

**Información del Plan Docente**

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| <b>Academic Year</b>    | 2018/19                                |
| <b>Subject</b>          | 61112 - Physiotherapy                  |
| <b>Faculty / School</b> | 127 - Facultad de Ciencias de la Salud |
| <b>Degree</b>           | 374 - Master's in Social Gerontology   |
| <b>ECTS</b>             | 2.0                                    |
| <b>Year</b>             | 1                                      |
| <b>Semester</b>         | Indeterminate                          |
| <b>Subject Type</b>     | Optional                               |
| <b>Module</b>           | ---                                    |

**1.General information**

**1.1.Aims of the course**

General objectives:

- Know general strategies in physiotherapy for general treatment in the field of geriatrics.
- Identify and know the general resources provided by physiotherapy for other fields of action.

**1.2.Context and importance of this course in the degree**

There are not any pre-requisites or specific recommendations for this course, although the contents addressed may be of greater interest because of its complementarity for graduates in nursing, occupational therapy, medicine and social work.

**1.3.Recommendations to take this course**

The acquisition of the abilities, knowledge and skills described in the guide of this subject allows the acquisition of some of the competences related to physiotherapeutic action plans in the elderly. This favors a later work in an interdisciplinary team.

**2.Learning goals**

**2.1.Competences**

The course and its expected results respond to the following approaches and objectives:

Transversal competences:

- Interdisciplinary teamwork
- Motivation for quality
- Ability to work in an international context
- Leadership
- Creativity
- Information Management Skills
- Ability to work autonomously
- Ability to generate new ideas
- Ability to manage new technologies
- Research skills

Specific competences:

- Knowledge, skills and abilities to optimize current resources in the gerontology field
- Relevant knowledge and ability to apply the new aspects of physiotherapy in geriatrics and gerontology
- Knowledge, skills and abilities for professional performance in the geriatrics and gerontology field
- Skills to facilitate the integration and participation of the elderly in the various aspects of social and cultural life
- Knowledge, skills and abilities about the processes of rehabilitation, integration and participation of the elderly
- Skills to facilitate the integration and participation of older adults in health service networks and in society itself, reassessing their social function

By passing this course, the student will be able to:

- To identify, analyze and discuss the contributions of physiotherapy in the gerontological and geriatric area.
- To identify, analyze and discuss the different therapeutic forms used in physiotherapy.
- To identify the physiotherapeutic approach needs.
- To design a program oriented to the postural hygiene of the elderly person and their caregivers.
- To design a preventive program of chronic and degenerative processes in the adult, using knowledge.

## 2.2.Learning goals

The student who studies this course will be able to:

- To identify, analyze and discuss the contributions of physiotherapy in the gerontological and geriatric area.
- To identify, analyze and discuss the different therapeutic forms used in physiotherapy.
- To identify the physiotherapeutic approach needs.
- To design a program oriented to the postural hygiene of the elderly person and their caregivers.
- To design a preventive program of chronic and degenerative processes in the adult, in the multidisciplinary team

## 2.3.Importance of learning goals

The learning goals that define this course enable the student to acquire knowledge, skills and abilities useful for their specific professional field and also they promote an interdisciplinary team work, by giving knowledge of the competences of the field of geriatric physiotherapy.

### 3. Assessment (1st and 2nd call)

#### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

To overcome this course, the student must demonstrate that he / she is able to:

- To make constructive contributions in the classes, seminars and tutorials.
- To identify, analyze and discuss the contributions of physiotherapy in the gerontological and geriatric area.
- To identify, analyze and discuss the different therapies used in physiotherapy.
- To design two therapeutic and one preventive programs, based on physiotherapeutic knowledge and according to quality criteria.

### EVALUATION INSTRUMENTS

- Assistance and participation in classes, seminars, guided study (40%)
- Design of a program to prevent chronic and degenerative processes in adults from a multidisciplinary point of view (60%)
- Observation: those students who have not attended the classes of the subject must carry out a single program, with greater demands than those of the students who have attended.

### QUANTITATIVE AND QUALITATIVE QUALIFICATION SYSTEM

- 0.0 - 4.9: suspense
- 5.0 - 6.9: approved
- 7.0 - 8.9: Notable
- 9.0 - 9.4: Outstanding
- 9.5 - 10: Honor Matrices

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It favors the acquisition of basic theoretical and practical knowledge of the objectives and interventions of physiotherapy in the different processes of aging.

#### 4.2. Learning tasks

The course includes the following learning tasks:

- **Lectures.** Using Power Point presentations as the main resource.
- **Seminars.** Using Power Point presentation in problem-based learning and case solving.
- **Guided tasks.** The student is guided in the ability to obtain and process relevant information
- **Autonomous work.** It includes the study of lectures' contents, preparation of seminars, data analysis, search of information and complementary readings, as well as the writing of assignments.
- **Team work.** It includes the implementation of the therapeutic program described in section 4. assessment instruments.
- **Tutorials.** Direct attention to the student, identification, orientation in the course.

#### 4.3.Syllabus

The course will address the following topics:

1. Physiotherapy and gerontology
2. Relevant aspects of aging in the physiotherapy field
3. Preventive physical therapy in the elderly
4. Physiotherapy in traumatological and rheumatic conditions of the elderly
5. Physiotherapy in neurological processes of the elderly
6. Physiotherapy in cardiorespiratory processes of the elderly person
7. Physical exercise in the elderly with disability

#### 4.4.Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course is included in the virtual platform Moodle.

| Assessment activities            | Call for official exams |
|----------------------------------|-------------------------|
| Theoretical / Practical activity | June and September      |

#### 4.5.Bibliography and recommended resources

<http://biblioteca.uni>

- Paeth Rohlfs, Bettina: Experiencias con el concepto Bobath : fundamentos, tratamiento, casos. 2<sup>a</sup> ed. Madrid, Editorial Médica Panamericana, 2006
- Rubens Rebelatto, José, Geraldo da Silva Morelli, José: Fisioterapia en geriatría : Práctica asistencial en el anciano. Madrid, McGraw-Hill Interamericana, 2005
- Serra Gabriel, María Rosa, Díaz Petit, Josefina, Sande Carril, María Luisa de: Fisioterapia en neurología, sistema respiratorio y aparato cardiovascular. Barcelona, Masson, 2005
- Serra Gabriel, María Rosa, Díaz Petit, Josefina, Sande Carril, María Luisa de: Fisioterapia en traumatología, ortopedia y reumatología. 2<sup>a</sup> ed. Barcelona, Masson, 2003
- Porter, Stuart: Tidy. Fisioterapia. Ed. en esp. de la 14<sup>a</sup> ed. de la obra original en inglés Barcelona, Elsevier, 2009
- Fisioterapia en la rehabilitación neurológica. Dirigido por María Stokes, Emma Stack. 3<sup>a</sup> ed. Barcelona, Elsevier