

**1. General information****Course:** PELVIPERINEOLOGY PHYSIOTHERAPY**Code:** 17332**Type:** ELECTIVE**ECTS credits:** 4.5**Degree:** 333 - UNDERGRADUATE DEGREE PROGRAMME IN PHYSIOTHERAPY**Academic year:** 2023-24**Center:** 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA**Group(s):** 40**Year:** 4**Duration:** First semester**Main language:** Spanish**Second language:****Use of additional languages:****English Friendly:** Y**Web site:****Bilingual:** N**Lecturer:** SARA ANDO LAFUENTE - Group(s): 40

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**Lecturer:** ASUNCION FERRI MORALES - Group(s): 40

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Edificio 6: Despacho 1.6	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.	926051409	asuncion.ferri@uclm.es	Monday to Thursday from 3:30 p.m. to 4:30 p.m. Appointment request by email

**2. Pre-Requisites**

Not established

**3. Justification in the curriculum, relation to other subjects and to the profession**

Justification: Physiotherapy in pelviperrineology addresses the study and treatment of functional disorders of the pelvic floor, which can affect three axes: the urological, with manifestations that can range from dysuria to urinary incontinence. The gynecological axis, with disorders of pelvic statics and / or sexual dysfunctions and the coloproctological axis where we can find from constipation to fecal incontinence. The approach to perineal dysfunctions requires in-depth knowledge of the pelviperrineal anatomy and biomechanics, mainly of the conjunctival neuro-muscle unit (pudendal nerve, levator ani and pelvic fascia). The care of these disorders requires an interdisciplinary team but, in any case, the specificity of the treatments makes it essential to train specialists in pelviperrineology. The specialist physiotherapist is a key piece in this team. With this subject we intend to introduce the student to this field of action in physiotherapy as an introductory way, the specialized training will be obtained beyond the degree.

Relationship with other subjects: It is mainly related to the subjects of Morphophysiology, Anatomy of the Locomotor System, Biomechanics, Neuroanatomy and Neurophysiology, Kinesitherapy, Assessment, General Procedures I and II, Fundamentals of Physiotherapy, among others.

Relationship with the profession: Physiotherapy training in pelviperrineology is essential to work in pelvic floor units. The treatments that are carried out, although they are based on general physiotherapy procedures, present their particularities. Training in this area is essential in order to be a competent professional in perineum-sphincter reeducation.

**4. Degree competences achieved in this course****Course competences**

Code	Description
CB1	Prove that they have acquired and understood knowledge in a subject area that derives from general secondary education and is appropriate to a level based on advanced course books, and includes updated and cutting-edge aspects of their field of knowledge.
CB2	Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area.
CB3	Be able to gather and process relevant information (usually within their subject area) to give opinions, including reflections on relevant social, scientific or ethical issues.
CB4	Transmit information, ideas, problems and solutions for both specialist and non-specialist audiences.
CB5	Have developed the necessary learning abilities to carry on studying autonomously
E01	Students must be capable of systematically identifying and describing anatomic structures in order to apply them in Physiotherapy performance.
E28	Students must be capable of designing an intervention plan in Physiotherapy, taking into account the individuality of the patient and criteria of adequacy, validity, and effectiveness.
E29	Students must be capable of executing, directing, and coordinating an intervention plan in Physiotherapy, using their own therapeutic tools and taking into account the individuality of the patient.
E31	Students must be capable of determining physiotherapeutic diagnoses in a manner that agrees with internationally accepted norms.
E32	Students must be capable of systematically elaborating and completing a physiotherapy clinical record.
E44	Students must understand, select, and apply methods and procedures for specific physiotherapeutic interventions aimed at the recovery and functional reeducation in obstetric and gynecological processes, as well as adapting them to the different life stages.
E54	Students must incorporate ethical and legal principles that apply to their practice of physiotherapy.
E55	Students must know the mechanisms of quality assurance in the practice of Physiotherapy according to the known and validated criteria, indicators, and quality standards for the adequate practice of the profession.
G01	Students must show their ability to make educated decisions and solve problems based on available knowledge and information within their field of study.

G02	Students must demonstrate their organizational planning and time management skills for the teaching-learning process.
G03	
G04	
G05	Students must show their skills in terms of verbal and written communication in Spanish.
G06	Students must show their ability to manage information properly.
G09	Students must show their capabilities and management of ITCs in their field of study.
G16	Students must know how to think critically.
G23	Students must show sensitivity towards environmental issues.
G26	Students must have acquired knowledge and understanding of Health Sciences, based on advanced textbooks and cutting-edge knowledge in their field of study.
G26	Students must show respect for Human Rights, fulfilling principles of equality between genders, non-discrimination, and universal accessibility for people with disabilities.

## 5. Objectives or Learning Outcomes

### Course learning outcomes

#### Description

For a specific clinical case, to be capable of designing the most adequate physiotherapeutic intervention, explaining the stages of abdominal-pelvic-perineal rehabilitation and the reasons for their choice, using logical structure and appropriate language.

To show the capability to properly conduct an anamnesis by interviewing an acting patient attending consultation due to a urinating, proctologic, or sexual dysfunction and, based on the obtained responses, to produce a physiotherapeutic diagnosis and pose the treatment objectives.

To identify in different anatomic models the structural and visceral components of the abdominal-pelvic-perineal complex.

To know how to make a correct evaluation of the abdominal-pelvic-perineal complex, and to complete the physiotherapeutic record with the obtained findings.

For a specific clinical case, to correctly choose and apply the most appropriate methods and procedures of physiotherapeutic interventions for the rehabilitation of the abdominal-pelvic-perineal complex following good practice guidelines.

To explain, verbally or in writing, the consequences of the dysfunction of the abdominal-pelvic-perineal complex at a urological-gynecological, proctologic, and sexual level.

## 6. Units / Contents

### Unit 1: Pelvipерineal morphophysiology

#### Unit 1.1 Pelvic continent

#### Unit 1.2 Pelvic content

#### Unit 1.3 Neurological control of urination

### Unit 2: Pathophysiology of the urination continence cycle

### Unit 3: Alteration of pelvic statics

### Unit 4: Physiotherapy assessment in pelvic floor dysfunctions

### Unit 5: Objectives and Stages of the Abdomino-Pelvic-Perineal Reeducation Program

### Unit 6: Treatment techniques in pelvic floor dysfunctions

#### Unit 6.1 Manual techniques

#### Unit 6.2 Instrumental techniques

#### Unit 6.3 Behavioral techniques

### Unit 7: Physiotherapy intervention procedure in overactive bladder syndrome

## 7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures	E01 G01 G02	1.2	30	Y	N	
Class Attendance (practical) [ON-SITE]	Combination of methods	E01 E28 E29 E31 E32 E44 E54 E55 G01 G03 G04 G05 G16 G26	0.4	10	Y	N	
Group tutoring sessions [ON-SITE]	Problem solving and exercises	E55 G02 G04 G05 G09 G23	0.1	2.5	N	-	
Final test [ON-SITE]	Assessment tests	CB1 CB2 CB3 CB4 CB5 E01 E28 E29 E31 E32 E44 E54 E55 G01 G02 G03 G04 G05 G06 G09 G16 G23 G26	0.1	2.5	Y	Y	
Study and Exam Preparation [OFF-SITE]	Self-study	E01 E28 E29 E31 E32 E55 G02 G05 G09	2	50	N	-	
On-line Activities [OFF-SITE]	Problem solving and exercises	G05 G06 G09 G23	0.7	17.5	Y	N	
<b>Total:</b>			<b>4.5</b>	<b>112.5</b>			
<b>Total credits of in-class work: 1.8</b>			<b>Total class time hours: 45</b>				
<b>Total credits of out of class work: 2.7</b>			<b>Total hours of out of class work: 67.5</b>				

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

## 8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous	Description
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		evaluation*	
Test	20.00%	20.00%	Execution of tasks in virtual campus. They must be presented on the established date.
Final test	70.00%	70.00%	Multiple choice test with multiple choice answers to choose one.
Other methods of assessment	10.00%	10.00%	Attendance and participation in the theoretical and practical classes will be valued
<b>Total:</b>	<b>100.00%</b>	<b>100.00%</b>	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

#### Evaluation criteria for the final exam:

##### Continuous assessment:

The multiple choice test will have four options from which the student must choose one. It will be penalized for wrong answer applying the following formula  

$$\text{Note} = [A - (E / n^{\circ}opc - 1) / \text{total number of questions}] \times \text{maximum mark.}$$
 this questionnaire will compute 70% of the grade.

40% of the maximum mark must be reached to pass the subject

The scores obtained in the execution of the tasks programmed in virtual campus throughout the semester and the evaluation obtained by the participation with use in the theoretical and practical classes will be added to the multiple choice test.

##### Non-continuous evaluation:

It will consist of a multiple-choice test with characteristics similar to that of the continuous assessment that will compute 70% of the grade. At least 4 out of 10 in the multiple choice final test will be required in order to add the rest of the grades.

The scores obtained in the execution of the tasks programmed in virtual campus throughout the semester will be added to the multiple choice test. With these tasks you can get a 2 out of 10.

The remaining 10% will be obtained through oral tests that assess the skills related to the training activities.

#### Specifications for the resit/retake exam:

Of characteristics similar to the ordinary one. The note of the tasks of the ordinary call will be kept for the extraordinary call.

#### Specifications for the second resit / retake exam:

It will consist of a multiple-choice test with characteristics similar to the ordinary one with which 100% of the grade can be obtained

9. Assignments, course calendar and important dates	
Not related to the syllabus/contents	
Hours	hours
Final test [PRESENCIAL][Assessment tests]	2.5
Study and Exam Preparation [AUTÓNOMA][Self-study]	50
On-line Activities [AUTÓNOMA][Problem solving and exercises]	17.5
Unit 1 (de 7): Pelvipерineal morphophysiology	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	8
Class Attendance (practical) [PRESENCIAL][Combination of methods]	2
Unit 2 (de 7): Pathophysiology of the urination continence cycle	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	2
Unit 3 (de 7): Alteration of pelvic statics	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	4
Unit 4 (de 7): Physiotherapy assessment in pelvic floor dysfunctions	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	4
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4
Group tutoring sessions [PRESENCIAL][Problem solving and exercises]	1
Unit 5 (de 7): Objectives and Stages of the Abdomino-Pelvic-Perineal Reeducation Program	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Unit 6 (de 7): Treatment techniques in pelvic floor dysfunctions	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	6
Class Attendance (practical) [PRESENCIAL][Combination of methods]	4
Group tutoring sessions [PRESENCIAL][Problem solving and exercises]	1.5
Unit 7 (de 7): Physiotherapy intervention procedure in overactive bladder syndrome	
Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	3
Global activity	
Activities	hours
On-line Activities [AUTÓNOMA][Problem solving and exercises]	17.5
Class Attendance (practical) [PRESENCIAL][Combination of methods]	10
Final test [PRESENCIAL][Assessment tests]	2.5
Study and Exam Preparation [AUTÓNOMA][Self-study]	50
Group tutoring sessions [PRESENCIAL][Problem solving and exercises]	2.5
Class Attendance (theory) [PRESENCIAL][Lectures]	30
<b>Total horas: 112.5</b>	

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	City	ISBN	Year	Description
VVAA. Coordinadores: Torres Lacomba M., Meldaña Sanchez, A.	Fisioterapia del suelo pélvico. Manual para la prevención y el tratamiento en la mujer, en el hombre y en la infancia	Panamericana	Madrid	9788491104537	2022	La obra está estructurada en cuatro partes: en la primera se contemplan los aspectos comunes a mujeres, hombres e infantes; la segunda acomete la prevención y el tratamiento de las disfunciones de suelo pélvico femeninas poniendo de manifiesto las particularidades y necesidades de la mujer; en la tercera se abordan las indicaciones de la fisioterapia en el hombre y en la cuarta se profundiza en el desarrollo y actualización de los conocimientos relacionados con la fisioterapia del suelo pélvico en niños.
Walker C.	<a href="https://www.medicapanamericana.com/es/libro/fisioterapia-del-suelo-pelvico">https://www.medicapanamericana.com/es/libro/fisioterapia-del-suelo-pelvico</a> Fisioterapia en obstetricia y uroginecología.	ELSEVIER-MASSON	Barcelona	978-84-4582-102-2	2013	
Ramírez I, Blanco L, Kauffmann S.	Rehabilitación del suelo pélvico femenino. Práctica clínica basada en la evidencia.	Panamericana	Madrid	978-84-9835-464-5	2013	
Kari Bo; Bary Berghmans; Siv Morkved; Marike Van Kampen	Evidence-Based Physical Therapy for the Pelvic Floor: Bridging Science and Clinical Practice	Elsevier		978-0702083082	2023	Este libro detalla y resume toda la investigación disponible hasta la fecha en el campo de la función y disfunción del suelo pélvico.
Cardozo L, Staskin D	Textbook of Female Urology and Gynecology	Taylor & Francis		978-1-4822-5828-8	2017	