

**Practicum II**

Code: 103004  
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OB	2	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**

Name: Sandra Mateo Lozano  
Email: Sandra.Mateo@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**

The student will acquire the commitment of preserving the confidentiality and professional secret of the data to which he / she may have access because of the learning in the care services, as well as maintaining an attitude of professional ethics with all his / her actions.

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

It is mandatory that the student obtain the certificate (negative) of crimes of a sexual nature before starting the practices.

Due to the pandemic, we need to be aware of that the different institutions collaborating with the grade can ask for previous PCR, antigen test or vaccination. Protection material is provided by the University; however, we have to take into account that not always is possible and the cost of these tests and protection material can be assumed by the students.

**Objectives and Contextualisation**

The subject Practicum I is taught during the second semester of the second year of the Physiotherapy degree, and forms part of 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**

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- 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.
- Design the physiotherapy intervention plan in accordance with the criteria of appropriateness, validity and efficiency.
- 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 functional state of the patient, considering the physical, psychological and social aspects.
- 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.
- Make changes to methods and processes in the area of knowledge in order to provide innovative responses to society's needs and demands.
- Make the most correct decisions in given situations.
- Manage information systems.
- Produce and systematically keep physiotherapy records.
- Provide effective physiotherapeutic treatment and offer patients integral care.
- Show initiative and an entrepreneurial spirit.
- Show sensitivity to environmental issues.
- Solve problems.
- Take account of social, economic and environmental impacts when operating within one's own area of knowledge.
- Take sex- or gender-based inequalities into consideration when operating within one's own area of knowledge.
- Work in teams.

## Learning Outcomes

1. Analyse a situation and identify its points for improvement.
2. Analyse the indicators of sustainability of academic and professional activities in the areas of knowledge, integrating social, economic and environmental dimensions.
3. Apply the profession's code of practice.
4. Carry out physiotherapy interventions on the basis of integral health care that involves multiprofessional cooperation, the integration of processes and ongoing care.
5. 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.
6. Communicate using language that is not sexist.
7. Communicate with all members of the therapy team.
8. Comply with the legal and professional guidelines governing the practice of physiotherapy.
9. Consider how gender stereotypes and roles impinge on the exercise of the profession.
10. Critically analyse the principles, values and procedures that govern the exercise of the profession.
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. Display critical reasoning skills.
13. Display interpersonal skills.
14. Easily recognise and cope with changes.
15. Establish the frequency of the intervention.
16. Establish the general and specific criteria for applying the treatment.
17. Establish treatment priorities in accordance with the problems detected.
18. Explain the explicit or implicit code of practice of one's own area of knowledge.
19. Express ideas fluently, coherently and correctly, both orally and in writing.
20. Foresee needs for material and apparatus.

21. Identify signs and symptoms of disorders in biological functions related to physiotherapy.
22. Identify situations in which a change or improvement is needed.
23. Identify the principal forms of sex- or gender-based inequality present in society.
24. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
25. Identify, analyse and solve ethical problems in complex situations
26. Interpret medical prescriptions.
27. Make sure the environment for the physiotherapy treatment is comfortable.
28. Make the most correct decisions in given situations.
29. Manage information systems.
30. Offer guidance to non-medical staff on dealing with patients.
31. Propose new methods or well-founded alternative solutions.
32. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
33. Propose projects and actions that incorporate the gender perspective.
34. Propose viable projects and actions to boost social, economic and environmental benefits.
35. Propose ways to evaluate projects and actions for improving sustainability.
36. Refer patients to another professional when necessary.
37. Show initiative and an entrepreneurial spirit.
38. Show sensitivity to environmental issues.
39. Solve problems.
40. Suitably record all steps taken, from reception of the patient to the physiotherapy discharge report, in accordance with each clinical specialisation.
41. Use effective communication to facilitate interactions between the physiotherapist, the patient and the patient's family.
42. Weigh up the impact of any long- or short-term difficulty, harm or discrimination that could be caused to certain persons or groups by the actions or projects.
43. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
44. Work in teams.

## Content

The realization of clinical practices give the student the opportunity to integrate the knowledge, skills, attitudes and values acquired in the subjects, in a real professional field. In this way, he or she can apply the different techniques to specific clinical cases, as well as participate in the prevention and promotion of health.

The student will attend the practice center daily and under the supervision of a "tutor" physiotherapist 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 placement of the internship center will be done according to the procedures established by the Faculty.

## Methodology

Preparation of a work: the student will individually prepare a diary of the activity carried out during the clinical stay

Practical teaching carried out in health centers in small groups. The activities will be guided by external professional. Before the start of the clinical stays, the coordinator of the subject will make

The student will not be able to carry out the practices in the center of Practicum I. In the case that occurs, the coordinator will be the one who awards the practice center

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

## Activities

Title	Hours	ECTS	Learning Outcomes
Type: Supervised			
PRACTICUM WITH GUIDELINES	150	6	7, 38, 36, 11, 5, 16, 15, 17, 19, 29, 21, 25, 26, 30, 28, 27, 20, 12, 14, 39, 13, 37, 44, 41

## Assessment

Assessment during practices at the health center: the practices tutor will assess the student's clinical skills, through a questionnaire delivered by the university (70% of the final grade).

Narrative record (portfolio): the student will have to present a clinical case report from the clinical stays. 30% of the final grade. It will be evaluated:

- Consistency
- The content, the properly drafting and the use of scientific vocabulary
- The presentation

Everything will be evaluated over 10 points.

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

It is necessary to pass each of the parts of the subject with a minimum grade of 5 in order to do the average and pass the course. ATTENDANCE to CLINICAL STAYS is COMPULSORY. Any lack of attendance will have to be justified.

The student who does not attend the practices and / or does 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	70%	0	0	10, 2, 1, 3, 8, 6, 7, 38, 36, 11, 5, 4, 16, 15, 17, 18, 19, 29, 24, 23, 21, 22, 25, 26, 30, 43, 28, 27, 20, 35, 31, 32, 33, 34, 12, 14, 40, 39, 13, 37, 44, 41, 9, 42
Narrative record. Portfolio	30%	0	0	10, 2, 1, 3, 8, 6, 7, 38, 36, 11, 5, 4, 16, 15, 17, 18, 19, 29, 24, 23, 21, 22, 25, 26, 30, 43, 28, 27, 20, 35, 31, 32, 33, 34, 12, 14, 40, 39, 13, 37, 44, 41, 9, 42

## Bibliography

Daniel & Worthingham. Técnicas de Balance muscular. 9a. Ed. Madrid: Elsevier Saunders. 2014 (Format paper i digital)

Kendall. Músculos: pruebas y funciones. Barcelona: Jims. 1985

Daniel & Worthingham. Técnicas de Balance muscular. 9a. Ed. Madrid: Elsevier Saunders. 2014 (Format paper i digital)

Kapandji IA. Cuadernos de fisiología articular vol.I, II, III. Barcelona: Ed. Masson. 1982

Tixa S. Atlas de anatomía palpatoria de cuello, tronco y extremidad superior. Investigación manual de superficie. Barcelona: Ed. Masson. 2014. (Format paper i digital)

Tixa S. Atlas de anatomía palpatoria de la extremidad inferior. Investigación manual de superficie. Barcelona: Ed Masson. 2014 (Format paper i digital)

Rodrigo C, Miralles M. Biomecánica clínica de los tejidos y las articulaciones del aparato locomotor. Barcelona: Ed. Masson. 2005

Gallego T. Bases teóricas y fundamentos de la fisioterapia. Madrid: Editorial Médica Panamericana. Colección Panamericana de fisioterapia. (Format paper 2007 i digital 2012)

Hoppenfeld S. Exploración física de la columna vertebral y las extremidades. Ed: Maual Moderno 1979

Buckup K. Pruebas clínicas para patología ósea, articular y muscular. Barcelona: Elsevier Masson. 2014

Xardez Y. Vademecum de kinesioterapia. Barcelona: Ed. El Ateneo. 2010

Piedrola G et al. Medicina preventiva y salud pública. Barcelona: Masson Salvat. 2016 (Format paper i digital)

Martin Zurro A, Cano JF. Atención primaria. Conceptos, organización y práctica clínica. Barcelona: Doyma. 2008

Llor B. Ciencias psicosociales aplicadas a la salud. Ed. Interamericana. 1995

Krueger D. Psicología de la rehabilitación. Ed. Herder. 1988

## **Software**

There is no specific program.