

**Prevention and Treatment of Alterations of the
Pelvic Floor**

Code: 102971
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OT	3	2

The proposed teaching and assessment methodology that appear in the guide may be subject to changes as a result of the restrictions to face-to-face class attendance imposed by the health authorities.

Contact

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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

External teachers

Yolanda Castellano Madrid

Prerequisites

It is advisable to have knowledge of anatomy and physiology of the urogynecological device and the muscles of the abdominal wall.

"The student will acquire the commitment to preserve the confidentiality and professional secrecy of the data that can be accessed due to the learning of healthcare services. Also in maintaining an attitude of professional ethics in all its actions."

Objectives and Contextualisation

The subject is an optional third year of the Physiotherapy degree and forms part of the specific urogynecological training. It is part of the basis of training in physiotherapeutic methods and procedures.

The general objectives of the subject are:

Define the general and specific objectives for the application of physiotherapeutic treatment in alterations of the urogynecological apparatus.

Know the physiotherapeutic evaluation and know the methods, procedures and physiotherapeutic actions, aimed at clinical therapeutics.

Define the general and specific objectives for the application of physiotherapeutic treatment in alterations of the urogynecological apparatus.

Integrate the ethical and professional values, knowledge, skills and attitudes of physiotherapy, to solve specific clinical cases, in the hospital, extrahospital, and primary and community care, and private.

Competences

- Apply quality-assurance mechanisms in physiotherapy practice, in accordance with the recognised and validated criteria.
- Design the physiotherapy intervention plan in accordance with the criteria of appropriateness, validity and efficiency.
- Display knowledge of physiotherapy methods, procedures and interventions aimed at health promotion and maintenance.
- Display knowledge of the morphology, physiology, pathology and conduct of both healthy and sick people, in the natural and social environment.
- Display knowledge of the physiotherapy methods, procedures and interventions in clinical therapeutics.
- Evaluate the functional state of the patient, considering the physical, psychological and social aspects.
- Identify, analyse and solve ethical problems in complex situations
- 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.
- Make a physiotherapy diagnosis applying internationally recognised norms and validation instruments.
- Participate in drawing up physiotherapy protocols on the basis of scientific evidence, and promote professional activities that facilitate physiotherapy research.
- Respect diversity in ideas, people and situations

Learning Outcomes

1. Apply the correct physiotherapy evaluation procedures to determine the degree of damage to the pelvic floor.
2. Apply the methods, procedures and interventions of physiotherapy to pelvic floor therapies.
3. Define general and specific objectives when using physiotherapy treatment for pelvic floor disorders.
4. Describe and analyse the evidence-based physiotherapy protocols for pelvic floor disorders.
5. Describe the circumstances that can influence priorities
6. Describe the good clinical practice guides for pelvic floor disorders.
7. Describe the injuries and diseases in obstetrics and gynaecology, identifying the symptoms that appear during the process, their etiology and the associated medical, surgical and rehabilitation treatments.
8. Design means for preventing pelvic floor disorders and teach about these.
9. Enumerate the different types of material and apparatus for using physiotherapy to treat pelvic floor disorders.
10. Establish a diagnostic physiotherapy hypothesis based on clinical cases in pelvic floor conditions.
11. Identify, analyse and solve ethical problems in complex situations
12. Respect diversity in ideas, people and situations.
13. Use physiotherapy to treat clinical cases involving pelvic floor disorders.

Content

Theory BLOCK 1

- Anatomy and physiology of the abdominopelvic cavity (Yolanda Castell)

- Biomechanics and physiology of the abdominopelvic cavity (Yolanda C)

- Introduction to abdominopelvic reeducation (Vanessa García)

- Current evidence on the functioning of the abdominopelvic cavity (Yolanda Castellano)

BLOCK 2

- Neurophysiology of urination (Vanessa García)
- Neurophysiology of defecation (Vanessa García)
- Dysfunctions of the pelvic floor (2 parts) (Vanessa García)
- Definition, classification and type of voiding dysfunctions (Vanessa García)
- Definition, classification and type of anorectal dysfunctions (Vanessa García)
- Definition, classification and type of prolapses (Vanessa García)
- Definition, classification and type of sexual dysfunctions (Vanessa García)
- Definition, classification and type of pelvic pain (Vanessa García)

BLOCK 3

- Role of the physiotherapist (Yolanda Castellano)
- Methods of evaluation: anamnesis, physical examination, questionnaire
- Description of the different techniques of physiotherapy treatment -play
- Description of the different materials and instrumental techniques in the

BLOCK 4

- Obstetrics: role of the physiotherapist in labor and delivery (Vanessa García)

- Postpartum: role of the physiotherapist in the postpartum (Vanessa Gar
- Diagnosis and treatment of the different dysfunctions of the pelvic floor
- Etiological factors of perineal dysfunction (analysis and prevention) (Yo

SEMINARS

- Practical workshop of exploration and reeducation abdominopelvic (Var
- Practical HC design workshop with simulated clinical cases (group role p
- Practical workshop of different pelvic floor treatment materials (Yolanda
- Practical workshop of posterior tibial neuromodulation (Yolanda Castell
- Practical workshop of hypopressive abdominal gymnastics (Vanessa G
- Practical lumbo-pelvic stabilization workshop (Yolanda Castellano)
- Practical workshop of maternal preparation (Vanessa García)
- Practical Workshop of External Manual Therapy Pelvic Floor (Vanessa
- Workshop on Dysmenorrhea, Premenstrual Syndrome and Specific Tec

Methodology

Teaching is based on theoretical lectures with the support of images, classes following the methodology of the sc

If the situation requires it virtual classes and /or videos will be held to learn specific techniques.

Activities

Title	Hours	ECTS	Learning Outcomes
Type: Directed			
THEORY (TE)	29	1.16	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12
LABORATORY PRACTICES (PLAB)	16	0.64	2, 1, 5, 6, 7, 8, 9, 10, 12
Type: Autonomous			
READING ARTICLES AND REPORTS OF INTEREST	35	1.4	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12
SELF-STUDY	29	1.16	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12
WORK PREPARATION	38	1.52	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12
PRESENTATION / ORAL DEFENSE OF WRITTEN WORKS	2	0.08	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12

Assessment

Written test: it is an objective test with multiple choice items with an overall weight of 50% (classroom / virtual by 4 options per question, of which 1 is correct.

Each question answered correctly will be valued with 1 point.

The questions answered wrongly subtract 0.50 points.

Unanswered questions will not subtract points.

It is a PASS with a 5/10.

Structured oral test associated with the presentation of an oral work, with Continuous evaluation exercises associated with seminars with group ac

The performance of the oral work will evaluate:

1. Consistency in the resolution of clinical cases
 2. The adequacy of the content to the work topics
 3. The critical capacity
 4. The ability to synthesize
 5. The use of bibliographic sources
 - The sources used are adequate for the subject matter
 - Use updated bibliographic sources
 - The bibliographical references are described in full (following the Vanc
- To pass the subject it will be necessary:
- Pass the oral test, written test with a minimum grade of 5.
 - Having attended 100% of the practical classes (in case of justified reas
 - Obtain a global grade of the subject equal to or greater than 5.

Students who have not passed the course may opt for a final test of reco
According to article 116.8, when it is considered that the student has not
"Non-evaluable" student will be considered as one who has not been suk

Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Oral defense of works	50%	0.5	0.02	13, 2, 3, 4, 1, 5, 6, 7, 8, 9, 10, 11, 12
Written-objective test with multiple-choice items	50%	0.5	0.02	13, 2, 3, 1, 5, 7, 9, 10

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