

**Practicum I**

Code: 103005  
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OB	2	1

**Contact**

Name: Mariona Coll Molinos  
Email: Maria.Coll@uab.cat

**Use of Languages**

Principal working language: catalan (cat)  
Some groups entirely in English: No  
Some groups entirely in Catalan: Yes  
Some groups entirely in Spanish: No

**Prerequisites**

Students will acquire the commitment of preserving the confidentiality and professional secret of the data to which they may have access because of the learning in the care services, as well as maintaining an attitude of professional ethics with all their actions.

It is recommended that all students be vaccinated according to the instructions of the UAB. Likewise, students must know the code of good practices.

Students must obtain the (negative) certificate of sexual offenses before beginning the internship.

**Objectives and Contextualisation**

The subject Practicum I is taught during the first semester of the second year of the Physiotherapy degree, and belongs to the group of basic training subjects. It is, therefore, part of the scientific basis necessary for the formation of the Physiotherapy graduate.

The general objective of the subject is to face with the practice activity, concepts already studied in other subjects, as well as to integrate all the knowledge, skills, attitudes and values acquired in all subjects, under the supervision of qualified physiotherapists.

During the practical sessions, students will apply all effective professional skills in order to provide comprehensive care to the user.

**Competences**

- Apply quality-assurance mechanisms in physiotherapy practice, in accordance with the recognised and validated criteria.
- Carry out physiotherapy interventions on the basis of integral health care that involves multiprofessional cooperation, the integration of processes and ongoing care.
- Clearly and effectively communicate orally and in writing with all users of the healthcare system, and with other professionals.
- Conduct planning, management and monitoring activities in the care units where physiotherapy is offered and their links with other healthcare services.

- Design the physiotherapy intervention plan in accordance with the criteria of appropriateness, validity and efficiency.
- Develop independent learning strategies
- Display critical reasoning skills.
- Display interpersonal skills.
- Display knowledge of physiotherapy methods, procedures and interventions aimed at health promotion and maintenance.
- Easily recognise and cope with changes.
- Evaluate the evolution of the results obtained from the treatment in relation to the objectives.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
- Execute, direct and coordinate the physiotherapy intervention plan using the right therapeutic tools and taking into consideration the patient's singularity.
- Express ideas fluently, coherently and correctly, both orally and in writing.
- Identify, analyse and solve ethical problems in complex situations
- Incorporate the ethical and legal principles of the profession in professional culture.
- Integrate, through clinical experience, the ethical and professional values, knowledge, skills and attitudes of physiotherapy, in order to resolve specific clinical cases in the hospital and non-hospital environments, and primary and community care.
- Intervene in the areas of promotion, prevention, protection and recovery of health
- Make the most correct decisions in given situations.
- Manage information systems.
- Participate in drawing up physiotherapy protocols on the basis of scientific evidence, and promote professional activities that facilitate physiotherapy research.
- Produce and systematically keep physiotherapy records.
- Provide effective physiotherapeutic treatment and offer patients integral care.
- Respect diversity in ideas, people and situations
- Show initiative and an entrepreneurial spirit.
- Show sensitivity to environmental issues.
- Solve problems.
- Work effectively and cooperatively in multidisciplinary professional teams.
- Work in teams.
- Write the physiotherapy discharge report once the established objectives have been attained.

## Learning Outcomes

1. Analyse and evaluate systems for managing and monitoring general physiotherapy services.
2. Analyse quality-assurance mechanisms in the physiotherapy service hosting the clinical placement, using the assessment instruments that have been taught.
3. Apply evidence-based physiotherapy protocols.
4. Apply the profession's code of practice.
5. Assess results and their relation to the objectives set, through real cases within the different clinical specialisations.
6. Carry out health promotion activities with patients assigned during the clinical placement.
7. Carry out physiotherapy interventions on the basis of integral health care that involves multiprofessional cooperation, the integration of processes and ongoing care.
8. Carry out suitable physiotherapy assessment procedures to determine the degree of damage and its possible functional repercussions, in the patients assigned to the student in the clinical placement.
9. Communicate with all members of the therapy team.
10. Comply with the legal and professional guidelines governing the practice of physiotherapy.
11. Design means for preventing functional disorders, in particular those linked to postural hygiene, mobility loss and acute-phase pains, and teach about these.
12. Develop independent learning strategies
13. Display critical reasoning skills.
14. Display interpersonal skills.
15. Easily recognise and cope with changes.
16. Establish the frequency of the intervention.
17. Establish the general and specific criteria for applying the treatment.
18. Establish treatment priorities in accordance with the problems detected.

19. Execute, direct and coordinate the physiotherapy intervention plan using the right therapeutic tools and taking into consideration the patient's singularity.
20. Express ideas fluently, coherently and correctly, both orally and in writing.
21. Foresee needs for material and apparatus.
22. Identify signs and symptoms of disorders in biological functions related to physiotherapy.
23. Identify, analyse and solve ethical problems in complex situations
24. Interpret medical prescriptions.
25. Make sure the environment for the physiotherapy treatment is comfortable.
26. Make the most correct decisions in given situations.
27. Manage information systems.
28. Offer guidance to non-medical staff on dealing with patients.
29. Refer patients to another professional when necessary.
30. Resolve clinical cases suitable for physiotherapy treatment in any clinical specialisation.
31. Respect diversity in ideas, people and situations.
32. Show initiative and an entrepreneurial spirit.
33. Show sensitivity to environmental issues.
34. Solve problems.
35. Suitably record all steps taken, from reception of the patient to the physiotherapy discharge report, in accordance with each clinical specialisation.
36. Use effective communication to facilitate interactions between the physiotherapist, the patient and the patient's family.
37. Where applicable, negotiate objectives within the multidisciplinary team, in order to harmonise processes and ensure continuity of care.
38. Work in teams.
39. Write a physiotherapy report, containing all information necessary to be a valid means of communication for patients and/or professionals.

## **Content**

The realization of clinical practices gives students the opportunity to integrate the knowledge, skills, attitudes and values acquired in the subjects, in a real professional field. They will be able to apply the different techniques to specific clinical cases, as well as to participate in the prevention and promotion of health.

Students will attend the practice center daily and, under the supervision of a "tutor" physiotherapist, they will apply different assessment and treatment techniques depending on the clinical cases.

The centers where the clinical stays will be carried out are centers of physical medicine and rehabilitation with current agreements.

The assignment of the internship center will be done according to the procedures established by the Faculty.

## **Methodology**

Autonomous activities

Preparation of work: students, individually, will keep a diary of the activity carried out during the clinical stays.

Directed activities

Theory: before the start of the clinical stays, coordinators of the subject will present the practice centers and explain the methodology and regulations that will be followed during the practices.

Supervised activities

Practices with guidelines: practical teaching carried out in health centers in small groups. The activities will be guided by external professionals and supervised by University professors.

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
THEORY	3	0.12	
Type: Supervised			
PRACTICUM WITH GUIDELINES (PRCUM)	105	4.2	2, 4, 10, 9, 33, 12, 11, 6, 8, 7, 17, 16, 18, 20, 27, 22, 23, 24, 28, 26, 25, 21, 13, 15, 30, 34, 31, 14, 32, 38, 36
Type: Autonomous			
READING ARTICLES AND REPORTS OF INTEREST	17	0.68	9, 37, 12, 11, 8, 17, 16, 18, 20, 22, 24, 28, 26, 25, 21, 13, 34, 14, 32, 36
WORK PREPARATION	17.5	0.7	9, 12, 8, 17, 16, 18, 20, 27, 24, 26, 13, 35, 34, 14, 36

## Assessment

Assessment during practices at the health center: practices tutor will assess students' clinical skills, through a questionnaire delivered by the university (60% of the final grade).

Narrative record (portfolio): students will have to present a report of the clinical stays.

(40% of the final grade). Will be evaluated:

- Consistency
- Content, properly drafting and usage of scientific vocabulary
- Presentation

Everything will be evaluated over 10 points.

Once the modules have been passed, they cannot be subject to a new evaluation.

Students must pass each of the parts of the subject with a minimum grade of 5 in order to calculate average qualification and pass the course.

ATTENDANCE to CLINICAL STAYS is COMPULSORY. Any lack of attendance will have to be justified.

Students that do not attend the practices and / or do not deliver the work, will have the qualification of not evaluable.

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Assessment during practices at the health center	60%	1	0.04	2, 1, 4, 10, 3, 9, 37, 33, 29, 12, 11, 6, 8, 7, 17, 16, 18, 19, 20, 27, 22, 23, 24, 28, 26, 25, 21, 13, 15, 30, 34, 31, 14, 32, 38, 36
Narrative record (portfolio)	40%	6.5	0.26	5, 12, 11, 8, 39, 17, 16, 18, 20, 22, 24, 28, 26, 13, 35, 34, 14, 36

## Bibliography

- Daniel & Worthingham. Técnicas de Balance muscular. 9a. Ed. Madrid: Elsevier Saunders. 2014
- Daza J. Tests de movilidad articular y examen muscular de las extremidades. Bogotá: Panamericana. 1995
- Hoppenfeld S. Exploración física de la columna vertebral y las extremidades. Mèxic: Manual Moderno. 1979
- Kendall. Músculos: pruebas y funciones. Barcelona: Jims. 1984
- Cutter NC, Kevorkion CG. Manual de valoración muscular. Madrid: McGraw-Hill Interamericana. 2000
- Kapandji IA. Cuadernos de fisiología articular vol.I, II, III. Barcelona: Ed. Masson. 1973
- Tixa S. Atlas de anatomía palpatoria de cuello, tronco y extremidad superior. Investigación manual de superficie. Barcelona: Ed. Masson. 2000
- Tixa S. Atlas de anatomía palpatoria de la extremidad inferior. Investigación manual de superficie. Barcelona: Ed. Masson. 2000
- Rodrigo C, Miralles M. Biomecánica clínica del aparato locomotor. Barcelona: Ed. Masson. 1998
- Gallego T. Bases teóricas y fundamentos de la fisioterapia. Madrid: Editorial Médica Panamericana. Colección Panamericana de fisioterapia. 2007
- Kaltenborn FM. Fisioterapia manual columna. Madrid: McGraw-Hill Interamericana. 2000
- Kaltenborn FM. Fisioterapia manual extremidades. Madrid: McGraw-Hill Interamericana. 1999
- Viel E. Diagnóstico fisioterápico. Concepción, realización y aplicación en la práctica libre y hospitalaria. Barcelona: Elsevier Masson; 1999
- Buckup K. Pruebas clínicas para patología ósea, articular y muscular. Barcelona: Elsevier Masson. 2007
- Vilar E, Sureda S. Fisioterapia del aparato locomotor. Madrid: McGraw-Hill Interamericana. 2005
- Reichel H, Ploke CE. Fisioterapia del aparato locomotor. Estructuras, funciones y medidas de actuación sobre las afecciones. Exploración y tratamiento de enfermedades ortopédicas. Barcelona: Paidotribo. 2007
- Xardez Y. Vademecum de kinesiología. Barcelona: Ed. El Ateneo. 2001
- Gedda M. Décision Kinésithérapique. Paris: Ed. Masson. 2001
- Hsu SI, Burton WL, Davids S. Medicina basada en la evidencia. 1a Ed. Madrid: Librería Editorial Marbau. 1999
- Piedrola G et al. Medicina preventiva y salud pública. Barcelona: Masson Salvat. 1998
- Martin Zurro A, Cano JF. Atención primaria. Conceptos, organización y práctica clínica. Barcelona: Doyma. 2003
- Llor B. Ciencias psicosociales aplicadas a la salud. Ed. Interamericana. 1998
- Krueger D. Psicología de la rehabilitación. Ed. Herder. 1994