



Teaching Guide				
Identifying Data				2016/17
Subject (*)	VALORACIÓN FUNCIONAL E PSICOSOCIAL		Code	651G01007
Study programme	Grao en Fisioterapia			
Descriptors				
Cycle	Period	Year	Type	Credits
Graduate	Yearly	First	Obligatoria	9
Language	SpanishGalician			
Teaching method	Face-to-face			
Prerequisites				
Department	Fisioterapia			
Coordinador	Souto Gestal, Antonio	E-mail	antonio.souto@udc.es	
Lecturers	Gonzalez Doniz, Maria Luz Lista Paz, Ana Senin Camargo, Francisco José Souto Camba, Sonia	E-mail	luz.doniz@udc.es ana.lista@udc.es francisco.senin@udc.es sonia.souto@udc.es	
Web				
General description	At the end of the course the student has to purchase the competence to evaluate, from the perspective of the physiotherapy, the functional state of the patient/user, considering the physical appearances, psychological and social of the same, as well as know, comprise and apply the manual and instrumental procedures of functional and psychosocial assessment of interest in the professional exercise of the physiotherapy and physical rehabilitation, and identify the scientific foundations of its utility and effectiveness.			

Study programme competences / results	
Code	Study programme competences / results
A2	Conocer y comprender las ciencias, los modelos, las técnicas y los instrumentos sobre los que se fundamenta, articula y desarrolla la fisioterapia.
A3	Conocer y comprender los métodos, procedimientos y actuaciones fisioterapéuticas, encaminados tanto a la terapéutica propiamente dicha a aplicar en la clínica para la reeducación o recuperación funcional, como a la realización de actividades dirigidas a la promoción y mantenimiento de la salud.
A5	Valorar el estado funcional del paciente, considerando los aspectos físicos, psicológicos y sociales.
A6	Valoración diagnóstica de cuidados de fisioterapia según las normas y con los instrumentos de validación reconocidos internacionalmente.
A7	Diseñar el plan de intervención de fisioterapia atendiendo a criterios de adecuación, validez y eficiencia.
A8	Ejecutar, dirigir y coordinar el plan de intervención de fisioterapia, utilizando las herramientas terapéuticas propias y atendiendo a la individualidad del usuario.
A9	Evaluar la evolución de los resultados obtenidos con el tratamiento en relación con los objetivos marcados.
A10	Elaborar el informe de alta de los cuidados de fisioterapia una vez cubiertos los objetivos propuestos.
A15	Participar en la elaboración de protocolos asistenciales de fisioterapia basada en la evidencia científica, fomentando actividades profesionales que dinamicen la investigación en fisioterapia.
A19	Comunicarse de modo efectivo y claro, tanto de forma oral como escrita, con los usuarios del sistema sanitario así como con otros profesionales.
C1	Expresarse correctamente, tanto de forma oral como escrita, nas linguas oficiais da comunidade autónoma.
C6	Valorar críticamente o coñecemento, a tecnoloxía e a información dispoñible para resolver os problemas cos que deben enfrontarse.

Learning outcomes	
Learning outcomes	Study programme competences / results



Know, analyse and comprise the procedures and instruments in which the process of physiotherapy is based	A2 A3		
Develop the concept of assessment and identify the differences between assessment, exploration and diagnostic, identifying the phases of the Process of Attention Fisioterápica, as well as the paper of the functional and psychosocial assessment inside the same.	A5 A7		
Know the general aims of the physiotherapy assessment and describe the differents types of exploration.	A6		
Know and describe the procedure of visual, manual and instrumental exploration of the skin, articulations, muscles, sinews and ligaments, according to the norms and with the internationally recognized instruments and relate the results obtained.	A6 A8		
Know and apply the systematic of functional assessment to the articulations of the Upper Limb, Inferior Limb and Vertebral Column.	A5		
Evaluate the evolution of the patient/user's health problem, relating the results with the aims proposed.	A7 A9		
Establish the relation between the functional and psychosocial assessment and the physiotherapy methods, procedures and acts developed in the clinical field, so much for the selection and dosage of the procedures of reeducation or functional recovery, as for the activities headed to the promotion and conservation of the health.	A3 A8 A15		C6
Design a system of register of the information obtained during the assessment, identifying his aims and recognising the importance of said register in the clinical field, as well as the report of evolution and high relative to the process of physiotherapy attention once covered the aims proposed.	A10 A19		C1

Contents	
Topic	Sub-topic
THEORETICAL PROGRAM	1.1-Concept of assessment, examinationand diagnostic. Aims of the assessment. Types of examination
UNIT 1.- EXAMINATION And MEASUREMENTS: Concept of assessment, examination and diagnostic. Aims of the assessment. Types of examination	1.2- Examination Methods: Interview. Interview technique. 1.3- Examination Methods: visual, manual and instrumental. 1.4-Analytical Examination of the cutaneous and subcutaneous tissue. 1.4- Joint analytical examination 1.5- Muscle and tendon analytical examination. 1.5- Pain examination. 1.6- Principles of the functional examination.
UNIT 2.- EXAMINATION And MEASUREMENTS: Goniometry	2.1- Concept and general principles of the goniometry 2.2- Types of goniometers. 2.3- Systems of register. 2.4- Goniometry technique. 2.4.1- Upper limb goniometry. 2.4.2- Lower limb goniometry. 2.4.3- Spine goniometry.
UNIT 3.- EXAMINATION And MEASUREMENTS: Muscle balance test	3.1- Concept and general principles. 3.2- Systems of gradation and of register 3.3- Procedure of the muscle balance tests. 3.3.1- Scapular and upper limb muscle balance tests. 3.3.2- Trunk and lower limb muscle balance tests. 3.3.2- Facial muscle balance tests.
UNIT 4.- ANALYTICAL AND FUNCTIONAL EXAMINATION OF THE SHOULDER AND SCAPULAR WAIST.	4.1- Analytical Examination: 4.1.1- Glenohumeral, scapulothoracic, sternoclavicular and acromioclavicular observation, palpation and instrumental examination tests 4.2- Glenohumeral, scapulothoracic, sternoclavicular and acromioclavicular Functional Examination.



UNIT 5.- ANALYTICAL AND FUNCTIONAL EXAMINATION OF THE JOINT COMPLEX OF THE ELBOW, THE DOLL AND THE HAND.	5.1- Humeroulnar, humeroradial and superior radioulnar joint analytical examination. 5.2.- Humeroulnar, humeroradial and superior radioulnar joint functional examination. 5.3.- Interphalangeal, metacarpophalangeal, carpometacarpal, middle carpal, radiocarpal and inferior radioulnar joint analytical examination. 5.4.- Interphalangeal, metacarpophalangeal, carpometacarpal, middle carpal, radiocarpal, superior and inferior radioulnar joint functional examination 5.5.- Upper limb and scapular waist functional examination.
UNIT 6.- ANALYTICAL AND FUNCTIONAL EXAMINATION OF THE HIP AND PELVIC WAIST.	6.1- Coxofemoral and pelvic joint analytical examination 6.2.- Coxofemoral and pelvic joint functional examination.
UNIT 7.- ANALYTICAL AND FUNCTIONAL EXAMINATION OF THE KNEE, ANKLE AND FOOT.	7.1.- Femorotibial, femoropatellar, superior and inferior tibiofibular, talocrural, subtalar, middle tarsal, tarsometatarsal, metatarsophalangeal and interphalangeal joint analytical examination. 7.2.- Knee, ankle and foot functional examination. 7.3.- Gait and lower limb functional examination.
UNIT 8.- ANALYTICAL AND FUNCTIONAL EXAMINATION OF THE RAQUIS.	8.1.- Cervical raquis analytical and functional examination. 8.2.- Thoracic raquis analytical and functional examination. 8.3.- Lumbar raquis analytical and functional examination.
TEMA 9.- EXAMINATION And MEASUREMENTS: physiotherapy record.	9.1- Concept and aims of the physiotherapy record. 9.2- Basic sections of the physiotherapy record. 9.3- Reports of evolution and reports of physiotherapy discharge.
UNIT 10: MULTIDIMENSIONAL HEALTH CONSTRUCT	10.1.- Health construct. 10.1.1 Physical health. Psychological health. Social health. Functional status funcional. Health perception. 10.2.- Instruments of measure of the state of health. 10.2.1 Measurement instruments classification Psicometric properties: validity and reliability. Applications in health sciences. 10.3.- The quality of life and its dimensions. 10.3.1 Quality of life and quality of life related with the health concepts. 10.3.2 Quality of life dimensions. 10.3.3 Wilson and Cleary´s conceptual model. 10.3.4 WHOQOL as an universal instrument of measure of the quality of life.
PRACTICAL PROGRAM	1.1- Skin observation 1.2- Skin Palpation 1.3- Instrumental examination
PRACTICE 1: SKIN EXAMINATION	
PRACTICE 2: JOINT INSTRUMENTAL EXAMINATION	2.1- Joint goniometry: general Technician 2.1.1- General Position 2.1.2- Joint position 2.1.3- Goniometer position 2.1.4- Compensatory movements
PRACTICE 3: Muscle examination	3.1- General technique 3.1.1 Joint position 3.1.2 Stabilisation 3.1.3 Gravity test 3.1.4 Resistance test 3.2- Facial muscles assessment



<p>PRACTICE 4: Analytical and functional examination of the shoulder and scapular waist</p>	<ul style="list-style-type: none">4.1- Joint observation4.2- Palpation of:<ul style="list-style-type: none">4.2.1- Bone tuberosities4.2.2- Joint interlinea4.2.3- Ligaments4.2.4- Tendons4.2.5- Muscles4.3- Manual Mobility4.4- Instrumental Mobility4.5- Muscle Balance Testing4.6- Functional test
<p>PRACTICE 5: Analytical and functional examination of the elbow, the doll and the hand</p>	<ul style="list-style-type: none">4.1- Joint observation4.2- Palpation of:<ul style="list-style-type: none">4.2.1- Bone tuberosities4.2.2- Joint interlinea5.2.3- Ligaments5.2.4- Tendons5.2.6- Muscles5.3- Manual Mobility5.4- Instrumental Mobility5.5- Muscle Balance Testing5.5- Functional test
<p>PRACTICE 6: Analytical and functional examination of the hip and pelvic waist.</p>	<ul style="list-style-type: none">6.1- Joint observation6.2- Palpation of:<ul style="list-style-type: none">6.2.1- Bone tuberosities6.2.2- Joint interlinea6.2.3- Ligaments6.2.4- Tendons6.2.5- Muscles6.3- Manual Mobility6.4- Instrumental Mobility6.5- Muscle Balance Testing6.6- Functional test
<p>PRACTICE 7: Analytical and functional examination of the knee</p>	<ul style="list-style-type: none">7.1- Joint observation7.2- Palpation of:<ul style="list-style-type: none">7.2.1- Bone tuberosities7.2.2- Joint interlinea7.2.3- Ligaments7.2.4- Tendons7.2.5- Muscles7.3- Manual Mobility7.4- Instrumental Mobility7.5- Muscle Balance Testing7.6- Functional test



PRACTICE 8. Analytical and functional examination of the ankle and foot	<p>8.1- Joint observation</p> <p>8.2- Palpation of:</p> <p>8.2.1- Bone tuberosities</p> <p>8.2.2- Joint interlinea</p> <p>8.2.3- Ligaments</p> <p>8.2.4- Tendons</p> <p>8.2.5- Muscles</p> <p>8.3- Manual Mobility</p> <p>8.4- Instrumental Mobility</p> <p>8.5- Muscle Balance Testing</p> <p>8.6- Functional test</p>
PRACTICE 9: Analytical and functional examination of the cervical, thoracic and lumbar raquis	<p>9.1- Joint observation</p> <p>9.2- Palpation of:</p> <p>9.2.1- Bone tuberosities</p> <p>9.2.2- Joint interlinea</p> <p>9.2.3- Ligaments</p> <p>9.2.4- Tendons</p> <p>9.2.5- Muscles</p> <p>9.3- Manual Mobility</p> <p>9.4- Instrumental Mobility</p> <p>9.5- Muscle Balance Testing</p> <p>9.6- Functional test</p>

Planning				
Methodologies / tests	Competencies / Results	Teaching hours (in-person & virtual)	Student?s personal work hours	Total hours
Laboratory practice	A5 A8 A9	45	45	90
Guest lecture / keynote speech	A2 A3 A10	26	0	26
Seminar	A3 A5 A6 A7 A8 A10 A19	20	3	23
Collaborative learning	C6	10	0	10
Supervised projects	A5 A7 A9 A15 A19 C1	5	20	25
Oral presentation	A19 C1	5	0	5
Summary	C6	1	2	3
Mixed objective/subjective test	A2 A3 A5 A6 A19 C1	3	25	28
Practical test:	A5 A6 A8	1	10	11
Personalized attention		4	0	4

(*)The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies	
Methodologies	Description
Laboratory practice	Methodology that allows that the students learn sure enough through the realisation of activities of practical character, such like demonstrations, exercises, experiments and investigations
Guest lecture / keynote speech	<p>Oral exhibition complemented with the use of audiovisual means and the introduction of some questions headed to the students, with the purpose to transmit knowledges and facilitate the learning.</p> <p>The masterclass is also known like conference, method expositivo or lesson magistral. This last modality sound reserve to a special type of lesson given by a professor in special occasions, with a content that supposes an original preparation and based in the almost exclusive use of the word like road of transmission of the information to the audience</p>



Seminar	Technique of team working that has how aim the intensive study of one topic. It characterizes by the discussion, the participation, the redaction of documents and the conclusions to the that have to arrive all the components of the seminar.
Collaborative learning	Group of procedures of education-learning guided of face-to-face form and/or supported with technologies of the information and the communications, that base in the organisation of the class in small groups in which the alumnado works jointly in the resolution of tasks assigned by the profesorado to optimise his own learning and the one of the others members of the group.
Supervised projects	Methodology designed to promote the autonomous learning of the students, under the tutela of the professor and in stages varied (academic and professionals). It is referred prioritariamente to the learning of the how do the things. It constitutes an option based in the assumption by the students of the responsibility by his own learning.
Oral presentation	Inherent intervention to the processes of education-learning based in the verbal exhibition through which the students and proffesors interact of an orderly way, proposing questions, providing explanations and exposing subjects, works, concepts, facts or principles of dynamic form.
Summary	It consists in a synthesis of the main contents worked. It IS an excellent resource to facilitate the understanding of the text and the personal concentration on the material object of study. It is also an important help for the review and the preparation of examinations.
Mixed objective/subjective test	Test that integrates ask type of essay and ask type of other objective questions. Regarding questions of essay, collects open questions of development. Besides, in what objective questions, can combine questions of multiple answer, of ordenación, of brief answer, of discrimination, to complete and/or of association.
Practical test:	This test value the exert practical of the student in front of different supposed posed by the professor. Test in which it looks for answer, of oral and practical form, the questions talas or of some amplitude, valuing the capacity of reasoning (argue, relate, etc.), creativity and critical spirit. It allows to measure the skills that can not evaluate with objective proofs like the capacity of criticism, of synthesis, of comparison, of preparation and of originality of the student; by what involves a wide study and deepen of the contents, without losing of sight the group of the ideas and his relations.

Personalized attention

Methodologies	Description
Supervised projects	The supervised projects aims to combine individual student work with the group, trying to encourage cooperative work, the discussion of proposed themes and conclusions. Each student will have to apply systematic functional and psychosocial assessment, learned through other methodologies, to an individual, identifying and describing the changes and setting, therefore, a fisioterapico diagnosis. Likewise, the student will have to determine the objectives of preventive and / or therapeutic that can be approached from physiotherapy. Information gathering, analysis and interpretation of the results and conclusions will be duly recorded in physiotherapy record. Finally a pooling of cases evaluated in small groups and an oral presentation of cases that proffesors consider most interesting from a pedagogical point of view will be made will be made. A total of four hours of personal attention are set for tutoring work, distributed regularly throughout the course. This time will be used for student orientation, discussion of the aspects that manifest more difficulties and resolving doubts

Assessment

Methodologies	Competencies / Results	Description	Qualification
Oral presentation	A19 C1	Inherent intervention to the processes of education-learning based in the verbal exhibition through which the alumnado and profesorado interactúan of an orderly way, proposing questions, doing explanations and exposing subjects, works, concepts, facts or principles of dynamic form.	15
Mixed objective/subjective test	A2 A3 A5 A6 A19 C1	Test that integrates ask type essay and ask type of objective test. Regarding questions of essay, collects open questions of development. Besides, in what objective questions, can combine questions of multiple answer, of ordenación, of brief answer, of discrimination, to complete and/or of association.	40



Practical test:	A5 A6 A8	Proof that values the exert practical of the student in front of suppositions posed by the professor. Proof in which it looks for answer, of oral and practical form, the questions talas or of some amplitude, valuing the capacity of reasoning (argue, relate, etc.), creativity and critical spirit. It allows to measure the skills that can not evaluate with objective proofs like the capacity of criticism, of synthesis, of comparison, of preparation and of originality of the student; by what involves a wide study and deepen of the contents, without losing of sight the group of the ideas and his relations.	40
Summary	C6	It consists in a synthesis of the main contents worked. It is an excellent resource to facilitate the understanding of the text and the personal concentration on the material object of study. It IS also an important help for the review and the preparation of examinations. .	5

Assessment comments

The mixed test and the practical test should be approved to pass the subject.

If one of the two tests mentioned above is not exceeded (less than 5/10 score points), it is possible averaging with the other test (mixed test or practical test) if a rating of more than 4/10 points is obtained.

In any case, to pass subject, it is necessary that the average rating of the mixed test and practice test proves equal or greater than 5/10 points.

Sources of information



Basic

- Norkin CC, White CJ. (2006). Goniometría. Evaluación de la Movilidad Articular. 7ª edición. Madrid: Marban
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- Martínez A, Patiño S, Paseiro G, Martínez S, Nachez N, Fernández R (2001). Influencia del contexto en la calidad de la entrevista clínica en fisioterapia. . Rev Iberoam Fisioter Kinesiol 2001;4(2):75-80
- Martínez A, Fernández R, Medina F, Raposo I, Viñas S, Chouza M. (2001). Influencia del contexto en la calidad de la entrevista clínica en fisioterapia.. Fisioterapia 2002;24(2):90-96
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- Daza Lesmes J. (2007). Evaluación clínico-funcional del movimiento humano.. Bogotá: Médica Panamericana
- 1-Martínez A, Patiño S, Paseiro G, Martínez S, Nachez N, Fernández R. Influencia del contexto en la calidad de la entrevista clínica en fisioterapia. Rev Iberoam Fisioter Kinesiol 2001;4(2):75-80
- 2-Martínez A, Fernández R, Medina F, Raposo I, Viñas S, Chouza M. Influencia del contexto en la calidad de la entrevista clínica en fisioterapia. Fisioterapia 2002;24(2):90-96
- 3-Seidel HM, Ball JW, Dains JE, Flynn JA, Salomon BS, Steward RW. Colaboración con los pacientes: realización de la anamnesis. En Manual Mosby de Exploración Física. Barcelona: Elsevier; 2011
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- 6-Daza Lesmes J. Evaluación clínico-funcional del movimiento humano. Bogotá: Médica Panamericana, 2007.
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Complementary	- Jesús Seco Calvo (2016). Métodos Específicos de Intervención en Fisioterapia. Madrid: Panamericana - Jesús Seco Calvo (2016). Fisioterapia en Especialidades Clínicas. Madrid: Panamericana
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Recommendations

Subjects that it is recommended to have taken before

Subjects that are recommended to be taken simultaneously

ANATOMÍA I E HISTOLOXÍA/651G01001

FISIOLOXÍA/651G01003

BIOFÍSICA E BIOQUÍMICA/651G01004

MARCO TEÓRICO DA FISIOTERAPIA E A REHABILITACIÓN FÍSICA/651G01006

FISIOTERAPIA XERAL/651G01008

Subjects that continue the syllabus

Other comments

(*)The teaching guide is the document in which the URV publishes the information about all its courses. It is a public document and cannot be modified. Only in exceptional cases can it be revised by the competent agent or duly revised so that it is in line with current legislation.