

Academic Year/course: 2021/22

## 25627 - Physiotherapy in clinical specialities IV

### Syllabus Information

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**Academic Year:** 2021/22

**Subject:** 25627 - Physiotherapy in clinical specialities IV

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 275 - Degree in Physiotherapy

**ECTS:** 6.0

**Year:** 4

**Semester:** First Four-month period

**Subject Type:** Compulsory

**Module:**

## 1. General information

### 1.1. Aims of the course

The subject and its expected results respond to the following approaches and objectives:

The general objective of this subject is that the student, from the knowledge of its contents, is able to explain and apply the theoretical and methodological foundations of the different physiotherapeutic procedures and techniques in cardiovascular, urogynecological, metabolic processes, behavioral disorders food, oncology, physiotherapy after plastic, restorative and aesthetic surgery, physiotherapy in the elderly and health education, within the field of physiotherapy.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda, (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the results learning of the subject provides training and competence to contribute to some extent to its achievement:

- Objective 3: Health and well-being.
- Objective 4: Quality education.
- Objective 5: Gender equality.
- Goal 8: Decent work and economic growth.
- Goal 11: Sustainable cities and communities.

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

This subject is related to subjects such as Human Anatomy I and II, Human Physiology, Assessment in Physiotherapy, General Pathology in the field of Physiotherapy, General Intervention Procedures I and II, Physiotherapy in Clinical Specialties I and II and with Medical Conditions. Surgical I and II, the latter taught in the third year of the Degree in Physiotherapy.

It is a basic subject of the first semester of the fourth year in which some of the specific intervention methods in physiotherapy are addressed, the clinical application of which will be addressed in the subject.

Its meaning is twofold: it aims to introduce the student to the scientific / technical knowledge of the profession and on the other hand, it aims to bring together certain competencies with the aforementioned subjects.

### 1.3. Recommendations to take this course

The prior acquisition and continuous review of the contents of the subjects of Human Anatomy I and II, Human Physiology, General Intervention Procedures in Physiotherapy I and II, Specific Intervention Methods in Physiotherapy I and II and Medical-Surgical Conditions, in relation to in the field of cardiovascular, urogynecological systems, metabolism and behavioral disorders, oncological

processes, Physiotherapy after plastic, restorative and aesthetic surgery, Physiotherapy in the elderly and Health education, it facilitates the acquisition of competences, knowledge and skills developed specifically in this subject.

## 2. Learning goals

### 2.1. Competences

By passing the subject, the student will be more competent to:

1. Apply physiotherapeutic intervention methods in the prevention, diagnosis and treatment of cardiovascular, urogynecological conditions, oncological and metabolic processes and eating disorders.
2. Apply physiotherapeutic intervention methods after plastic, restorative and aesthetic surgery.
3. Apply physiotherapeutic intervention methods in the elderly.
4. Make prevention and health promotion to the general population, placing more emphasis on those groups that are more exposed to acquiring the disease.
5. Guarantee the quality of the application and keep up to date the knowledge, skills and attitudes that comprise the specific methods and techniques of intervention in physiotherapy in cardiovascular, urogynecological, metabolic processes, eating disorders, cancer, physiotherapy after plastic surgery , restorative and aesthetic and physiotherapy in the elderly.

### 2.2. Learning goals

To pass this subject, the student must demonstrate the following results:

1. Knows and understands the theoretical foundation of Physiotherapy and those specific physiotherapy procedures in cardiovascular, urogynecological, metabolic conditions, eating disorders, oncological processes, after plastic, restorative and aesthetic surgery, physiotherapy in the elderly and education to health.
2. Knows how to apply the theoretical-practical knowledge acquired from all the previous processes where physiotherapy is indicated as complementary therapy.
3. Evaluates the patient's needs, according to their pathologies or alterations, developing the appropriate treatment protocols at all times depending on their pathological situation.
- 4 Analyzes, describes and identifies the differences in each morbid process for a correct application of physiotherapy treatments, adapting them according to their age, situation and evolution, both in the field of normal life and in work and leisure activities.
5. Understand, interpret and explain with a clear speech using technical arguments, all the information received and remember the knowledge acquired, planning the different intervention methods in physiotherapy, to determine and differentiate if the person is susceptible to receiving physiotherapy treatment, guaranteeing excellence in your recommendation or application.

### 2.3. Importance of learning goals

They will allow the student to be more prepared to understand the theoretical and methodological foundations of physiotherapy and, therefore, to be better able to start in the prevention, diagnosis and treatment in situations of cardiovascular, urogynecological, metabolic disease / disability and disorders of eating behavior, oncological and chronic diseases throughout the life cycle of the person.

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

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

The student must demonstrate that he has achieved the expected learning results through the following evaluation activities

1. Follow-up evaluation of the internship:

Compulsory attendance (minimum 80%) and active and efficient participation in the theoretical-practical seminars, evaluated with a mandatory system to access the official final exam: the student must demonstrate that they know how to apply the theoretical bases of the subject in

solving questions or practical assumptions, with a precise, clear and argued language.

Oral practical exam if you do not pass this follow-up evaluation of the practice.

Passing is a prerequisite for taking the final theory exam.

2. Written exams:

Final theory exam of the entire subject in the official call of January.

The final exam will be written and will consist of four questions, being an essential condition to get a minimum of 5 out of 10, to average with the rest of the grades.

The length of time for the examination will be forty minutes.

It will be allowed if someone expressly requests it to take the oral exam.

3. Jobs:

Presentation of an individual work on the performance of the different practices carried out in the Laboratory, limited to 8-15 DIN A4 pages, double-spaced, with Arial 12 font, with an updated bibliography at the end of the text. Its presentation, originality, own intervention and mastery of the subject will be valued (The evaluation will be 15% of the final grade).

Presentation and defense in Power Point of a clinical case in small groups (maximum 3 students). The speaker will be chosen at random among the members of the group on the same day of the exhibition (The assessment will be 25% of the final grade).

Active and efficient assistance and participation:

The student must demonstrate that he knows how to apply the theoretical bases of the subject in solving practical questions or assumptions, with a precise, clear and argued language.

Passing is a prerequisite for taking the final theory exam.

Evaluation and qualification system

The final grade for the course results from the following weighting:

20% follow-up evaluation of the internship. To pass the follow-up evaluation, you must attend and pass at least 80% of the practical classes, seminars and laboratory.

15% the score of the work or individual works.

25% the score of the group work (presentation and defense)

40% the final exam score for the entire subject.

Grading system according to the existing law

The evaluation will be carried out according to the program of the subject.

*The evaluation tests will be carried out in person if the situation allows it. In case of changing the conditions, and if instructions are received from the academic authorities, the tests will be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which will be notified in advance.*

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

### 4.1. Methodological overview

The learning process that has been designed for this subject is based on the following:

A combination of theoretical classes in a large group, seminars with the presentation of cases and practical classes in small groups, the realization of an individual work and another presented and defended in a group. Special importance will be given to personal study.

### 4.2. Learning tasks

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

1. Theoretical classes. 10 hours

Explanation and orientation for the personal study of the different contents of the subject, orienting it towards the acquisition of competences and learning outcomes. All channeling, direction and interaction resources will be used and supports will be used through the different bibliographic and audiovisual supports.

2. Theoretical - practical seminars and practical classes. 20 hours

Teaching-learning methodology:

Exhibition in four groups supervised and directed by the teacher, of those topics, problems or cases that require further study and theoretical-practical knowledge with audiovisual and telematic aids and written tests. In this way, the student will see their ability and knowledge to correctly apply physiotherapy treatments in cardiovascular, urogynecological, metabolic processes, eating disorders, oncological processes, physiotherapy after plastic, restorative and aesthetic surgery, physiotherapy in the elderly and education for health.

Training on practical assumptions and problem solving will be carried out individually and in teams, applying the theoretical bases of the subject and the exercise of communication.

3. External clinical practices. 25 hours

4. Personal study. 90 hours

From the rest of the activities indicated and as learning outcomes, the student must take responsibility for the creation of structured work schedules and programs and in the context of the time spent for other subjects. It must represent the transition from motivation, fostered with the learning activities described above, to the autonomous exercise of the will.

### 4.3. Syllabus

The course will address the following topics:

#### **Lectures:**

##### **Topic 1. Cardiovascular conditions.**

Introduction. Cardiovascular conditions. Cardiac pathologies: coronary artery disease, heart failure.

##### **Topic 2. Urogynecological conditions.**

Introduction. Anatomophysiology of the genitourinary system. Genitourinary symptoms. Physiotherapy of the perineum. Physiotherapy in Incontinence. Physiotherapy of anorectal dysfunctions. Biofeedback. Physiotherapeutic treatment protocols for female incontinence.

##### **Topic 3. Metabolic and eating behaviour disorders.**

Physical activity and diabetes. Physical activity and other risk factors: weight, dyslipidaemia, procoagulant states, arterial hypertension. Physiotherapy in obesity due to overweight.

##### **Topic 4. Physiotherapy in oncology**

Role of physiotherapy in malignant conditions. Breast cancer: physiotherapy treatment guide.

##### **Topic 5. Physiotherapy after plastic, restorative and aesthetic surgery.**

Physiotherapy in aesthetic and reconstructive surgery. Physiotherapeutic treatment of scars. I

##### **Topic 6. Physiotherapy in the elderly.**

Decubitus ulcers. Complications of decubitus. Preservation of motor skills in the elderly. Palliative care in the elderly. Posture and balance in the elderly. The spine of the elderly: osteoporosis and degenerative diseases. Physiotherapy in visual impairments.

##### **Topic 7. Education for health.**

Introduction. Educate the patient. Prevention of aging of the locomotor system. Ergonomics, physiotherapy and occupational health. The Back Schools.

### 4.4. Course planning and calendar

Theoretical classes in large groups: 1h / week throughout the first semester (in the classroom).  
Practical classes and / or seminars: 2h / week during the entire four-month period of teaching the subject (follow-up evaluation of the practical performance in the practice room and classroom).  
External internships in centers related to the contents of the subject.

Delivery of individual work: Two weeks before the final date of delivery of the subject.  
Oral presentation of group work, according to programming, preferably during the last month of teaching the subject.  
Oral practical exam (if the follow-up evaluation of the internship is not passed): Official call for January.  
Final theory exam of the entire subject: Official call for January.

For planning, consult the timetable for the Degree in Physiotherapy published on the website and on the centre's notice board.

The planned training activities will be carried out in person in the classrooms and rooms designated by the Center. In case of changing the conditions, and if instructions are received from the academic authorities, the activities will be modified and adapted to be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which will be notified in advance.

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

[http://biblos.unizar.es/br/br\\_citas.php?codigo=25627&year=2020](http://biblos.unizar.es/br/br_citas.php?codigo=25627&year=2020)