



IDENTIFYING DATA

(*)Exercicio terapéutico en pacientes oncolóxicos e/ou sobreviventes de cancro

Subject	(*)Exercicio terapéutico en pacientes oncolóxicos e/ou sobreviventes de cancro			
Code	P05M191V01201			
Study programme	Máster Universitario en Ejercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Mandatory	1st	2nd
Teaching language	Spanish			
Department				
Coordinator	Abalo Núñez, María del Rocío			
Lecturers	Gómez Nicolás, Marta			
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Web				
General description	Subject oriented to the therapeutic exercise in patients oncological or patients that surpassed the illness.			

Skills

Code	
A2	That the students know how to apply the knowledge acquired and their ability to solve problems in new or little-known environments within broader (or multidisciplinary) contexts related to their area of study.
A4	That the students know how to communicate their conclusions and the knowledge and ultimate reasons that support them to specialized and non-specialized audiences in a clear and unambiguous way.
B1	Know how to work in teams that are structured in a uni or multidisciplinary and interdisciplinary way as a professional specialized in Therapeutic Exercise in Physiotherapy.
B2	Incorporate the ethical and legal principles of the physiotherapist profession into professional practice, as well as integrate social and community aspects in decision-making in interventions focused on Therapeutic Exercise in Physiotherapy.
B3	Transmit information in a clear way to the users of the health system, as well as with other professionals.
C4	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C6	Ability to solve problems in new and imprecisely defined environments to identify the most appropriate treatment based on therapeutic exercise in the different processes of alteration, prevention and health promotion, as well as integration with other professionals for the benefit of health of the patient/user.
C11	Adapt therapeutic exercise sessions based on the characteristics of the patient, the pathology and the environment.
C12	Apply a protocol for measuring the functional capacity of patients based on their characteristics, as well as the pathology in the different areas of specialization.
D1	Ability to understand the meaning and application of the gender perspective in the different fields of knowledge and in professional practice with the aim of achieving a fairer and more equal society.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D8	Maintain an attitude of learning and improvement.

Learning outcomes

Expected results from this subject	Training and Learning Results
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Be able to value the functional capacity of a patient with process oncological that goes to receive treatment based in therapeutic exercise.	A2 B3 C12 D1 D8
Design and apply programs of therapeutic exercise in different pictures oncological	A4 B1 B2 C4 C6 C11 D6

Contents

Topic	
Physiotherapy in the processes oncological	Classification of the cancer Treatment of the cancer New approach in physiotherapy
Therapeutic exercise in the patient oncological	Functional assessment Design of programs of therapeutic exercise
Indications of the exercise in processes oncological	-
Contraindications of the exercise in processes oncological	-

Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	10	24	34
Laboratory practical	10	11	21
Mentored work	1	14	15
Systematic observation	2	0	2
Case studies	1	0	1
Simulation or Role Playing	1	0	1

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

Methodologies

	Description
Introductory activities	Activity directed the presentation of the matter as well as gather information of the students
Lecturing	Exhibition of the contents by part of the/the educational. Theoretical classes-participatory where boost the active participation of the students by means of debates and studies of case.
Laboratory practical	Demonstration by part of the teacher of the technicians that the students will make by couples with the supervision of the/the educational.
Mentored work	Realisation work based in clinical cases that will propose the educational

Personalized assistance

Methodologies	Description
Introductory activities	The personalised attention will be centred in the resolution of doubts that can have the students in relation to organisation of the subject
Lecturing	The personalised attention will be centred in the resolution of doubts that can have the students in relation with the subject through tutorship face-to-face, email and/or remote campus.
Laboratory practical	The personalised attention will be centred in the resolution of doubts that can have the students in relation to the practical contents of collective or/individual way of face-to-face way or through the remote campus
Mentored work	The personalised attention will be centred in the resolution of doubts that can have the students in relation with the work through tutorship face-to-face, email and/or remote campus.

Assessment

Description	Qualification Training and Learning Results
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Systematic observation	The students will be valued during the session by his participation in the activities of the theoretical and practical classes	10	A4	B3	C6 C12	D1 D6
Case studies	The students will have to give solution to the cases that propose him by the lecturs	40	A2 A4	B1 B2	C4 C11 C12	D1 D6 D8
Simulation or Role Playing	The students will have to carry out a session to a oncological patient or cancer survivor	50	A4	B3	C4 C6 C11 C12	D6

Other comments on the Evaluation

Sources of information

Basic Bibliography

Stubblefield, M, **Cancer Rehabilitation: Principles and Practice**, 978-0826111388, 2, Springer Publishing, 2018

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Complementary Bibliography

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McNeely M, Campbell K, Ospina M, Rowe B, Dabbs K, Klassen T, Mackey J, Courneya K, **Intervenciones con ejercicios para los trastornos funcionales del miembro superior después de la cirugía de cáncer de mama**, <https://doi.org/10.1002/14651858.CD005211.pub2>, Cochrane Database of Systematic Reviews, 2010

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Schmitz KH, Ahmed RL, Troxel AB, Chevillat A, Lewis-Grant L, Smith R et al, **Weight lifting for women at risk for breast cancer-related lymphedema: a randomized trial**, DOI: 10.1001/jama.2010.1837, JAMA, 2010

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Galvão DA, Newton RU, **Review of exercise intervention studies in cancer patients**, DOI: 10.1200/JCO.2005.06.085, J Clin Oncol, 2005

Recommendations