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## MODULE DESCRIPTOR

### Module Title

Foundations Of Physiotherapy Practice

Reference	HSM150	Version	2
Created	August 2017	SCQF Level	SCQF 11
Approved	November 2013	SCQF Points	30
Amended	September 2018	ECTS Points	15

### Aims of Module

To enable students to develop justified core physiotherapy assessment skills and introductory treatment skills.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Analyse human movement and function, and discuss the effects of common pathologies on individual patients.
- 2 Safely, effectively and professionally apply selected physiotherapy assessment and treatment techniques and justify within a clinical reasoning framework.
- 3 Critically evaluate core outcome markers and measures.
- 4 Critically discuss the importance of collecting, analysing and interpreting baseline data to direct and monitor therapeutic intervention.
- 5 Effectively record physiotherapy assessment and treatment findings in line with professional regulations.

### Indicative Module Content

Anatomy, physiology and pathology. Osteology, arthrology, myology. Physiology of peripheral and cardiovascular, respiratory, endocrine and urinary systems. The structure and function of the component parts of the nervous system and neuroanatomy. Human development and ageing. Pathological processes including inflammation, infection, tissue degeneration and healing. The histological structure and function of musculoskeletal, connective and epithelial tissues. Aetiology, epidemiology, pathological changes and clinical features of selected conditions. Health and safety legislation, responsibilities, local rules and safety policies, fire regulations. Care and compassion. Introduction to clinical leadership. Risk assessment and awareness of risk management in clinical settings. The theory and demonstration of safe moving and handling procedures related to different conditions and situations. Legal and ethical guidelines for NHS, informed consent and code of practice for the profession. Asepsis - infection control policies and procedures. Patient care, monitoring and management, awareness of the patient in pain. Awareness of local and national guidelines, standards and policies related to patient care. Regulatory legislation. Emergency care of the patient, first aid including resuscitation methods. Recording and methods of record keeping, medico-legal aspects, confidentiality and ethical issues. Development of problem based treatment. Subjective and objective assessment procedures ? Specific subjective questions. Measurement techniques. Palpation. Auscultation. Vital signs. General mobility assessment. Functional assessment. Applied anatomy and assessment of the hip, knee, ankle/foot, shoulder, elbow, wrist, spine and chest. Outcome measures and markers: Instrumentation used to objectively measure normal and abnormal movement ? including goniometry, tape measure. Application of manual therapy for assessing peripheral and spinal joint problems. Posture analysis. Normal movement. Functional movement analysis. Analysis of normal gait and gait re-education. Analysis of abnormal movement. Appropriate use of walking aids for different conditions. Biomechanical principles related to movement. Joint, muscle and anthropometric measurement. Overall integrated management of specific pathological problems comprising surgical, conservative, pharmacological and physiotherapy management. Muscle testing. Sensation (dermatomes). Proprioception. Application of therapeutic exercise for different problems including reduced ROM, reduced strength, reduced exercise tolerance. The physiological and therapeutic effects, indications/contraindications and appropriate application of selected massage techniques. Techniques for managing breathlessness and sputum clearance including ACBT. Pulmonary rehabilitation. Problems commonly seen in the older person. Heat/ice. Massage. Deep tendon friction.

### Module Delivery

Case-based learning, student led seminars, tutorials, practicals, on-line resources.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	130	N/A
Non-Contact Hours	170	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

*If a major/minor model is used and box is ticked, % weightings below are indicative only.*

**Component 1**

Type: Practical Exam Weighting: 100% Outcomes Assessed: 1, 2, 3, 4, 5  
 Description: OSPE

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

COMPONENT 1 (OSPE) IS 100% OF THE GRADE. TO ACHIEVE A PASS A GRADE D OR ABOVE IS REQUIRED.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	F
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module None in addition to course entry requirements.  
 Corequisites for module HSM151 Exercise and Health  
 Precluded Modules None.

**ADDITIONAL NOTES**

This module has an 80% attendance requirement. This is essential in order to develop the professionalism required of a Physiotherapist and to ensure that students are competent for clinical placement.

**INDICATIVE BIBLIOGRAPHY**

- 1 CLARKSON H. M. (2021) Musculoskeletal Assessment. Joint Motion and Muscle Testing. (4th Ed) Lippincott, Williams & Wilkins
- 2 DRAKE R. L, VOGL A. W, & MITCHELL, W. M. (2015) Gray's Anatomy for Students (3rd Ed): With STUDENT CONSULT Online Access. Elsevier, Churchill Livingstone.
- 3 PETTY, N. & RYDER D. (2017) Musculoskeletal Examination and Assessment. A handbook for therapists. (5th Ed) Elsevier. Churchill Livingstone
- 4 HOUGH, A.(2017)Hough's Cardiorespiratory Care: An evidence-based, problem-solving approach (5th Ed) Elsevier
- 5 HUBERT R.J. VANMETER K.C. (2018) Gould's Pathology for the Health Professions. (6th Ed) Elsevier.
- 6 SHIER D., BUTLER J. & LEWIS R. (2017) Hole's Essentials of Human Anatomy and Physiology. 13th Ed. McGraw-Hill
- 7 CHARTERED SOCIETY OF PHYSIOTHERAPY, 2013. Quality assurance standards for physiotherapy service delivery. London: CSP.
- 8 HEALTH & CARE PROFESSIONS COUNCIL, 2016. Standards of conduct, performance and ethics. London: HCPC.