

Course Unit	Methodologies of Assessment in Physiotherapy		Field of study	Physiotherapy	
Bachelor in	Physiotherapy		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	1-1
Type	Semestral	Semester	2	Code	9504-770-1206-00-22
Workload (hours)	162	Contact hours	T -	TP 30	PL 30
			TC -	S -	E -
			OT 20	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Luis Migue Fernandes Nascimento, Telma Filipa Rodrigues Pereira Pires

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Intends to start the development of psychomotor equipping of the student with a vision to acquire skills of assessment by various methods, based on the standards of practice in physiotherapy.
2. To acquire ability to assess the human body joints and muscle strength. To obtain integrated expertise of posture and movement, its amendments and mechanisms.

### Prerequisites

Before the course unit the learner is expected to be able to:

1. Have the aptitude, skills and critical analysis to develop the various assessments in physical therapy.
2. Have knowledge of the English language to read and analyze the various measurement instruments.

### Course contents

The theoretical-practical classes are intended to guide students to the knowledge of reference in the target content of the course (assessment / registration in physical therapy, use of various measuring instruments, postural assessment, assessment of pain and gait and goniometry) under the supervision of the teacher, also promoting space for critical discussion of the problems associated with the topics under analysis. The acquired knowledge will be applied through the completion of tasks.

### Course contents (extended version)

1. Assessment in physiotherapy:
  - Records in physiotherapy
  - Physiotherapy practice standards
  - Assessment methods in physiotherapy;
  - Physiotherapy assessment
  - Subjective exam
  - Objective exam
  - Differential diagnosis;
  - Definition of the problems identified and definition of the objectives
  - Planning of treatment;
  - Assessment of posture, gait and pain.
2. Characterization, differentiation of types of pain.
3. Identification and distinction of different types of posture:
  - Postural changes and their consequences.
4. Evaluation and record keeping.
5. Assessment of gait, gait patterns.
6. Goniometry
  - Theory of measures and recording of measures:
    - Goniometry of the upper limb
    - Trunk goniometry
    - Goniometry of the lower limb.

### Recommended reading

1. Clarkson, H.M., Gilewicz, G.B. (1991) Avaliação Musculo-Esquelética: amplitude de movimento articular e força muscular normal. 2a Edição. São Paulo: Guanabara Koogan.
2. Goodman, C.C., Snyder, T.E.K. (2002). Diagnóstico Diferencial em Fisioterapia. 3a edição. São Paulo: Guanabara Koogan.
3. Finch, E. (2002) Physical rehabilitation outcome measures: a guide to enhanced clinical decision making. Hamilton: Canadian Physiotherapy Association.
4. Quinn, L. (2003) Functional outcomes documentation for rehabilitation. St. Louis: Saunders.
5. O'Sullivan, S.B., Schmitz, T.J. (1993) Fisioterapia: Avaliação e tratamento. 2a Edição. São Paulo: Editora Manole

### Teaching and learning methods

The TP classes will have an expository and interactive character. Methodology: active, using practical problems or case studies. The OT classes will be of study support and clarification of doubts. The evaluation will be continuous, with practical and theoretical components.

### Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
  - Final Written Exam - 30% (Minimum grade will be 8,5 points for each assessment.)
  - Practical Work - 60% (Minimum grade will be 8,5 points for each assessment.)
  - Reports and Guides - 10% (Minimum grade will be 8,5 points for each assessment.)
2. Alternative 2 - (Regular, Student Worker) (Supplementary)
  - Final Written Exam - 30% (Minimum grade will be 8,5 points for each assessment.)
  - Practical Work - 60% (Minimum grade will be 8,5 points for each assessment.)
  - Reports and Guides - 10% (Minimum grade will be 8,5 points for each assessment.)
3. Alternative 3 - (Student Worker) (Special)
  - Final Written Exam - 30% (Minimum grade will be 8,5 points for each assessment.)
  - Practical Work - 60% (Minimum grade will be 8,5 points for each assessment.)
  - Reports and Guides - 10% (Minimum grade will be 8,5 points for each assessment.)

## Language of instruction

Portuguese

## Electronic validation

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16-06-2023	28-06-2023	28-06-2023	28-06-2023