

**Practicum IV**

Code: 103002  
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OB	3	2

**Contact**

Name: Antonio Garcia Torrico  
Email: antonio.garcia@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**

To be able to choose pediatric places the student must be enrolled in the subject of psychomotor development or physiotherapy in pediatrics.

To be able to choose the pelvic ground squares the student must be enrolled in the prevention and treatment of pelvic floor disorders.

There are no more official prerequisites, but it is recommended to have reached a good level of practical and theoretical knowledge in all clinical experiences.

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 health care services. Also in maintaining an attitude of ethics and professional in all their actions.

It is mandatory that the student obtain the certificate (negative) of crimes of a sexual nature before starting the practices. In addition, there are centers that require specific documentation that the student must submit on the first day of the internship or 15 days before the start of the internship.

There will be the possibility of being able to carry out the internship in the afternoon or in some extraordinary period. Not all centers affiliated with the UAB offer places in the afternoon or in extraordinary periods, in these cases, the student must adapt to the offer of places proposed by the university. Internships may not be carried out in centers not affiliated with the UAB.

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 IV is attended during the second semester of third of the degree of Physiotherapy, and is part of the group of the subjects of basic training.

The general objective of the subject is to apply in practice concepts already studied in other subjects. It integrates all the knowledge, skills, attitudes and values acquired in all subjects, under the supervision of

qualified physiotherapists, and intends to develop all professional competencies for effective physiotherapy treatment through comprehensive patient-user assistance.

This subject is complemented with other basic and compulsory subjects, such as Physiotherapy in Neurology I and II, Physiotherapy of the Locomotive Apparatus, Therapeutic Techniques in Physiotherapy of the Locomotive Apparatus, Instrumental Evaluation of the Locomotive Apparatus, Physiotherapy in Cardiology and Respiratory, Physiotherapy in Geriatrics, and Practicum I, II and III. Likewise, it is complemented by optional third-party subjects such as Physiotherapy in Pediatrics, Prevention and Treatment of Physiotherapy in Vascular Processes, Prevention and Treatment of Lymphedema, and Prevention and Treatment of Pelvic Floor Alterations.

It is, therefore, part of the scientific basis necessary for the formation of the graduate in Physiotherapy.

## Competences

- Act with ethical responsibility and respect for fundamental rights and duties, diversity and democratic values.
- 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.
- 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 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.
- 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.
- 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.
- Write the physiotherapy discharge report once the established objectives have been attained.

## Learning Outcomes

1. Analyse a situation and identify its points for improvement.
2. Analyse and evaluate systems for managing and monitoring general physiotherapy services.
3. Analyse quality-assurance mechanisms in the physiotherapy service hosting the clinical placement, using the assessment instruments that have been taught.
4. Analyse the indicators of sustainability of academic and professional activities in the areas of knowledge, integrating social, economic and environmental dimensions.
5. Apply evidence-based physiotherapy protocols.
6. Apply the profession's code of practice.
7. Assess results and their relation to the objectives set, through real cases within the different clinical specialisations.
8. Carry out health promotion activities with patients assigned during the clinical placement.
9. Carry out physiotherapy interventions on the basis of integral health care that involves multiprofessional cooperation, the integration of processes and ongoing care.
10. 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.
11. Communicate using language that is not sexist.
12. Communicate with all members of the therapy team.
13. Comply with the legal and professional guidelines governing the practice of physiotherapy.
14. Consider how gender stereotypes and roles impinge on the exercise of the profession.
15. Critically analyse the principles, values and procedures that govern the exercise of the profession.
16. Design means for preventing functional disorders, in particular those linked to postural hygiene, mobility loss and acute-phase pains, and teach about these.
17. Display critical reasoning skills.
18. Display interpersonal skills.
19. Easily recognise and cope with changes.
20. Establish the frequency of the intervention.
21. Establish the general and specific criteria for applying the treatment.
22. Establish treatment priorities in accordance with the problems detected.
23. Execute, direct and coordinate the physiotherapy intervention plan using the right therapeutic tools and taking into consideration the patient's singularity.
24. Explain the explicit or implicit code of practice of one's own area of knowledge.
25. Express ideas fluently, coherently and correctly, both orally and in writing.
26. Foresee needs for material and apparatus.
27. Identify signs and symptoms of disorders in biological functions related to physiotherapy.
28. Identify situations in which a change or improvement is needed.
29. Identify the principal forms of sex- or gender-based inequality present in society.
30. Identify the social, economic and environmental implications of academic and professional activities within one's own area of knowledge.
31. Identify, analyse and solve ethical problems in complex situations
32. Interpret medical prescriptions.
33. Keep patients informed about the treatment being given, including pharmacological treatment, and encourage them to cooperate fully.
34. Make sure the environment for the physiotherapy treatment is comfortable.
35. Make the most correct decisions in given situations.
36. Manage information systems.
37. Offer guidance to non-medical staff on dealing with patients.
38. Propose new methods or well-founded alternative solutions.
39. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
40. Propose projects and actions that incorporate the gender perspective.
41. Propose viable projects and actions to boost social, economic and environmental benefits.
42. Propose ways to evaluate projects and actions for improving sustainability.
43. Refer patients to another professional when necessary.
44. Resolve clinical cases suitable for physiotherapy treatment in any clinical specialisation.

45. Show initiative and an entrepreneurial spirit.
46. Show sensitivity to environmental issues.
47. Solve problems.
48. Suitably record all steps taken, from reception of the patient to the physiotherapy discharge report, in accordance with each clinical specialisation.
49. Use effective communication to facilitate interactions between the physiotherapist, the patient and the patient's family.
50. 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.
51. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
52. Work in teams.
53. Write a physiotherapy report, containing all information necessary to be a valid means of communication for patients and/or professionals.

## **Content**

The student will attend daily to the center that had previously been assigned during the internship period. The student will be supervised by a "tutor" physiotherapist who will teach him different assessment and treatment techniques depending on the clinical cases. The student will have to develop all the theoretical and practical knowledge acquired corresponding to the specialization chosen to integrate and thus assimilate and consolidate their training.

The places and the centers will be assigned according to the procedures established by the faculty.

Depending on the availability of the centers, during the internship of the degree, the student will carry out the stays in different specialties such as, traumatology, neurology and / or cardio-respirator.

The centers where the clinical stays will be carried out correspond to centers of physical medicine and rehabilitation with valid agreements in force.

These are essential practical stays to place the student in a real professional context.

It is recommended that the student does not repeat specialty in the first semester.

## **Methodology**

Supervised care work (70%). The student will evaluate the patients, make the physiotherapy diagnosis, prepare an action plan, apply it and evaluate the results obtained.

Writing a job (30%). The student will write a bibliographical research work on a physiotherapy technique or treatment observed during the period of clinical stays.

Elaboration of work: the student individually will elaborate a research work of the activity carried out during the clinical stays.

Practical teaching carried out in health centers in small groups. The activities will be guided by external professionals and tutored by university professors

Before the start of the clinical stays the coordinator of the subject will make a presentation of the centers of practices and will explain methodology and normative during the practices.

In order to acquire more knowledge and curricular importance, we recommend that you not repeat specialization during the different practices of the course.

Coordinator of all the practicals: Sandra Mateo Lozano

Responsible of the subject: Gemma Nin

## RESPONSIBLE FOR THE PRACTICE CENTERS

Vall d'Hebron University Hospital: Àlex Ginés

Parc Taulí Hospital: Patricia Meixide

Germans Trias i Pujol Hospital: Eduard Bàdenas

Hospital de Sant Pau: Jordi Quartero Arsch

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			
PRACTICE WITH GUIDELINES (PRCUM)	150	6	3, 2, 5, 12, 46, 43, 16, 8, 10, 9, 21, 20, 22, 25, 36, 27, 31, 32, 33, 37, 35, 34, 26, 17, 19, 44, 47, 18, 45, 52, 49

## Assessment

The commission of the practicum will value:

Assessment during practices in the healthcare center, with a weight of 70%.

Narrative registers: work folder (portfolio), with a weight of 30%.

When it is considered that the student has not been able to provide sufficient evidences of evaluation in the act, this subject will be assigned as not evaluable.

The student who has not passed the minimum attendance to the practices and / or does not deliver the work, will have the qualification of non-evaluable.

The student will be able to pass the subject subject to obtaining a minimum grade of 5 in each of the parts of which the assessment and the final grade are composed.

The lack of assistance must be recovered to be able to pass the subject

## Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
Evaluation during practices at the healthcare center	70%	0	0	15, 4, 3, 2, 1, 6, 13, 5, 7, 11, 12, 46, 43, 16, 8, 10, 9, 53, 21, 20, 22, 23, 24, 25, 36, 30, 29, 27, 28, 31, 32, 33, 37, 51, 35, 34, 26, 42, 38, 39, 40, 41, 17, 19, 48, 44, 47, 18, 45, 52, 49, 14, 50
Narrative records	30%	0	0	15, 4, 3, 2, 1, 6, 13, 5, 7, 11, 12, 46, 43, 16, 8, 10, 9, 53, 21, 20, 22, 23, 24, 25, 36, 30, 29, 27, 28, 31, 32, 33, 37, 51, 35, 34, 26, 42, 38, 39, 40, 41, 17, 19, 48, 44, 47, 18, 45, 52, 49, 14, 50

## Bibliography

BUCHUP,K. Pruebas clínicas para patología ósea, articular y muscular. Barcelona:Elsevier-Masson, 2007. Ed. 2014

CUTTER, N.C; KEVORKION, C.G. Manual de valoración muscular. Madrid: Mc Graw-Hill interamericana, 2000

DANIELS - WORTHINGHAM'S. Pruebas funcionales musculares. Madrid: Marban 6ª edición, 1999.

DAZA LESMES (1995).Test de movilidad articular y examen muscular de las extremidades. Bogotá: Ed. Médica Panamericana.

DIVERSOS AUTORS: Enciclopedia Médico-Quirúrgica de kinesiología y reeducación funcional; Tomos 1-2-3-4, París : Editions Techniques

DVORAK, J.; DVORAK, V. Medicina manual: Diagnóstico (vol. 1) Tratamiento (vol. 2). Ed. Scriba, 2º Edición.1993

HOPPENFIELD, S. Exploración física de la columna vertebral y extremidades. México: El Manual Moderno.1979

KAPANDJI, I. A. Cuadernos de fisiología articular I, II y III.Barcelona: Ed. Masson,1973

KENDALL. Músculos, pruebas y funciones. Ed. Jims, 1984

F.M.KALTENBORN. Fisioterapia manual columna. Madrid: Mc Graw-Hill Inteamericana, 2000

F.M.KALTENBORN. Fisioterapia manual extremidades. Madrid: Mc Graw-Hill Inteamericana, 1999

GALLEGO T. Bases Teóricas y Fundamentos de Fisioterapia. Ed Panamericana. Madrid . paper 2007 digital 2012

GEDDA MICHEL. Décision Kinésithérapique, Ed. Masson. Paris 2001. Ed. 2004

HSU STEPHEN I., LEE BURTON,W. STASIOR, DAVIDS. Medicina basada en la Evidencia (Massachusets General Hospital), Editorial: Libreria Editorial Marbau, 1ª Ed, 1999, Madrid.

KRUEGER, D. Psicología de la Rehabilitación. Ed. Herder, 1994.

LLOR, B. Ciencias Psicosociales aplicadas a la Salud. Ed. Interamericana, 1998.

MEDINA BERUBEN, ISAAC. Propedeútica de la clínica y diagnóstico físico. Ed. Manual Moderno, Edición 1ª, Año 1999, México.

MARTIN ZURRO, A.; CANO, J.F Atención Primaria. Conceptos, organización y práctica clínica. Barcelona: Doyma; 2003. ed. 2008

REICHEL H,PLOKE C.E. Fisioterapia del aparato locomotor. Estructuras, funciones y medidas de actuación sobre las afecciones. Exploración y tratamiento de enfermedades ortopédicas. Barcelona: Paidotribo, 2007.at; 1998.

RODRIGO, C. MIRALLES M. Biomecánica clínica del aparato locomotor. Barcelona: Masson, 1998

TIXA,S. Atlas de anatomía palpatoria de cuello, tronco y extremidad superior. Investigación manual de superficie. Barcelona: Masson, 2000

XHARDEZ, Y.: Vademécum de Kinesiología. Ed. El Ateneo. Barcelona. 2001. Ed. 2010

VIEL, ERIC. Diagnóstico Fisioterápico: Concepción, Realización y Aplicación en la Práctica Libre y Hospitalaria.Editorial Masson-Salvat,1ª edición, Año 1999. Barcelona.

VILAR E, SUREDA, S. Fisioterapia del aparato locomotor. MacGraw-Hill Interamericana, Madrid, 2005

## **Software**

There is no specific program