

**SUPSI**

# Bachelor course in Physiotherapy

The three-year educational program

# Structure and order of specific modules in the three-year educational program.

## The strengths of the educational program can be identified in:

- Quality of the study program: the educational climate is characterised by the extreme care of human relationships, by the academic level and by the relations with the research activities.
- Rotation between theory and practice: the scientific rigour of the academic educational module is constantly alternated with the stage experience that the students acquire within different structures and partner institutions in Ticino, Switzerland and abroad.
- Innovative teaching methods: the modular offer adopts different teaching-learning methods which are diversified by active pedagogy and adult training (seminars, workshop, problem-based learning, clinical practice).
- Interdisciplinarity: the educational structure foresees many working moments between the students of three bachelor modules (Nursing, Physiotherapy and Occupational therapy). The pedagogical and didactics choices enhance the openness of different professional worlds.
- Mobility: the students have the possibility to carry out a traineeship abroad, and collaborate in international projects. The SEMP program (ex Erasmus) allows the students to study in other European partner universities for one semester.
- Educational qualification/access to continuing education programs: with the SUPSI Bachelor of Science, the graduates can access to post graduate studies (Diploma, Master) in SUPSI Department of Business Economics, Health and Social Care or other universities.

## The training course as a whole:

- Promotes a unified vision of the person.
- Enhances the humanistic dimension of the profession without overshadowing the scientific and technical aspects.

## The specific modules are based on the following criteria:

- Stages of life: child, adult, elderly.
- State of the individual in relation to the multiple dimensions of acuteness/ chronicity of the disease.

FIRST YEAR	1 <sup>st</sup> SEMESTER	<p><b>Fundamentals of Physiotherapeutic activity (5 ECTS)</b></p> <p>The module introduces the model of patient centred clinical reasoning. The module's aim is to establish the treatment and rehabilitation plan based on the concepts of clinical data collection, assessment and diagnosis.</p>
	2 <sup>nd</sup> SEMESTER	<p><b>Care and rehabilitation of the adult with acute neuromuscular dysfunctions 2 (4 ECTS)</b></p> <p>It is proposed a physiotherapeutic assessment and treatment which integrates a global and multidimensional vision of the person centered on the acute phase of neurological problems. The module addresses the major central nervous system lesions due to vascular causes, traumatic and infectious diseases and their motor, sensory and cognitive impact. The model considers the effects of different clinical scenarios on function, activity and participation. The disciplinary fields of reference are neurology, neuropsychology and neuroscience.</p>
SECOND YEAR	3 <sup>rd</sup> SEMESTER	<p><b>Health promotion and salutogenesis (3 ECTS)</b></p> <p>In this module, the topic of health is exposed through the salutogenic approach which highlights the characteristics and modalities of health generation. Health prevention and promotion are exposed in an interdisciplinary perspective and in relation to the professional reference approach.</p>
	4 <sup>th</sup> SEMESTER	<p><b>Care and rehabilitation of the adult with chronic neuromuscular dysfunctions 2 (6 ECTS)</b></p> <p>The module proposes physiotherapeutic assessment and treatment based on the multiprofessional approach to care and on global vision of the person. It is addressed to patients affected by degenerative central nervous system diseases and considers the various implications that the state of chronic illness has on the person in relation to the specificity of the different clinical scenarios discussed.</p>
THIRD YEAR	5 <sup>th</sup> SEMESTER	<p><b>Stage 3 (13 ECTS)</b> <b>Length: 12 weeks</b></p> <p>The main contents of the different traineeship periods are strictly related to the issues being part of the modules preceding the stage. They are composed by elements linked to the clinical practice exposed in theory and to contents such as the communicative-relationship and ethical aspects tied in a more expansive vision and dimension of care.</p>
	6 <sup>th</sup> SEMESTER	<p><b>Care and rehabilitation of the child (4 ECTS)</b></p> <p>The approach to rehabilitation in the pediatric field considers the variability of the clinical situations (orthopedics, dismorphism, respiratory and neurological problems) the physiotherapist is faced with. The module considers the relational implications of the pediatric user and the caregivers, and provides tools that enable to meet the care needs of the users of various age groups, from the neonatal period to adolescence.</p>

<p><b>Anatomical and functional basis of the movement (5 ECTS)</b></p> <p>The module focuses on the physiological aspects of human movement. This issue is related to the main neurophysiologic mechanisms of motor control, joint kinematics and to the various muscular functions allowing the execution of the movements in the different parts of the body. The theoretical framework is represented by anatomy and physiology of the musculoskeletal system and the central nervous system.</p>	<p><b>Care and rehabilitation of the adult with acute neuromuscular dysfunctions 1 (6 ECTS)</b></p> <p>The module focuses on physiotherapeutic assessment and treatment which integrate a global and multidimensional vision of the person and consider the main acute clinical situations affecting the musculoskeletal system (bones, tendons, muscular injuries), with the exception of issues related to the spine. The clinical scenarios described in the module are related to trauma and orthopedics.</p>	
<p><b>Care and rehabilitation of the adult with chronic cardiovascular system and respiratory dysfunctions (4 ECTS)</b></p> <p>The module focuses on the physiotherapeutic assessment and treatment of patients with chronic cardiovascular problems, respiratory pathologies and related problems. Particular attention is paid to the interaction between movement, complex clinical syndromes and patient education.</p>	<p><b>Care and rehabilitation of the elderly adult (4 ECTS)</b></p> <p>The issue of aging is seen from a multidimensional point of view and considers the different aspects that are specific at this stage of life. The module's contents are: cognitive impairment, the multidimensional evaluation, the topics of balance and falls. The theoretical framework of the module includes the main theories of aging and the physiological effects that this process has on the body systems with special reference to the locomotor system and the central nervous system. The assessment and treatment are related to the different working locations where the physiotherapist works.</p>	<p><b>Stage 1 (10 ECTS)</b> <b>Length: 8 weeks</b></p> <p>The traineeship allows the students to face with different patients in different phases of their disease and to operate in different contexts.</p>
<p><b>Care and rehabilitation of the adult with acute neuromuscular dysfunctions 3 (5 ECTS)</b></p> <p>The module concludes the educational program focused on care and rehabilitation of adults with acute clinical problems. The acute phase is dealt in a bio-psycho-social perspective and it is related to different care situations (eg: marrow lesions, back pain, radiculopathy) with a focus on the area of the spine.</p>	<p><b>Care and rehabilitation of the adult with acute cardiovascular system and respiratory dysfunctions (4 ECTS)</b></p> <p>The role of the physiotherapist is implemented. As a professional, he/she is involved in an early and active manner in the healing of the person affected by acute diseases. The module is centred on the assessment and treatment of patients suffering for cardiovascular, respiratory and vascular problems (acute myocardial infarction, cardiorespiratory arrest, respiratory problems due to operations, etc.).</p>	<p><b>Care and rehabilitation of the adult with chronic neuromuscular dysfunctions 1 (7 ECTS)</b></p> <p>The module focuses on different clinical situations in their chronic phase. The topic is addressed in the light of a global vision integrating the multidimensional aspects and the different implications of the states of chronicity on the person. The process of clinical reasoning allows to address the assessment and treatment of the considered diseases.</p>
<p><b>Care and rehabilitation in mental health field (4 ECTS)</b></p> <p>The issue of the physiotherapeutic assessment and treatment are explored through the model of the holistic view of the person. The module's program promotes the interdisciplinary approach to care, the role of physiotherapist and the physically mediated approach to treatment. The contents of the module include the clinical description of the main futures of psychic affections.</p>		<p><b>Stage 2 (12 ECTS)</b> <b>Length: 10 weeks</b></p> <p>All the traineeship periods have the practical approach; facing different clinical situations strengthens and integrates the professional education.</p>
<p><b>Two optional modules (of 2 ECTS each)</b></p> <p>The Department offers optional modules based on an annual survey on the different fields of interest of the students. It is also possible to attend optional modules in other educational institutes (other SUPSI Departments, Swiss High Schools, European universities) that award ECTS. These modules can also be taken as traineeships in different clinical fields, both locally and abroad. The participation in optional modules contributes to the development of the expected professional competences, and corresponds to the needs and interests of each single student.</p>		
<p><b>Bachelor Thesis (7 ECTS)</b></p> <p>During the fifth and sixth semester the preparation of a final thesis is required. It is seen as an opportunity to students to apply the concepts of reflective practice and situated knowledge, with strict interaction between theory (conceptual and methodological frameworks) and professional contexts.</p>		
<p><b>Care and rehabilitation of the adult with chronic neuromuscular dysfunctions 3 (4 ECTS)</b></p> <p>The module concludes the educational program focused on care and rehabilitation of adults with chronic clinical problems. It deals with assessment and treatment of patients affected by chronic disorders linked to different clinical scenarios (eg: dyslipidemia, kidney failure, organ transplants, tumour pathologies). The theme of chronicity is discussed in the light of a global vision of the individual that integrates biomedical, psychological, social, relational and ethical dimensions, linked to different disabilities.</p>	<p><b>Clinical cases analysis (4 ECTS)</b></p> <p>The module deals with the analysis of complex clinical situations differentiated by age groups and different stages of the disease progression starting from the work with patients. It integrates the main areas of intervention of the physiotherapist (neurological, orthopedic, internal medicine, traumatological, etc.). Clinical reasoning and the model of the International Classification of Functioning Disability and Health (ICF) are the conceptual references used in the educational activities proposed to students. The Evidence Based Practice and the constant reference to the available scientific evidences are integrated in the module.</p>	<p><b>Stage 4 (13 ECTS)</b> <b>Length: 12 weeks</b></p> <p>The traineeship periods allow the students to express the theoretical – practical dimensions of the education. They enhance the development of the expected skills, through the comparison with the professional situations and the differentiated knowledge.</p>

# Distribution of interdisciplinary modules into the educational program.

INTERDISCIPLINARY MODULES	SEMESTER/CREDITS ECTS					
MODULE TITLE	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
<b>Life phases and users characteristics 1 and 2</b> Human condition in all its complexity is examined through an analysis of different stages of life. Models and conceptual tools are proposed to facilitate the incorporation during the educational program of knowledge and skills necessary to develop the role of a professional aware of the challenges he will deal with.	4	2				
<b>Health epistemology 1 and 2</b> The modules are preliminary to the educational program. They introduce to the understanding of paradigms, models and theories that have led to the development of the approaches which characterize the practice of care and the research in the three professions (Nursing, Physiotherapy, Occupational Therapy). It is proposed a critical overview of the care scenarios to promote a greater understanding of their professional identity.	2	2				
<b>Social health systems and services</b> The module's aim is to develop in students the ability to integrate themselves in the various professional fields, starting from the knowledge of the main dynamics that characterize a health care system in relation to the factors that influence it. The political, organizational and structural aspects are declined in relation to the local and national peculiarities.	2					
<b>English</b> The aim of the module is to acquire and develop English-language skills to increase the professional integration.	-	7				
<b>Psychosocial distress</b> The module offers a look at the issues related to psychosocial distress, a condition that affects a large segment of the population exposed to uncertainty and vulnerability. Students are encouraged not as much in the role of health professionals, but rather as individuals called personally to recognize and address the multiple determinants of discomfort.		3				
<b>Identity and alterity in practical profession</b> The module deals with the topic of identity and the related issues of alterity, communicative and relational dimensions in the health field. It promotes an attitude aimed at the development of human relations based on dialogue, respect, solidarity and mutual tolerance, by paying attention to the values and characteristics of the different cultures of origin.			6			
<b>Health statistics</b> The module's aim is to provide students with a knowledge of the basic principles and statistical methods to enable them to read reports, articles, reviews and other scientific literature. The module leads to increase the skills to present statistical results leading to a better preparation for the module "Research Methodology 1 and 2" and the writing of the thesis.			2			
<b>Quality</b> The module aims to recognize the qualitative dimension of health care, to support the implementation of quality management systems in the health sector and to actively collaborate in their development.			3			
<b>Ethics identity in practical profession</b> The theoretical framework of the module includes concepts of clinical ethics, medical anthropology, philosophy and psychology. Those concepts contribute to the construction of a paradigm of the relationship of care and its ethical dimensions.				5		
<b>Research methodology 1 and 2</b> The aim of the first module is to acquire knowledge and procedures to help the formulation and development of a thesis project. The second module instead provides pedagogical assistance provided by the academic tutor to support the preparation and development of the Bachelor thesis. In the remaining time the student develops his own thesis project in an autonomous and responsible way.				3	2	
<b>Identity and relational complexity in professional practice</b> This module is placed almost at the end of the training and experiential program leading the students to different relational situations and with the complexity of the care relationship, but also with the team dynamics. The module is an important moment of reflective practice during the internship and it contains at the end of the practical placement period a supervision by the class group.					2	
<b>Interprofessional management of complex situations</b> The module's aim is to enable students to build new knowledge around interdisciplinary collaboration and the complexity of care and organization. Students are exposed to the teamwork, the scientific and collective writing, the autonomous work, the self-evaluation of process and product, the research and the mobilization and integration of knowledge.						4
<b>Palliative care</b> The module brings students to integrate in their own professional practice the basis of the palliative approach, in order to provide support to the patient and his family in the experience of incurable disease, by considering its quality of life. The evaluation of the module allows to obtain the certificate of Palliative care approach which is nationally and internationally recognized.						3