



Universitat de Lleida

DEGREE CURRICULUM
**FUNDAMENTALS IN
PHYSIOTHERAPY 2**

Coordination: CASANOVA GONZALVO, CARLOS

Academic year 2023-24

Subject's general information

Subject name	FUNDAMENTALS IN PHYSIOTHERAPY 2			
Code	102710			
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Physiotherapy	1	COMPULSORY	Attendance-based
	Double bachelor's degree: Degree in Nursing and 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	3		1
Coordination	CASANOVA GONZALVO, CARLOS			
Department	NURSING AND PHYSIOTHERAPY			
Important information on data processing	Consult this link for more information.			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
CASANOVA GONZALVO, CARLOS	carles.casanova@udl.cat	12	

Subject's extra information

Requirements to take it (prerequisites and corequisites): No prerequisites are established.

The subject gives Continuity in the history, bases, theoretical and scientific development of Physiotherapy, which, as in the first semester, is related to the professional, health and social reality, allows to know the discipline based on its humanistic, scientific, management and legal, with the corresponding bibliographic management, as well as from the knowledge of the different physical agents of application in Physiotherapy.

We recommend having passed Fundamentals in Physiotherapy 1 and taking the subject up to date, continuously, so that it is fed back with the knowledge of the rest of the semester's subjects.

Learning objectives

1. Study the foundations and evolution of Physiotherapy
2. Integrate the scientific, humanistic, ethical and legal principles of Physiotherapy
3. Centering 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 proprioceptive, emotional and social perception of Disability
7. Work on the People Care Process 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 Bibliographic Research
10. Practice teamwork, organizational skills, leadership, interpersonal communication, synthesis skills and oral presentation

Competences

Specific Skills:

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 Cite 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 specific to 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 the Community.

2.12 Use the basic techniques of scientific research in physiotherapy

CE3 Know and understand physiotherapeutic methods, procedures and actions, aimed both at the actual therapy to be applied in the clinic for pre-education or functional recovery, and at the performance of activities aimed at the promotion and maintenance of health.

Learning outcomes:

3.1 Expose 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 physiotherapy therapy.

3.5 Cite the means to encourage the participation of the user and the family in the recovery process

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

Learning outcomes:

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

CE6 Diagnostic evaluation of physiotherapy treatments according to the 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 the own therapeutic tools and paying attention to the individuality of the user.

Learning outcomes:

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

CE10 Draw up the physiotherapy treatment discharge report once the proposed objectives have been met.

Learning outcomes:

10.1 Effectively and appropriately record a complete physiotherapy clinical history with all information from patient reception to physiotherapy discharge report

10.2 Prepare a discharge report based on the fulfillment of the set objectives and the appropriate 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 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 progress and incidents
- 11.5 Orient the activities and way of acting in relation to each patient, offering personal and individualized treatment
- 11.6 Demonstrate communication skills and use 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 areas of health promotion, prevention, protection and recovery.

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 through health education healthy lifestyle habits based on physiotherapy actions

CE13 Participate in the development of physiotherapy care protocols based on scientific evidence, encouraging professional activities that boost physiotherapy research.

Learning outcomes:

- 13.1 Incorporate scientific research and evidence-based practice as a professional culture as well as establish lines of research in the field 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 handling 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 encourage all those professional activities that share the dynamism of Physiotherapy research.

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

Learning outcomes:

- 15.1 Promote the updating and recycling of knowledge, skills and fundamental attitudes of professional skills, through a permanent training process.
- 15.2 Understand, select and defend new research designs and appropriate methods for physiotherapy.

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

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

15.5 Demonstrate skills in own research, critical examination and integration of scientific literature and other relevant information

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

Learning outcomes:

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

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

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

General skills 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 Know how to work in professional teams as a basic unit in which the professionals and other staff of healthcare organizations are structured in a single or multidisciplinary and interdisciplinary way.

CG3 Incorporate the ethical and legal principles of the profession into the axial professional practice, how to integrate social and community aspects in decision-making.

Transversal skills 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 understanding and oral and written expression of Catalan and Spanish;

CEUdL2 Significant mastery 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 thinking.

Subject contents

Topic 1. Generic functions of the Physiotherapy exercise

- 1.1. care functions
- 1.2. management functions
- 1.3. educational functions
- 1.4. Investigative functions
- 1.5. Fields of action of Physiotherapy

Topic 2. Database Management

- 2.1. Physiotherapy own search engines
- 2.2. PubMed
- 23. Database Creator and Personal Bibliography: Zotero

Topic 3. Social Determinants of Health

- 3.1. Social Determinants of Health
- 3.2. Systems of health
- 3.3. Poverty Classrooms

Topic 4. Integrated Management Systems

- 4.1. Quality
- 4.2. Prevention of occupational hazards
- 4.3. Environment

Topic 5. Fundamentals of Basic Manual Therapy

Methodology

Dates	Activity (1)	Description:	HTP (2)	HTNP (3)
Week 1	Lecture and participatory classes	Presentació assignatura T1. Funcions assistencials, de gestió, educatives i investigadoras	2 Hores	3 Hores
Week 1	Seminari	Presentació activitats avaluativas	2 Hores	3 Hores
Week 2	Lecture and participatory classes	T1. Funcions assistencials, de gestió, educatives i investigadores	2 Hores	3 Hores
Week 2	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 3	Lecture and participatory classes	T1. Funcions assistencials, de gestió, educatives i investigadores T1. Àmbits d'actuació de la Fisioteràpia	2 Hores	3 Hores

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Week 3	Seminari	Experiència pràctica	2 Hores	3 Hores
Week 4	Lecture and participatory classes	T1. Àmbits d'actuació de la Fisioteràpia	2 Hores	3 Hores
Week 4	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 5	Lecture and participatory classes	T3. Determinants socials de la salut	2 Hores	3 Hores
Week 5	Seminari	T2. Servei de Biblioteca i Documentació. PubMed, Enfispo, Pedro (Online mitjançant aplicatiu específic del SBD).	2 Hores	3 Hores
Week 6	Lecture and participatory classes	T3. Determinants socials de la salut	2 Hores	3 Hores
Week 6	Seminari	T2. Servei de Biblioteca i Documentació. Creador de Bases de Dats y Bibliografia Personal: Zotero (Online mitjançant aplicatiu específic del SBD).	2 Hores	3 Hores
Week 7	Lecture and participatory classes	T3. Determinants socials de la salut	2 Hores	3 Hores
Week 7	Seminari	T2. Bibliografia, estil de citació Vancouver	2 Hores	3 Hores
Week 8	Lecture and participatory classes	T3. Aules de la pobresa	2 Hores	3 Hores
Week 8	Seminari	Experiència pràctica	2 Hores	3 Hores
Week 9	Lecture and participatory classes	T3. Aules de la Pobresa	2 Hores	3 Hores
Week 9	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 10	Lecture and participatory classes	T3. Aules de la pobresa	2 Hores	3 Hores
Week 10	Seminari	Experiència pràctica	2 Hores	3 Hores
Week 11	Lecture and participatory classes	T4. Sistemas de gestión integrada	2 Hores	3 Hores
Week 11	Seminari	T3. Aules de la pobresa	2 Hores	3 Hores
Week 12	Lecture and participatory classes	T4. Sistemas de gestión integrada	2 Hores	3 Hores
Week 12	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 13	Lecture and participatory classes	T4. Sistemas de gestión integrada	2 Hores	3 Hores
Week 13	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 14	Lecture and participatory classes	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores
Week 14	Seminari	T5. Fonaments de Teràpia Manual Bàsica	2 Hores	3 Hores

Week 15	Lecture and participatory classes	Tutoria assignatura	2 Hores	3 Hores
Week 15	Seminari	Tutoria assignatura	2 Hores	3 Hores

Evaluation

The continuous evaluation consists of:

Written test with multiple choice exam with a possible answer of four, discounting 0.25 for incorrect answers

Work Evaluations with their specific rubric

Each evaluation activity must be qualified with a minimum grade of 5 points to pass the subject

Objetivos	Actividades de Evaluación	Criterios	%	Fechas	O/V (1)	I/G (2)	Observaciones
	Prueba escrita		40	Fecha indicada en calendario actividades evaluativas	O	I	
	Trabajo Grupal TDeterminantes Sociales de la Salud		30	Semana 13	O	G	
	Trabajo individual temario Biblioteca		30	Al finalizar temario Biblioteca	O	I	

The single assessment consists of:

Written test with multiple choice exam with a possible answer of four, discounting 0.25 for incorrect answers

Work Evaluation with its specific rubric

Each evaluation activity must be qualified with a minimum grade of 5 points to pass the subject

Objetivos	Actividades de evaluación	Criterios	%	Fechas	O/V (1)	I/G (2)	Observaciones
	Prueba escrita		50		O	I	
	Trabajo en presentación oral		50		O	I	

During the development of the subject, the classes will be recorded, therefore, the University of Lleida informs that for teaching purposes, it will record images that identify students and other people who participate in academic activities. The person responsible for the processing of these images is the University of Lleida (contact details of the representative: General Secretariat. Plaza de Víctor Siurana, 1, 25003 Lleida, sg@udl.cat; contact details of the data protection officer: DPD @ udl.cat.

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