

## 25615 - Assessment in physiotherapy II

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	25615 - Assessment in physiotherapy II
<b>Faculty / School</b>	127 - Facultad de Ciencias de la Salud
<b>Degree</b>	275 - Degree in Physiotherapy
<b>ECTS</b>	9.0
<b>Year</b>	2
<b>Semester</b>	Annual
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### 1.General information

#### 1.1.Aims of the course

The general objective of the subject is to acquire knowledge, skills and aptitudes that make possible the application of basic methods and techniques of physiotherapeutic assessment.

#### 1.2.Context and importance of this course in the degree

It is a specific training subject that focuses on the process of physiotherapeutic assessment, assessing the functional status of the person, considering their physical, psychological and social aspects. The assessment is the first phase of the process of intervention in physiotherapy. During the assessment process, the necessary data are collected and recorded to obtain clear and objective information on a person's health status, with the aim of understanding the physical causes of the patient's problems susceptible to physiotherapy treatment.

#### 1.3.Recommendations to take this course

It is considered of interest to have acquired previous theoretical and practical knowledge about basic training subjects, especially anatomy, physiology and biomechanics. In addition, this subject is a continuation of the one taught in the first year of the degree called "ASSESSMENT IN PHYSIOTHERAPY I", so it is advisable to have passed this subject

### 2.Learning goals

#### 2.1.Competences

**A) Specific Knowledge or Disciplinary Competences (Knowledge):** The student will be able to demonstrate knowledge and understanding in:

1. The assessment of pain and sensitivity.
2. The basic assessment in the neurological alterations of the child and the adult, in the orthopedic and traumatological alterations, and in the pathology of the internal organs.
3. The scientific evaluation of the usefulness and effectiveness of the theoretical and practical bases of the valuations, tests and functional verifications.
4. The handling of complementary clinical documentation.

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5. The diagnosis of physiotherapy understood as the set of assessments.
6. The Physiotherapy Reports.

**b) Specific competences Professionals (Knowing how to do):** The student will be able to demonstrate that he knows how to do the following:

1. Collect, analyze and critically interpret relevant information related to the needs of users.
2. Plan, implement and adjust the relevant assessment in physiotherapy in a way oriented to objectives / goals.
3. Perform a diagnosis of physiotherapy based on the analysis and critical interpretation of the information collected and related to the assessment of Physiotherapy and complementary information.
4. Elaborate in a basic way Physiotherapy Reports.

**c) Specific Attitudinal Competences (Know to be):** The student will be able to:

1. Maintain an attitude of learning and improvement.
2. Adjust to the limits of your professional competence in the valuation process.
3. Express discretion, using the information available to them in an appropriate manner, preserving the dignity of the patient.
4. Work responsibly and maintain a critical and scientific attitude when interpreting the information.
5. Collaborate and cooperate with other professionals enriching each other. This includes: solving most situations by establishing a direct and assertive communication seeking consensus; help other health professionals in professional practice; know the interprofessional limits and use the appropriate reference procedures.
6. Show their orientation to the patient / user and show interest in their welfare, taking into account their particularities in terms of cultural and / or social features.

### 2.2.Learning goals

**The student, to pass this subject, must demonstrate the following results ...**

- Know and understand the theoretical and practical bases of the valuations, tests and functional, neurological, orthopedic and traumatological tests.
- Collect, analyze and critically interpret relevant information related to the needs of users
- Plan, implement and adjust the relevant assessment in Physiotherapy in a way oriented to objectives / goals
- Perform a diagnosis of Physiotherapy based on the analysis and critical interpretation of the information collected and related to the assessment of Physiotherapy and with the complementary information

### 2.3.Importance of learning goals

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They train the Physiotherapy professional to optimally carry out the Physical Therapy Assessment as an initial phase of the physiotherapy intervention process.

### 3. Assessment (1st and 2nd call)

#### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

To overcome this subject the student can choose one of the two modalities that are detailed below:

##### **A) The student must demonstrate that he has achieved the expected learning outcomes through the following assessment activities**

**1. Active participation:** by attending practical classes and seminars. The participation and involvement of the student will be evaluated. The percentage on the final evaluation will be 30%.

**Evaluation criteria:** to overcome this evaluation, 80% of the practical sessions and seminars will be required as an essential prerequisite.

**2. Practical test:** it will be evaluated through two tests through the practical application of the theoretical and practical knowledge acquired. The percentage on the final evaluation will be 50% of the total of the grade. To pass these tests it will be necessary to obtain a minimum score of 6 out of 10 in each of the tests.

**Evaluation criteria:** to overcome this evaluation it will be necessary to demonstrate the skill and practical skills and the application of theoretical concepts in the assessment procedures taken in the subject.

**3. Workbook:** the student will collect in writing what they have learned in each practical session. The percentage on the final evaluation will be 10%.

**Evaluation criteria:** the ability to collect, record and analyze information in the assessment process, as well as creativity and critical analysis, will be evaluated.

**4. Presentation of work on "Clinical Cases":** The student must prepare and present a work on clinical cases. The percentage on the final evaluation will be 10%

**Evaluation criteria:** the application capacity of the different phases of the assessment process in Physiotherapy will be evaluated.

**To pass the subject it is necessary to approve each one of these evaluation activities.**

*In case the student does not pass any of these evaluation criteria, he / she must take the theoretical-practical exam corresponding to the official announcement of June or September (having approved any of the evaluation activities of the presentation format A does not exempt of the theoretical / practical exam).*

*It will be necessary to have passed the theoretical exam to be able to take the practical test.*

**B) The student is presented to the theoretical-practical exam corresponding to the official announcement of June or September. It will be necessary to have passed the theoretical exam to be able to take the practical test.**

#### Grading system

The grading system is applied according to the regulations of the University of Zaragoza:

0.0 - 4.9 Suspende

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5.0 - 5.9 Approved  
6.0- 6.9 Good  
7.0 - 8.9 Remarkable

9.0 - 9.4 Outstanding  
9.5 - 10 Matriculation of Honor

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The combination of theoretical classes in a large group, practical classes in small groups, realization of individual work and special importance of personal study.

#### 4.2.Learning tasks

The program offered to the student to help him achieve the expected results includes the following activities ...

**Theoretical classes:** 25 hours. (Learning result 1)

Explanation and orientation for the personal study of the different contents of the subject, directing it towards the acquisition of specific competences of the subject and the indicated learning results.

**Practical classes:** 37 hours. (Learning result 2, 3, 4)

Training in palpatoria sensibility. Training in skills and abilities in the assessment of different tissues by anatomical regions.

**Seminars and individual work on clinical cases:** 25 hours (Learning outcome 4 and 5).

Description and training of the functional assessment process in Physiotherapy through different tests and checks, to determine the functional capabilities of the individual. Learning, through practical assumptions, of the application of the physiotherapy assessment process individually, in particular, the recording of the data in the physical history of Physiotherapy. It aims to stimulate initiative and personal creativity, developing the capacity for analysis, synthesis, organization and planning in the collection and registration of information, as well as the management of documentary sources.

**Non-contact activities: (Learning outcomes 1,2,3,4 and 5).**

The student must be responsible in the personal study of the theoretical and practical contents developed in the subject, as well as the preparation of papers, search of documentation and all those activities that guide you towards the acquisition of the competences of the subject.

**Evaluation activities (3 hours)**

Realization of practical tests of the subject and exhibition and defense of the clinical case

#### 4.3.Syllabus

- Ergonomics of the physical therapist in the process of evaluation in Physical Therapy.
- Palpatory sensitivity. Tissue discrimination. Identification and assessment of structures.
- Osteoarticular exploration analytical and overall lower limb and pelvic girdle. anatomical relationships. Involvement in dysfunction.

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- Exploration of periarticular soft tissues of lower limb and pelvic girdle. Palpation and orthopedic test. Involvement in dysfunction.
- Muscle assessment of each segment globally and analytical lower limb and pelvic girdle. anatomical relationships. Trigger points. Involvement in dysfunction.
- Osteoarticular exploration and comprehensive analytical upper limb and shoulder girdle. anatomical relationships. Involvement in dysfunction.
- Exploration of periarticular soft tissues of upper limb and shoulder girdle. Palpation and orthopedic test. Involvement in dysfunction.
- Muscle assessment of each segment globally and analytics upper limb and shoulder girdle. anatomical relationships. Trigger points. Involvement in dysfunction.
- Assessment of functional status of the patient, considering the physical, psychological and social aspects. Functional assessment scales.
- Discrimination and pain assessment according to the affected tissue. Assessment and pain measurement scales.
- Introduction to fascial assessment.
- Introduction to cranial assessment.
- Introduction to visceral assessment.

Physiotherapy diagnosis through medical history

### 4.4.Course planning and calendar

**Theoretical classes in 1 group: 2h / week in 1st semester (25 hours).**

Practical classes in 4 groups: 2h / week per year (37 hours). Room 3

GROUP 1: Tuesday, from 11 a.m. to 1 p.m.

GROUP 2: Tuesday, from 1pm to 3pm

GROUP 3: Thursday, from 11 a.m. to 1 p.m.

GROUP 4: Thursday, from 13 a.m. to 3 p.m.

**Physiotherapy Assessment Seminars: (25 hours). Room 7**

#### **SEMINAR I:**

GROUPS 1-4: Tuesday November 20 from 13-15 h

GROUPS 2-3: Thursday November 22 from 13-15 h

#### **SEMINAR II:**

GROUPS 1-4: Tuesday November 27 from 13-15 h

GROUPS 2-3: Thursday November 29 from 13-15 h

#### **SEMINAR III:**

GROUPS 1-4: Friday, March 15 from 9-11 h

GROUPS 2-3: Friday, March 15 from 13-15 h

#### **SEMINAR IV:**

GROUPS 1-4: Friday, March 22 from 9-11 h

GROUPS 2-3: Friday, March 22 from 13-15 h

#### **FUNCTIONAL ASSESSMENT SEMINARS**

GROUP 1: Tuesday, from 11 a.m. to 1 p.m.

GROUP 4: Tuesday, from 1pm to 3pm

GROUP 2: Thursday, from 11 a.m. to 1 p.m.

GROUP 3: Thursday, from 13 a.m. to 3 p.m.

#### **WORK ON CLINICAL CASES**

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- Theoretical classes in 1 group: 2h / week in the first semester (25 hours)
- Practical classes in 4 groups: 2h / week per year (37.5 hours)
- Seminars: consult programming (25 hours)
- Delivery of internship notebook: January 8 and 10, 2019
- Practical exam of continuous assessment of C1: published on bulletin board and website of the Center
- Practical exam of continuous evaluation of C2: May 7 and 9, 2019
- Clinical case exhibition: May 14 and 16, 2019

Official exams calls: PUBLISHED IN ADVERTISEMENTS TABLON AND ON THE CENTER WEB SITE:

<http://www.unizar.es/centros/enfez/fisioterapia/index.html>

### **4.5. Bibliography and recommended resources**