



## IDENTIFYING DATA

### (\*Exercicio terapéutico en patoloxías relacionadas coa saúde mental

Subject	(*)Exercicio terapéutico en patoloxías relacionadas coa saúde mental			
Code	P05M191V01206			
Study programme	Máster Universitario en Exercicio terapéutico en fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	3	Optional	1st	2nd
Teaching language	Spanish Galician			
Department				
Coordinator	Abalo Núñez, María del Rocío			
Lecturers	Abalo Núñez, María del Rocío Muñoz-Cruzado Barba, Miguel			
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Web				
General description	This matter has like aim the employment of the therapeutic exercise in people with mental disorders to diminish his symptomatology and improve his quality of life.			

## Training and Learning Results

Code	
A1	Possess and understand knowledge that provides a foundation or opportunity to be original in the development and/or application of ideas, often in a research context.
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.
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.
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.
D5	Recognition of diversity and multiculturalism.
D6	Creativity, entrepreneurial spirit and adaptation to new situations.
D7	Develop leadership and organization skills.
D8	Maintain an attitude of learning and improvement.

## Expected results from this subject

Expected results from this subject	Training and Learning Results
Know in which situations of mental alteration the physiotherapist can take part.	A2 C6 D5 D6 D8

**Contents**

## Topic

Introduction to the physiotherapy in the mental health. -

Physiotherapy interventions in mental health -

Pathologies but frequent and his handle by means of therapeutic exercise -

**Planning**

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Lecturing	3	11	14
Laboratory practical	13	21	34
Mentored work	4	19	23
Simulation or Role Playing	2	0	2
Systematic observation	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 subject as well as gather information of the students
Lecturing	Exhibition of the contents by part of the educational. Theoretical classes-participatory where boost the active participation of the students employing a forum of discussion and with activities directed to the resolution of problems
Laboratory practical	Demonstration by part of the lecturer of the technicians that the students will make by couples with the supervisionl. Also they will do studies of cases and resolution of problems.
Mentored work	Proposal of a clinical case/s in which, following the guidelines of clinical reasoning, the plot is reached by applying the therapeutic exercise

**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	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 the realisation of the work

**Assessment**

	Description	Qualification	Training	Learning Results
Mentored work	The students will make in group the work on the boarding of the therapeutic exercise in some mental pathology.	40	A1 A2	B1 C11 C12 D6 D7 D8
Simulation or Role Playing	The students the last day of class in groups and will give answer to the situation that pose the educational	30	A2	B1 C4 C6 C11 C12 D5

Systematic observation	It will value the participation and assistance to class. It will be necessary the assistance to 80% of the classes	40	A1 A2	B1	C4 C6 C11 C12	D5 D6 D7 D8
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### Other comments on the Evaluation

Students may request the waiver of continuous assessment by informing the coordinator of the subject within the established period.

If so, evaluation will be: 50% work and 50% exam of objective questions.

To pass the subject, students must have independently passed all the evaluation sections and attend 80% of the practical classes. The non-attendance to the practices supposes the loss to the continuous evaluation.

Students who have one of the approved parts will keep the passed part for the next call within the same academic year.

### Evaluation of 2nd opportunity:

The students can take a 100% exam on the subject: 50% resolution of clinical cases and 50% examination of objective questions. To pass the subject, both evaluation tests must be passed independently.

In any of the calls, if students obtain a numerical qualification greater than 5, but do not meet the requirements established to pass the subject, they will have a qualification of 4.5 (failed). In case of having lower qualifications, the grade obtained will be put

### Sources of information

#### Basic Bibliography

Guarín, C, **Fisioterapia en Salud Mental**, Rosario, 2020

Catalán, D, **La Fisioterapia En Salud Mental**, Academia Espanola, 2012

allgren M, Vancampfort D, Giesen ES, Lundin A, Stubbs B., **Exercise as treatment for alcohol use disorders: systematic review and meta-analysis**, Br J Sports Med, 2017

#### Complementary Bibliography

Probst, M, **Physiotherapy in Mental Health and Psychiatry**, Elsevier, 2017

INE, **Informe EDADES 2015-16: Encuesta sobre alcohol y drogas en España**, 2017

Crescentini C, Matiz A, Fabbro F, **Improving personality/character traits in individuals with alcohol dependence: the influence of mindfulness-oriented meditation**, J Addict Dis, 2015

Giesen ES, Deimel H, Bloch W, **Clinical exercise interventions in alcohol use disorders: a systematic review.**, J Subst Abuse Treat, 2015

Hallgren M, Romberg K, Bakshi AS, Andréasson S, **Yoga as an adjunct treatment for alcohol dependence: a pilot study**, Complement Ther Med, 2014

Bobes J, **Salud mental: Enfermería psiquiátrica (Enfermería, fisioterapia y podología)**, Síntesis, 1994

Catalan-matamoros D, Helvik-skjaerven L, . **A pilot study on the effect of Basic Body Awareness Therapy in patients with eating disorders: a randomized controlled trial**, clinic Rehabil, 2011

Catalán Matamoros DJ, **Fisioterapia en salud mental. Efectividad de una intervención fisioterapéutica en trastornos alimentarios**, Universidad de Málaga,

Muñoz-Cruzado y Barba M, **La enfermedad de Alzheimer como factor de riesgo psicossomático para el familiar cuidador de enfermos crónicos discapacitados**, Universidad de Málaga, 2007

Bravo Navarro C, **Fisioterapia en Salud Mental. Efectividad de la Basic Body Awareness Therapy en pacientes de fibromialgia**, Universidad de Lleida, 2017

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## **Recommendations**

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