

Practicum I

Code: 103005
ECTS Credits: 6

Degree	Type	Year	Semester
2500892 Physiotherapy	OB	2	1

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

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.

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 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

- 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 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 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. Make sure the environment for the physiotherapy treatment is comfortable.
34. Make the most correct decisions in given situations.
35. Manage information systems.
36. Offer guidance to non-medical staff on dealing with patients.
37. Propose new methods or well-founded alternative solutions.
38. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
39. Propose projects and actions that incorporate the gender perspective.
40. Propose viable projects and actions to boost social, economic and environmental benefits.
41. Propose ways to evaluate projects and actions for improving sustainability.
42. Refer patients to another professional when necessary.
43. Resolve clinical cases suitable for physiotherapy treatment in any clinical specialisation.
44. Show initiative and an entrepreneurial spirit.
45. Show sensitivity to environmental issues.
46. Solve problems.
47. Suitably record all steps taken, from reception of the patient to the physiotherapy discharge report, in accordance with each clinical specialisation.
48. Use effective communication to facilitate interactions between the physiotherapist, the patient and the patient's family.
49. 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.
50. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
51. Where applicable, negotiate objectives within the multidisciplinary team, in order to harmonise processes and ensure continuity of care.
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 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

Preparation of work: the student will individually prepare a diary of the activity carried out during the clinical stays
Practical teaching carried out at health centers in small groups. The activ
Before to the start of the clinical stays, the coordinator of the subject will

during the practices.

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 (PRCUM)	150	6	3, 6, 13, 12, 45, 16, 8, 10, 9, 21, 20, 22, 25, 35, 27, 31, 32, 36, 34, 33, 26, 17, 19, 47, 43, 46, 18, 44, 52, 48

Assessment

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

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

(30% 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	70%	0	0	15, 4, 3, 2, 1, 6, 13, 5, 7, 11, 12, 51, 45, 42, 16, 8, 10, 9, 53, 21, 20, 22, 23, 24, 25, 35, 30, 29, 27, 28, 31, 32, 36, 50, 34, 33, 26, 41, 37, 38, 39, 40, 17, 19, 47, 43, 46, 18, 44, 52, 48, 14, 49
Narrative record (portfolio)	30%	0	0	15, 4, 3, 2, 1, 6, 13, 5, 7, 11, 12, 51, 45, 42, 16, 8, 10, 9, 53, 21, 20, 22, 23, 24, 25, 35, 30, 29, 27, 28, 31, 32, 36, 50, 34, 33, 26, 41, 37, 38, 39, 40, 17, 19, 47, 43, 46, 18, 44, 52, 48, 14, 49

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

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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