humanistic, ethical and legal principles of action in Physiotherapy	2 Hours	3 Hours
Week 8	Master lesson and classes participatory	T3. Health and disability	2 Hours	3 Hours
Week 8	Seminar and works	T3. Health and disability	2 Hours	3 Hours
Week 9	Master lesson and classes participatory	T3. Health and disability	2 Hours	3 Hours
Week 9	Seminar and works	T3. Health and disability	2 Hours	3 Hours



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Week 10	Master lesson and classes participatory	T4. Communication in the physiotherapist-patient help relationship	2 Hours	3 Hours
Week 10	Seminar and works	Group presentations. Group work evaluation	2 Hours	3 Hours
Week 11	Master lesson and classes participatory	T5. Information and communication systems	2 Hours	3 Hours
Week 11	Seminar and works	Practical experience	2 Hours	3 Hours
Week 12	Master lesson and classes participatory	T7. Care Process in Physiotherapy	2 Hours	3 Hours
Week 12	Seminar and works	T6. Manual handling of people	2 Hours	3 Hours
Week 13	Master lesson and classes participatory	T7. Care Process in Physiotherapy	2 Hours	3 Hours
Week 13	Seminar and works	T6. Manual handling of people	2 Hours	3 Hours
Week 14	Master lesson and classes participatory	T7. Physiotherapy care process	2 Hours	3 Hours
Week 14	Seminar and works	T7. Physiotherapy care process	2 Hours	3 Hours
Week 15	Master lesson and classes participatory	Subject tutoring	2 Hours	3 Hours
Week 15	Seminar and works	Tutoría asignatura	2 Hours	3 Hours

## Bibliography

Pampliega A. Las trincheras de la esperanza. Barcelona. Península; 2018

Escribano X. Territoris humans de la salut. Societat, cultura i valors en el món sanitari. Barcelona: Editorial Dux; 2008

Gallego Izquierdo T. Bases teóricas y fundamentos de la fisioterapia. Madrid: Editorial Médica Panamericana. (colección Panamericana de Fisioterapia); 2007

Casado Marin D. Efectos y abordajes de la dependencia. Un anàlisis econòmic. Barcelona: Editorial Masson; 2007

Franché S, Sim J. Fisioterapia: un enfoque psicosocial. Madrid. 3ª edición. McGraw Hill Interamericana; 2006

Hütler-Becker A, Schewe H, Heipertz W. Terapia física. Barcelona: Paidotribo; 2005

Montagut F, Flotats G, Lucas E. Rehabilitación domiciliaria. 2ª Edición. Barcelona: Masson; 2014

## RECOMMENDED WEBSITES

<http://www.fisioterapeutes.cat>

<http://www.consejo-fisioterapia.org>

<http://www.aefi.net>

<http://www.wcpt.org>

<http://www.physiotherapy.asn.au>

<http://www.physiotherapy.org.nz>

<http://www.csp.org.uk>

<http://www.apta.org>

<http://www.physiotherapy.ca>

<http://www.gencat.cat/temes/cat/salut.htm>

<http://www.insht.es>

<http://osha.europa.eu/es>