

Course Unit	Introduction to 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	1	Code	9504-770-1106-00-22
Workload (hours)	108	Contact hours	T 15	TP -	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) **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. Identify the origins and legal framework of the profession, in order to recognize the current identity, the skills and areas of activity of the physiotherapist and the guidelines for best practice.
2. Understand the importance of touch in physiotherapy.
3. Anticipate, recognize and deal with risk situations for the patient and/or the physiotherapist, identifying principles for safe handling, both for the patient or for the physiotherapist/caregiver.
4. Identify and apply general principles for positioning and transfers of patients/clients;
5. Educate dependent patients/clients to use walking aids;
6. Identify indications and contraindications, principles and effects of different therapeutic massage techniques.

### Prerequisites

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

1. The student must have comprehension and speaking skills to achieve the proposed objectives.
2. Have knowledge of the English language for reading and interpreting scientific articles.

### Course contents

Professional identity of the physiotherapist. Health-disease models. Importance of touch in physiotherapy practice. Risk assessment in handling dependent patients. Principles for environmental adaptation and postural organization. Use of personal protective equipment. Principles for positioning and transfers. Use of walking aids and assistive devices for locomotion. Indications, contraindications, principles for application and effects of different massage techniques.

### Course contents (extended version)

1. Professional identity of the physiotherapist. Health-disease models.
2. Importance of touch in physiotherapy practice. Risk assessment in handling dependent patients
3. Principles for environmental adaptation. Principles for postural organization. Use of PPE
4. Principles for positioning and transfers.
5. Use of walking aids and assistive devices for locomotion.
6. Indications, contraindications, principles for application and effects of different massage techniques

### Recommended reading

1. World Physiotherapy (2020, November 9). What is physiotherapy? <https://world.physio/resources/what-is-physiotherapy>.
2. Associação Portuguesa de Fisioterapeutas (2020, November 9). O que é a Fisioterapia. <http://www.apfisio.pt/o-que-e-a-fisioterapia/>.
3. Björnbäck, W. S., & Mengshoel, A. M. (2016). A touch of physiotherapy - the significance and meaning of touch in the practice of physiotherapy. *Physiotherapy Theory and Practice*, 32(1), 10-9.
4. Salvo, S. (2020). *Massage Therapy: Principles and Practice*, 6th Edition. Elsevier Evolve.
5. Perlow, E., Tunney, N., & Lucado, A. M. (2016). Integrating Safe Patient Handling Into Physical Therapist Education. *Journal of Physical Therapy Education*, 30(2), 32-37.

### Teaching and learning methods

TP classes will be expositive and active, and the PL classes will be demonstrative and of simulated practice in pairs. Methodologies: flipped classroom and think-pair-share, videos, mentimeter and kahoot. 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 8 points for each assessment.)
  - Practical Work - 70% (Minimum grade will 8 points for each assessment.)
2. Alternative 2 - (Regular, Student Worker) (Supplementary)
  - Final Written Exam - 30% (Minimum grade will 8 points for each assessment.)
  - Practical Work - 70% (Minimum grade will 8 points for each assessment.)
3. Alternative 3 - (Regular, Student Worker) (Special)
  - Final Written Exam - 30% (Minimum grade will 8 points for each assessment.)
  - Practical Work - 70% (Minimum grade will 8 points for each assessment.)

### Language of instruction

Portuguese

### Electronic validation

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01-07-2023	02-07-2023	05-07-2023	06-07-2023