

25662 - Dermatological, Obstetric and Urogynaecological Physiotherapy

Syllabus Information

Academic year: 2024/25

Subject: 25662 - Dermatological, Obstetric and Urogynaecological Physiotherapy

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

Degree: 605 - Degree in Physiotherapy

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Compulsory

Module:

1. General information

Design and implement a health education program.

Explain the physiological and therapeutic effects of physiotherapy procedures on pelvic floor dysfunctions.

Describe physiotherapy strategies for the prevention of pelvic floor injuries.

Design and apply a physiotherapy intervention for the most frequent uro and/or coloproctological pathologies related to pelvic floor dysfunction.

Explain the physiological and therapeutic effects of physiotherapy procedures during pregnancy, childbirth and postpartum.

Describe physiotherapy strategies for the prevention of pelvic floor injuries during pregnancy, childbirth and postpartum.

Design and implement a physiotherapy intervention during pregnancy, childbirth and postpartum.

Explain the physiological and therapeutic effects of dermatofunctional physiotherapy procedures in the different skin pathologies. Describe prevention strategies for dermatofunctional physiotherapy.

Design and apply a dermatofunctional physiotherapy intervention for the most frequent dermatological pathologies.

2. Learning results

General competencies:

To know and understand the methods, procedures and physiotherapeutic actions, aimed both at the actual therapy to apply in the clinic for the re-education or functional recovery, as well as to the realization of activities aimed at the promotion and maintenance of health.

Assess the patient's functional status, considering physical, psychological and social aspects.

Design the physiotherapy intervention plan according to criteria of adequacy, validity and efficiency.

Execute, direct and coordinate the Physiotherapy intervention plan, using the proper therapeutic tools and considering the individuality of the user.

Evaluate the evolution of the results obtained with the treatment in relation to the objectives set.

Prepare the discharge report of patients in Physiotherapy once the proposed objectives have been met.

Communicate effectively and clearly, both orally and in writing, with users of the healthcare system as well as with other professionals.

Specific competencies:

To know the physiological and structural changes that can occur as a result of the application of physiotherapy.

To identify the changes produced as a consequence of physiotherapy intervention.

To know and apply the theoretical bases and the development of physiotherapeutic methods and procedures.

To assess from a physiotherapy perspective, the functional status of the patient/user, considering their physical, psychological and social aspects.

To understand and apply the manual and instrumental methods and procedures of assessment in Physiotherapy and Rehabilitation, as well as the scientific evaluation of their usefulness and effectiveness.

To identify the most appropriate physiotherapeutic treatment in the different processes of alteration, prevention and promotion of health, as well as in the processes of growth and development.

Identify the patient/user's situation through a physiotherapy care diagnosis, planning interventions, and evaluating their effectiveness in a cooperative environment with other health science professionals.

To know and apply good clinical practice guidelines.

To analyse, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the

process.

To know and apply the quality mechanisms in the practice of physical therapy, adjusting to the criteria, indicators and quality standards recognized and validated for the adequate professional practice.

In order to pass this subject, the students shall demonstrate they have acquired the following results:

1. -Performs the physiotherapy diagnosis in clinical processes through the realization of the clinical history and the evaluation of the patient's functional status.
2. -Differentiates the objectives of physiotherapy in the fields of dermatology, plastic and reconstructive surgery, urogynaecology and obstetrics and health education.
3. -Explains and makes a reasoned selection of the most commonly used physiotherapy techniques and methods according to the therapeutic objectives for treatment in the fields of dermatology, plastic and reconstructive surgery, urogynaecology, obstetrics and health education.
4. -Differentiates the moments of application of different procedures, according to the clinical evolution of the patient.
5. -Applies a physiotherapy intervention plan adapted to the physiotherapy diagnosis and re-evaluates the results.
6. -Knows how to interpret diagnostic imaging methods in the fields of dermatology, urogynaecology and obstetrics

3. Syllabus

HEALTH EDUCATION IN PHYSIOTHERAPY

Patient and caregiver information, instruction, education and training.

Information about diseases/symptoms

Tips on problem behaviours

Exercise instructions

PHYSIOTHERAPY IN UROGYNECOLOGY AND OBSTETRICS

Physiotherapeutic approach during pregnancy and postpartum period

Physical activity during pregnancy

Specific case management in the postpartum period

PHYSIOTHERAPY IN PLASTIC AND RECONSTRUCTIVE SURGERY

Post-surgical physiotherapeutic approach to plastic and reconstructive surgery.

Physiotherapeutic approach to the physiological and pathological healing process.

Physiotherapeutic approach to dermatological, aesthetic and subcutaneous cellular tissue problems.

4. Academic activities

Theoretical classes in large groups (10 hours): Presentation of the contents of the subject with the support of different audiovisual media and orientation for the practical part and personal study.

Practical laboratory classes (45 hours): Four practice groups will be established for the presentation and demonstration of the specific intervention methods with the support of audiovisual aids and specific practice material. The practical repetition of the techniques by the student will be supervised and corrected by paying special attention to the student's ability to position the patient, to maintain proper ergonomics and manual dexterity.

Seminars for problem solving and case studies (5 hours): Two seminar groups will be established for the presentation and resolution of clinical cases.

Personal study and elaboration of the practices portfolio (90 hours): estimated time for the study of the contents of the subjects and the acquisition of competences and the elaboration of the practices portfolio.

5. Assessment system

Presentation of portfolio of laboratory practices: the student's ability to describe the content of the practice will be evaluated

Theoretical examination: It will consist of two parts: a multiple-choice test and a development part. The multiple-choice test will consist of 20 questions on the contents covered in the theoretical and practical classes with four possible answers and only one true answer. Failures will be penalized. The development part will consist of a development question that will address contents of the theoretical and practical classes. The final grade of the theoretical exam will be the average of the two parts, being necessary to exceed 5 in each one of the parts to average.

All the evaluation activities mentioned above will be considered in each of the official calls of the subject.

Evaluation of practical contents: Students will answer two questions in which practical cases will be presented and the student must be able to perform a practical demonstration of the physiotherapy techniques relevant to the case presented. The student's ability to choose the most appropriate procedure, and their skill in applying it, will be evaluated. Students who attend at least 90% of the practices may be evaluated by continuous assessment.

The continuous evaluation will value the student's participation, the capacity to assimilate and integrate contents and the resolution of the follow-up activities that are proposed. There will be an essay of a health education program integrating the contents of the participating subjects. It will be carried out in groups of 4 to 6 people, proposing an approximate length between 1500 and 3000 words. For the realization of the work, the students will have available the main guidelines for the realization and grading, as well as the contacts of the faculty responsible for each subject.

Grading and grading system:

The final grade for the subject results from the following weighting:

- 15%: the grade of the portfolio presentation (practice report).

25%: the grade of the practical exam (resolution of 2 practical cases) /the grade of the continuous evaluation.

60%: the grade of the theoretical exam.

It is essential to pass each of the evaluation activities in order to pass the subject.

Grading system in accordance with current legislation:

0.0-4.9 Failure

5.0-6.9 Passed

7.0-8.9 Notable

9.0-10 Outstanding

One "Honour" will be awarded for every 20 students enrolled. It will be awarded to those students with the highest final grades.

In case of a tie in the final numerical grade, the highest grade in the theoretical exam will be taken into account.

The evaluation tests will be conducted in face-to-face mode if the situation allows it. In case the conditions change , and if instructions are received from the academic authorities, the tests will be held in non-face-to-face mode using the online resources of the University of Zaragoza, which will be notified with due notice.