

Academic Year/course: 2022/23

## 25650 - General Intervention Procedures in Physiotherapy I

### Syllabus Information

**Academic Year:** 2022/23

**Subject:** 25650 - General Intervention Procedures in Physiotherapy I

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

**Degree:** 605 - Degree in Physiotherapy

**ECTS:** 6.0

**Year:** 2

**Semester:** First semester

**Subject Type:** Compulsory

**Module:**

## 1. General information

### 1.1. Aims of the course

This subject aims to teach and learn general Physiotherapy procedures: manual and instrumental massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the subject learning results provides training and competence to contribute to some extent to its achievement.

? Objective 3: Health and well-being. All learning outcomes of the subject provide training and competence to contribute to some extent to its achievement.

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

The student will learn what benefits can be obtained, as a physiotherapist, from the application of physical means related to these general procedures. Its practice, before empirical, is increasingly based on scientific evidence and the clinical reasoning process. The use of these physical means requires specific facilities, numerous more or less sophisticated accessories, close supervision and respect for hygiene regulations.

This subject provides the fundamental bases of the general procedures:

Manual and instrumental massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy to later be complemented and developed with physiotherapy subjects in the various clinical specialties, in which the application of these procedures in the different pathological entities will be addressed.

### 1.3. Recommendations to take this course

It is recommended to have taken the subject, Fundamentals of Physiotherapy and Assessment in Physiotherapy I in the first year of degree, as well as a continuous review of the contents of the subjects of Human Anatomy and Physiology.

## 2. Learning goals

### 2.1. Competences

General Competences

- Know and understand the methods, procedures and physiotherapeutic actions, aimed at both the therapy itself to be applied in the clinic for re-education or functional recovery, as well as the performance of activities aimed at promoting and maintaining health.
- Evaluate the evolution of the results obtained with the treatment in relation to the objectives set.
- Intervene in the areas of health promotion, prevention, protection and recovery.
- Know how to work in professional teams as a basic unit in which the professionals and other personnel of healthcare organizations are structured in a uni or multidisciplinary and interdisciplinary way.

- Understand the importance of updating the knowledge, abilities, skills and attitudes that make up the professional competences of the Physiotherapist.
- Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals.

#### Specific Competences

- Know the principles and theories of physical agents and their applications in physiotherapy.
- Identify the factors that intervene in teamwork and leadership situations.
- Identify anatomical structures as a knowledge base to dynamically establish relationships with functional organization.
- Know the physiological and structural changes that can occur as a result of the application of physiotherapy.
- Know and apply the theoretical bases and the development of physiotherapy methods and procedures.
- Know, design and apply the different modalities and general intervention procedures in Physiotherapy: Massotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy.
- Know and apply quality mechanisms in physiotherapy practice, adjusting to criteria, indicators and recognized and validated quality standards for proper professional practice.

#### Transversal Competences

- Ability to apply critical reasoning
- Capacity for analysis and synthesis
- Ability to assume ethical commitment
- Ability to work based on quality criteria
- Ability to develop creativity
- Ability to develop initiatives and an entrepreneurial spirit
- Ability to plan and evaluate
- Ability to adequately use computer media and new technologies
- Ability to develop information management skills
- Ability to criticize and self-criticize

## 2.2. Learning goals

The student must demonstrate having achieved the following results:

1. Know the theoretical bases that support the application of the general Physiotherapy procedures: manual and instrumental massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy, thanks to the study of the theoretical matter taught and the updated bibliographic analysis.
2. Understands the methodology of application of the general Physiotherapy procedures: manual and instrumental massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy through its theoretical analysis and practical execution.
3. Knows how to design the intervention plan in physiotherapy aimed at the application of general procedures, using problem-solving skills and clinical reasoning in accordance with the available resources, formulating the intervention objectives, selecting the most appropriate protocols or procedures for care planned, taking into account the criteria of adequacy, validity and effectiveness.
4. Execute the Physiotherapy intervention plan based on the application of general procedures.
5. Establishes the procedure that allows evaluating the evolution of the results obtained with the physiotherapy treatment, analyzing the objectives set.
6. Guarantees quality in the application of general Physiotherapy procedures: manual and instrumental massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy, respecting the established criteria.

## 2.3. Importance of learning goals

Some of the simplest, oldest and most effective therapeutic modalities for the treatment of pain and dysfunctions are included within the general procedures of the subject.

The physical therapist must learn how such procedures affect the way and speed with which the patient recovers from her disorder. Therefore, techniques that take into account, not only the restoration of the altered tissue to a state and function as normal as possible, but also how the student will remember the application of general procedures on his own, must be selected and properly applied.

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

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

Compulsory attendance at 80% of the practices.

Progress tests. Weighting 10.0%. Criteria: that it contains the required information, that the part of the analysis is well prepared and that the presentation is adequate.

Presentation and defense of works, reports and reports. Weighting 40.0%. Criteria: adequate description, correct oral transmission, relevance of the contents.

Problem solving, exercises and practical cases. Weighting 40.0%. Criteria: that it contains the required information, that the development part follows a logical process, that it presents the results obtained in an orderly manner, that the analysis part is well prepared and that the presentation is adequate.

Continuous assessment. Weighting 10.0% Criteria: that participation in scheduled activities in the subject shows the appropriate skills, aptitudes and attitudes.

Tests for non-face-to-face students or those who appear in other calls different from the first one.

Final exam: this test affects only those students who have not done the work necessary for the evaluation carried out continuously, or for those who want to raise the grade obtained with the previous evaluation procedures.

Carrying out an objective test on the content of the subject.

Practical test on the concepts developed and the skills learned in the practices.

The evaluation tests will be carried out in person if the situation allows it. In case of changing the conditions, and if instructions are received from the academic authorities, the tests will be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which will be notified in advance.

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

### **4.1. Methodological overview**

Exhibition and participatory classes

Exhibition of individual or group works

Work preparation

Individual preparation of a Field Diary / Critical Record

Oral Exhibition in Public

### **4.2. Learning tasks**

Theoretical class 10 Hours. Presence: 100

Practical classes demonstration room / laboratory / computer room 50 Hours. Presence: 100

Tutorials. Hours: 5. Presence: 0

Autonomous work of the student Hours: 85. Presence 0.

### **4.3. Syllabus**

Theoretical and practical study of general physiotherapeutic procedures: massage therapy, hydrotherapy, balneotherapy, thalassotherapy, climatotherapy, thermotherapy and cryotherapy.

### **4.4. Course planning and calendar**

The course will be taught in the first semester, of the second year.

- Theoretical classes in a single group throughout the semester. Wednesday and Thursday from 9:00 a.m. to 10:00 a.m., five weeks.

- Practical laboratory classes in small groups throughout the semester. Monday to Thursday from 10.00 a.m. to 12.00 p.m.

- Practical activities in Spa and other facilities.

- Written presentation of the practice notebook at the end of the semester.

- Oral and public presentation in front of the rest of the classmates, of a bibliographic review with elaboration of the contents of some of the key topics of the subject the last week of the semester.

The planned training activities will be carried out in person in the classrooms and rooms designated by the Center. In case of changing the conditions, and if instructions are received from the academic authorities, the activities will be modified and adapted to be carried out in a non-face-to-face mode using the online resources of the University of Zaragoza, which it will be notified in advance.

#### **4.5. Bibliography and recommended resources**

<http://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=25650&Identificador=C72384>