

Degree programme	Type	Course
Physiotherapy	OB	3

Contact lecturer

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Group languages

You can consult this information at the [end](#) of the document.

Prerequisites

There are no prerequisites for enrollment. The teaching team recommends having completed and obtaining the first subjects and according to physiotherapy course.

Objectives

Knowledge of the physiotherapy bases in geriatrics to attend (treat) to geriatric patients from one integral vision.

Understanding and basic management of the main geriatric syndromes and diseases that can influence the process of physiotherapy.

In the current context, the knowledge of physiotherapy in geriatrics is necessary, due to the increase of the life expectancy that partly

involves a high prevalence of chronic diseases and disabilities.

Learning outcomes

1. Describe the injuries and diseases in geriatrics, identifying the symptoms that appear during the process, their etiology and the associated medical, surgical and rehabilitation treatments.
2. Apply the basic physiotherapy methods, procedures and interventions to the different clinical specialisations that treat typical conditions in geriatrics.
3. Use physiotherapy to treat clinical cases involving geriatric conditions.

4. Describe the principles behind assessment in geriatrics.
5. Apply suitable physiotherapy assessment procedures in geriatrics, in order to determine the degree of damage and its possible functional repercussions.
6. Design therapeutic exercises and activities for geriatric diseases and injuries.
7. Describe and analyse the evidence-based physiotherapy protocols for geriatric disorders.
8. Describe and analyse the quality-assurance mechanisms of physiotherapy in geriatrics.
9. Express ideas fluently, coherently and correctly, both orally and in writing.
10. Solve problems.
11. Make the most correct decisions in given situations.
12. Work in teams.
13. Identify situations in which a change or improvement is needed.
14. Analyse a situation and identify its points for improvement.
15. Propose new methods or well-founded alternative solutions.
16. Weigh up the risks and opportunities of suggestions for improvement: one's own and those of others.
17. Propose new ways to measure success or failure when implementing innovative proposals or ideas.
18. Explain the explicit or implicit code of practice of one's own area of knowledge.
19. Critically analyse the principles, values and procedures that govern the exercise of the profession.
20. Consider how gender stereotypes and roles impinge on the exercise of the profession.
21. Communicate using language that is not sexist.
22. 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.
23. Propose projects and actions in accordance with the principles of ethical responsibility and respect for fundamental rights, diversity and democratic values.
24. Analyse the sex- or gender-based inequalities and the gender biases present in one's own area of knowledge.

Contents

- Geriatrics and gerontology. Historic antecedents. Profiles of older patients.
- Demographics and epidemiology of aging.
- Physiological changes associated with aging in organs and systems.
- Theories of aging: concepts of chronological and biological age.
- Prevention in geriatrics. Healthy aging concept. Vaccines
- Psychological changes and social characteristics of the older population.
- General principles of rehabilitation in geriatrics. Factors of functional recovery prognosis.
- Teamwork in geriatrics and gerontology. Interdisciplinary team

- Comprehensive Geriatric Assessment (I): Concept and definition. Elements and basic principles of the evaluation geriatric The medical evaluation. Geriatric clinical history.
- Comprehensive Geriatric Assessment (II): Functional capacity, concept, meaning and evaluation tools. The state mental (cognitive and emotional), concept and instruments of evaluation.
- Social evaluation and its meaning.
- Physical activity benefits and prevention.
- Psychomotor activity.
- Communication with older adults and their families.
- Most common diseases in older patients
- GERIATRIC SYNDROMES:

1 - Basic principles of pharmacology adapted to the older patient. Polypharmacy.

2- Frailty: concept and assessment.

3- Dementia

4- Gait impairment. Balance.

5- Falls: epidemiology, causes and consequences. Risk factors. Falls assessment. Intervention and prevention.

6- Immobility syndrome. Pathophysiological Consequences of Bed Rest. Complications of the immobility.

7- Pressure ulcers. Risk assessment Medical aspects of prevention and treatment.

8- Infections

9- Delirium. Definition, clinics, predisposing and precipitating factors, treatment and outcomes.

10- Strategies to improve the detection and treatment of pain.

11- Nutrition in Older Adults. Anorexia and Malnutrition.

12 - Depression in the older adults.

13 - Urinary incontinence in the older population. Type of incontinence.

14 - Constipation.

- The geriatric illness in terminal situation: definition, criteria and attitudes. Failure to thrive.
- Support products and the environment.
- Ethics in geriatrics.
- Mistreatment and abuse in the older persons
- Rehabilitation assistance levels

Learning activities and methodology

Title	Hours	ECTS	Learning outcomes
HUMAN CLINICAL CARE PRACTICE (PCAh)	7	0.28	
LABORATORY PRACTICE (PLAB)	8	0.32	
THEORY (TE)	30	1.2	
SELF-STUDY	70	2.8	
works delivery	34	1.36	

Teaching is based on theoretical classes, laboratory practice and clinical practice.

It should be noted that there may be changes in the methodology and evaluation depending on the health situation due to COVID-19.

Note: 15 minutes of a class (included in the calendar established by the center/degree) will be reserved for students to fill in the evaluation surveys of the teaching staff and the subject.

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.

Assessment

Continuous assessment activities

Title	Weight	Hours	ECTS	Learning outcomes
Attendance and active participation in class and practice	10%	0	0	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24
Written assessments with objective tests: multiple choice tests	50%	1	0.04	1, 3, 4, 5, 10, 11, 13, 14, 19, 22, 24
Narrative records:portfolio	40%	0	0	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24

This subject does not provide the single assessment system

The written test will last for an hour and will be a multiple answer test with 40 questions (4 options for question with penalty incorrect answer -0.25). Minimum grade to approve 5 out of 10.

Continuous assessment will be done through the participation and evaluation of the seminars as well as the activities indicated which can be individual or in groups. Minimum grade to pass 5 out of 10. (40%)

For this course, the use of Artificial Intelligence (AI) technologies is permitted exclusively for support tasks, such as bibliographic or information search. The student must clearly identify which parts have been generated with this technology, specify the tools used, and include a critical reflection on how these have influenced both the process and the final result of the activity. Lack of transparency regarding the use of AI in this evaluable activity will be considered academic dishonesty and may result in a partial or total penalty on the activity's grade, or more severe sanctions in serious cases.

Art 116.8. When it is considered that the student has not been able to provide sufficient evidences of evaluation, this subject will be recorded as non-evaluable.

For students who do not pass the subject, a recovery test will be scheduled according to the calendar.

There may be modifications to this evaluation system depending on the health alert situation.

Any irregularity committed in an assessment activity -academic misconduct, plagiarism, or improper use of AI, unless such use is expressly authorised in the course syllabus- that may lead to a significant variation in the grade shall result in that assessment activity being awarded a grade of 0.

If the course syllabus states that obtaining a minimum grade in that assessment activity is an essential requirement to pass the course, or if several irregularities occur in the assessment activities of the same course, the final grade for that course shall be 0.

Notwithstanding the above, disciplinary proceedings may be initiated against any student who commits any of these irregularities.

Bibliography

1. Guillén Llera, F., Pérez del Molino, J., Petidier Torregrossa, R. *Síndromes y cuidados en el paciente geriátrico*. 2ª ed. Barcelona: Elsevier Masson, SA, 2008.
2. Abizanda P, Rodríguez-Mañas L. *Tratado de Medicina Geriátrica: Fundamentos de la Atención Sanitaria a los mayores*. Eds. Elsevier España, S.L.U. Barcelona, 2015.
3. Rebelatto, Jose Rubens Da, *Fisioterapia en geriatría*. Interamericana. Mc Graw-Hill. Madrid 2005.
4. Montagut, F / Flotats G. *Rehabilitación domiciliaria: principios e indicaciones y programas terapéuticos*. Masson. Barcelona 2005.
5. Dotte, Paul. *Método de movilización de los pacientes*. Masson. Barcelona 2010.
6. *Geriatrics at your fingertips : 2024* / David B. Reuben, et al. American Geriatrics Society | 2018 | 26th Edition. Disponible a la biblioteca presencial J Laporte.
7. www.segg.es (Sociedad Española de Geriatría y Gerontología)
8. www.americangeriatrics.org (American Geriatrics Society)
9. www.fisioterapeutes.com

Software

There's no need specific software

Course groups and languages

The information provided is provisional until November 30. After this date, you will be able to consult the language of each group through this [link](#). To access the information, you will need to enter the course CODE

Type of teaching	Group	Language	Semester	Shift
(PCAh2023) Práctica clínica asistencial humana	1	Catalan	first semester	morning-mixed
(TE) Theory	201	Catalan	first semester	afternoon
(PLAB) Practical laboratories	201	Catalan	first semester	afternoon
(PLAB) Practical laboratories	202	Catalan	first semester	afternoon
(PLAB) Practical laboratories	203	Catalan	first semester	afternoon