

## BSc in Physiotherapy

**INTEGRADED COURSE TITLE:** CLINICAL PRACTICE I

**NUMBER OF ECTS CREDITS:** 19

**SSD:** MEDS-26/C

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### PREREQUISITES

Although there are no binding preparatory requirements, it is essential to have knowledge of human anatomy, with particular reference to the locomotor system and notions of neuroanatomy, basic notions of joint physiology and muscle/joint tests.

### LEARNING OBJECTIVES

The internship is the irreplaceable way of learning the theoretical-practical skills of the Physiotherapist. In fact, it is through the application of theoretical knowledge in a real context that the student can gradually learn the specific professional skills.

The skills expected at the end of the clinical internship experience relating to the first year mainly concern the achievement of an initial preparation in the areas of prevention, treatment and rehabilitation, professional responsibility, communication and relationship with the patient, as well as the understanding of the organization of the structures healthcare facilities attended and the role of the Physiotherapist within the multidisciplinary team. The first year internship is mainly observational.

### LEARNING OUTCOMES

#### Knowledge and Understanding

At the end of the internship period relating to the first year of the course, the student will have to:

- knowing how to identify, discriminate and understand the diversity of clinical cases (orthopedic, neurological, cardio-respiratory)
- know how to describe and analyze the healthy individual from a kinesiological point of view and know the joint and muscle tests of all body areas
- know the main vital parameters and pathological signs indicated in the clinical/rehabilitation record (hemoglobin values, blood pressure values, saturation, etc..)
- know the passive, active-assisted and active mobilization techniques and the principles of muscle testing against gravity and against resistance, distinguishing the areas of application
- know the methods of carrying out the postural steps and the type of aids present in the rehabilitation setting
- understand and know the specific functional clinical scales for postural and muscular evaluation
- know and adopt hygiene principles aimed at preventing the onset and transmission of infections (use of individual safety devices, hand washing, etc.) during rehabilitation treatments
- know the aims and organizational methods of the inpatient department, outpatient

- clinic and rehabilitation departments
- understand the meaning and importance of Evidence Based Practice (EBP) in clinical rehabilitation practice.

### **Applying knowledge and understanding**

At the end of the internship period relating to the first year of the course, the student must know:

- prepare the rehabilitation setting
- autonomously apply physiotherapeutic assistance in the nursing process, evaluating and identifying the main vital parameters and pathological signs within the medical record (hemoglobin values, blood pressure values, saturation, etc.)
- collaborate in patient care operations and transfers during the main routine hospital activities (personal hygiene, meals, etc.)
- know how to apply joint and muscle tests of all body areas
- experiment with segmental mobilization by adopting the correct holds
- assist the patient during the execution of postural steps and during walking by evaluating the use of the most suitable aids (Canadas, wheelchairs, lifts, etc...).

### **Communication skills**

At the end of the assigned internship period relating to the first year of the course, the student will have to:

- know how to use scientific terminology appropriately
- have developed appropriate and effective communication skills on multiple levels (verbal, para-verbal, non-verbal) with patients, "caregivers" and the professional figures of the multidisciplinary "team"
- actively participate in providing therapeutic indications to the patient and caregiver
- interact with the clinical tutor to request feedback on one's work.

### **Making judgements**

At the end of the assigned internship period relating to the first year of the course, the student will have to:

- know how to apply and promote the basic principles of protection of personal and patient safety and health
- early identify potentially dangerous situations for personal integrity and those of patients
- demonstrate problem solving skills based on the skills acquired
- contribute actively and constructively to personal training, independently exploring issues of rehabilitation interest encountered during the clinical internship activity.

### **Learning Skills**

The student will have acquired skills and learning methods suitable for deepening and improving their theoretical and practical knowledge and skills in the rehabilitation field, also through consultation of scientific literature.

## **COURSE SYLLABUS**

The program of the exam corresponds to the objectives of knowledge and skills expected at the end of the internship relating to the first year of the course.

## COURSE STRUCTURE

Attendance at the internship is mandatory for all students of the BSc in Physiotherapy. The total number of hours for the first year of the course is equal to 475 hours (19 CFU).

The Programme Director of the Course assigns the internship periods, consistently with the student's educational obligations.

Each clinical-rehabilitative experience has a duration ranging from 4 to 8 weeks, a period necessary to allow the trainee to gradually develop the expected skills and competences. The activity will be carried out in hospital and non-hospital settings; in intensive (cod.75, cod.56) and extensive (ex art.26) rehabilitation departments under a continuous and/or daytime hospitalization regime (Day Hospital) and outpatient.

The clinical areas of interest will mainly concern all the clinical contexts present in the above-mentioned hospital areas.

Below are the locations suitable for assigning first-year students affiliated with the university:

HOSPITAL	ADDRESS
<i>Policlinico Luigi di Liegro</i>	Via dei Badoer,5 Roma
<i>I.N.I. Grottaferrata</i>	Via di Sant'Anna, Grottaferrata
<i>Policlinico Casilino</i>	Via Casilina, 1049 Roma
<i>Ospedale di Anzio</i>	Via Cupa dei Marmi, Anzio
<i>Ospedale Luigi Spolverini</i>	Via delle Cerquette, 2 Ariccia
<i>Ospedale dei Castelli</i>	Via Nettunense Km11,5
<i>Ospedale di Velletri</i>	Via Orti Ginnetti, Velletri
<i>Casa della Salute Rocca Priora</i>	Via Malpasso d'Acqua, 2 Rocca Priora

## COURSE GRADE DETERMINATION

The achievement of the specific learning objectives for the first year of the course will be assessed by an examining commission made up of the Programme Director of the Course and Clinical Tutors operating in the accredited internship locations, through a theoretical/practical test.

Only students who have attended at least 75% of the hours required for the first year of the course (356 hours out of 475 total hours) will be admitted to the exam.

The following will be assessed: making judgments, communication skills and learning skills.

For the attribution of the final grade, the following criteria will be adopted:

**Unsuitable:** Poor or lacking knowledge and understanding of the topics; limited capacity for analysis and synthesis, frequent generalizations of the required contents; inability to use technical language.

**18-20:** Just enough knowledge and understanding of topics, with obvious imperfections; just sufficient capacity for analysis, synthesis and independent judgement; poor ability to use technical language.

**21-23:** Sufficient knowledge and understanding of topics; sufficient capacity for analysis and synthesis with the ability to logically and coherently argue the required contents; sufficient ability to use technical language.

**24-26:** Fair knowledge and understanding of the topics; discrete capacity for analysis and synthesis with the ability to rigorously argue the required contents; Good ability to use technical language.

**27-29:** Good knowledge and understanding of required content; good capacity for analysis and synthesis with the ability to rigorously argue the required contents; good ability to use technical language.

**30-30L:** Excellent level of knowledge and understanding of the requested contents with an

excellent capacity for analysis and synthesis with the ability to argue the requested contents in a rigorous, innovative and original way; Excellent ability to use technical language.

## **READING MATERIALS**

It is suggested to view the reading material indicated for the preparation of the *Human Anatomy, Rehabilitation Methodology I, Professional Workshop, Seminar Activities* exams and any texts recommended by the Clinical Tutors during the internship.