

# Physiotherapy

## Competences

### **BASIC AND GENERIC COMPETENCES**

BC1 - Demonstrate knowledge and understanding in an area of study that builds on the foundation of general secondary education, and is usually at a level that, while relying on advanced textbooks, also includes some aspects that involve knowledge from the cutting edge of their field of study

BC2 - Be able to apply the knowledge acquired to their work or vocation in a professional manner and have the skills that are usually demonstrated through the development and defence of arguments and problem solving within their field of study.

BC3 -Have the capacity to collect and interpret relevant data (normally within their specialist study field) to make reasoned judgements that include reflection on relevant social, scientific or ethical issues.

BC4- Convey information, ideas, problems and solutions to specialist groups or the general public.

BC5 -Develop the learning skills needed to undertake further study with a high degree of autonomy.

### **GENERIC COMPETENCES**

GC1 - Know and understand the morphology, physiology, pathology and behaviour of healthy and sick people in the natural and social environment.

GC2 - Know and understand the sciences, models, techniques and instruments on which physiotherapy is based, structured and developed.

GC3 - Know and understand the physiotherapeutic methods, procedures and actions, aimed both at the actual therapy to be applied in clinical practice for re-education or functional recovery, and at carrying out activities designed to promote and maintain health.

GC4 - Acquire adequate clinical experience to develop intellectual abilities and technical and manual skills; acquire ethical and professional values; and build the capacity to integrate the knowledge acquired. At the end of their studies, students will be able to apply this knowledge to specific clinical cases in the hospital and out-of-hospital setting, as well as in primary and community care.

GC5 - Assess the functional status of patients, considering physical, psychological and social aspects.

GC6 - Perform diagnostic assessment for physiotherapy treatment according to internationally recognised standards and validation tools.

GC7 - Design the physiotherapy intervention plan according to criteria of suitability, validity and efficiency.

GC8 - Implement, lead and coordinate a physiotherapy intervention plan, using one's own therapeutic tools and taking into account users' particular needs.

GC9 - Assess the evolution of the results obtained with the treatment with regard to the objectives set.

GC10 - Prepare the physiotherapy care discharge report, once the proposed objectives have been met.

GC11 - Provide effective physiotherapy care, giving comprehensive care to patients.

GC12 - Intervene in the areas of health promotion, prevention, protection and recovery.

GC13 - Know to work in professional teams as the basic unit in which professionals and other staff in healthcare organisations are structured in a single or multidisciplinary and interdisciplinary way.

GC14 - Incorporate the ethical and legal principles of the profession into professional practice and integrate social and community aspects into decision-making.

GC15 - Participate in the development of physiotherapy care protocols based on scientific evidence, promoting professional activities that stimulate research in physiotherapy.

GC16- Perform nursing care based on integrated health care, which involves multiprofessional cooperation, process integration and continuity of care.

GC17 - Understand the importance of updating the knowledge, skills, abilities and attitudes that make up the professional competences of physiotherapists.

GC18 - Acquire clinical management skills that include the efficient use of health resources and develop planning, management and control activities in the care units where physiotherapy care is provided and its relationship with other health services.

GC19 - Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals.

## **TRANSVERSAL COMPETENCES**

TC1 - Act in an ethical, egalitarian, inclusive, responsible and sustainable way, with oneself, with others (men and women for others), with society (social justice) and with the planet as a whole (environment).

TC2 - Work collaboratively towards common goals by exchanging constructive feedback, mediating conflicts, sharing knowledge, and assuming commitments and responsibilities, carrying out the role of team leader when required by the situation or context.

TC3 - Communicate orally and in writing in order to interact effectively with others; expressing and conveying feelings, knowledge, ideas and arguments in a clear, rigorous and convincing manner; using a variety of expressive resources both orally and in writing; using appropriate linguistic resources and formats and adapting to circumstances, types of audience and diverse cultural contexts, using different languages. Multilingual communication also requires intercultural understanding, appreciation of cultural diversity and an interest and curiosity in languages and intercultural communication.

TC4 - Update one's own learning, by questioning usual ways of acting and looking at issues from a critical perspective, reflecting on one's own knowledge and way of learning.

## **SPECIFIC COMPETENCES**

SC1.1 - Understand the principles and theories of physical therapies and their applications in physiotherapy.

SC1.2 - Understand the principles of biomechanics and electrophysiology, and their main applications in the field of physiotherapy.

SC1.3 - Identify the psychological and social factors that influence the state of health or illness of individuals, families and communities.

SC1.4 - Understand and develop communication theory and interpersonal skills.

SC1.5 - Understand the learning theories to be applied in health education and the lifelong learning process itself.

SC1.6 - Understand the psychological aspects of the physiotherapist-patient relationship.

SC1.7 - Identify the factors involved in teamwork and leadership situations.

SC1.8 - Identify anatomical structures as a basis of knowledge to establish dynamic relationships with the functional organisation.

SC1.9 - Understand the physiological and structural changes that occur following the application of physiotherapy.

SC1.10. Identify life-threatening situations and know how to perform basic and advanced life support manoeuvres.

SC1.11 - Understand the physiopathology of diseases, identifying the manifestations that appear throughout the process, as well as the medical-surgical treatments, mainly in their physiotherapeutic and orthopaedic aspects.

SC1.12 - Encourage the participation of users and their families in the recovery process.

SC1.15. Understand and identify the psychological and physical problems derived from gender-based violence to enable students to prevent, early detect, assist and provide rehabilitation and care for the victims of this form of violence.

SC1.14 - Understand the principles of the scientific method and bio-health research, critically assessing and knowing how to use technologies and sources of information to obtain, organise, interpret and communicate clinical, scientific and health information.

SC1.15 - Be able to design and carry out simple statistical studies using computer programmes and to interpret the results. Understand and interpret statistical data in the literature.

SC2.16 - Identify the scientific and professional aspects of the concept, evolution and foundations of physiotherapy.

SC2.17 - Understand the general theory of functioning, disability and health and its international classification, as well as the intervention models in physiotherapy and its care practice.

SC2.18 - Know and apply the theoretical bases and the development of physiotherapeutic methods and procedures.

SC2.19 - Be able to assess the functional state of patients/users from a physiotherapy perspective, considering their physical, psychological and social aspects.

SC2.20 - Understand and apply manual and instrumental assessment methods and procedures in Physiotherapy and Physical Rehabilitation, as well as the scientific evaluation of their usefulness and effectiveness.

SC2.21 - Understand, design and apply the different types of treatment and general procedures of intervention in Physiotherapy: Massage therapy, Electrotherapy, Magnetotherapy, Hydrotherapy, Balneotherapy, Climatotherapy, Thalassotherapy, Thermotherapy, Cryotherapy, Vibrotherapy, Phototherapy, Pressure therapy, therapies derived from other physical agents, as well as fundamental aspects of Ergotherapy and other therapies related to the sphere of physiotherapy.

SC2.22 - Identify the most appropriate physiotherapeutic treatment in the various processes of health alteration, prevention and promotion, as well as in growth and development processes.

SC2.23 - Identify the patient/user's situation through a physiotherapy care diagnosis, planning interventions and evaluating their effectiveness in a cooperative work environment with other health science professionals.

SC2.24 - Understand and apply good clinical practice guidelines.

SC2.25 - Understand and perform the specific methods and techniques related to the locomotor system, neurological processes, respiratory system, cardio-circulatory system and static and dynamic alterations; specific methods and techniques that take into account the implications of orthopaedics in physiotherapy, reflex therapy techniques, as well as other alternative and/or complementary methods and techniques, whose safety and efficacy are proven according to the current state of scientific development.

SC2.26 - Understand ergonomic and anthropometric principles.

SC2.27 - Analyse, programme and apply movement as a therapeutic measure, promoting the patient/user's participation in the process.

SC2.28 - Understand the fundamental concepts of health and the role of physiotherapists in the health system.

SC2.29 - Promote healthy lifestyles through health education.

SC2.30 - Understand health-related factors and issues related to physiotherapy in primary, specialised and occupational health care settings.

SC2.31 - Understand the Spanish Health System and the aspects related to health services management, especially those involving physiotherapy.

SC2.32 - Understand and analyse the management processes of a physiotherapy service or unit.

SC2.33 - Know and apply quality mechanisms in physiotherapy practice, in accordance with recognised and approved quality criteria, indicators and standards for appropriate professional practice.

SC2.34 - Understand the ethical and legal bases of the profession in a changing social context.

SC2.35 - Understand the professional codes of ethics and conduct

SC3.36 - Pre-professional internships, consisting of independent clinical rotations and a final competence assessment in health centres, hospitals and other care centres. This will enable students to put into practice all the knowledge, skills and attitudes and values acquired across all subjects; students will also develop all professional skills and competences, which will enable them to provide effective physiotherapy care.

SC3.37 - Present and defend an undergraduate final year project before a university examining board, where they will be required to integrate the knowledge and skills acquired throughout the degree programme.