

# Hybrid Professional Master's Degree Geriatric Physiotherapy





## Hybrid Professional Master's Degree Geriatric Physiotherapy

Course Modality: Hybrid (online + Clinical Internship)

Duration: 12 months.

Certificate: TECH Technological University

Teaching Hours: 1,620 hours.

Website: [www.techtute.com/us/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-geriatric-physiotherapy](http://www.techtute.com/us/physiotherapy/hybrid-professional-master-degree/hybrid-professional-master-degree-geriatric-physiotherapy)

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# 01

# Introduction

Aging is a natural process that every living being experiences. Over the years, a number of alternatives have been implemented to help people prevent natural joint wear and tear, for example, moderate physical activity. In this context, Geriatric Physiotherapy has been conceived as a field of action that seeks to treat various diseases of aging, such as pain, loss of balance, joint functionality, elasticity, etc. For this reason, TECH has designed this program that has, on one hand, an online theoretical modality, where all the knowledge that professionals will need in their daily practice will be taught and, on the other hand, a face-to-face part, in a prestigious center to transfer to a real working environment everything they have learned.





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*Personalize treatments for your patients to help them age with a better quality of life thanks to this Hybrid Professional Master's Degree"*

Geriatric Physiotherapy consists of applying certain techniques in older adults to combat joint wear and tear due to age or neurological disease. As far as possible, specialists in this area are in charge of reducing pain, improving balance, reeducating gait, improving sensitivity, etc. They are also responsible for designing a personalized treatment, considering patient's condition and needs.

For this reason, the sector needs qualified professionals to meet the high standards of physiogeriatric centers. Therefore, this Hybrid Professional Master's Degree in Geriatric Physiotherapy presents an opportunity to broaden knowledge in patient assessment and examination from a multidisciplinary and comprehensive point of view. In first instance, all theoretical and empirical contents that students must know in order to efficiently perform tasks required by their profession.

Therefore, the first part will begin by addressing concepts for differential diagnosis, identifying warning signs using the *"Red and Yellow Flags"* method. This will be followed by a review of frailty and the importance of performing a proper assessment of the patient's condition in this area. On the other hand, students will be able to perform an analysis of cognitive impairment to determine a person's treatment and risk factors.

Moving forward in the program, there will be an update on different assistive devices for elderly people's daily life, which facilitate aspects such as feeding, dressing and personal hygiene.

At the end of the theoretical modality, students will have an opportunity to take a practical internship in a center of international prestige, executing all the knowledge acquired in the virtual classroom. For all these reasons, this program is an excellent opportunity to specialize and expand professional skills in geriatric physiotherapy from a theoretical-practical, ethical and responsible perspective.

This **Hybrid Professional Master's Degree in Geriatric Physiotherapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Development of more than 100 clinical cases presented by professional geriatric physiotherapists, experts in prevention and treatment of injuries, as well as university professors with extensive experience in geriatric patients
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Patient assessment and monitoring, invasive techniques, and a thorough lifestyle analysis for future injury prevention
- ♦ Comprehensive plans of systematized action for upper and lower limb injuries
- ♦ Presentation of practical workshops on procedures, diagnosis, and treatment techniques in critical patients
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Clinical practice guidelines on the approach to different lesions
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection
- ♦ In addition, you will be able to perform a clinical internship in one of the best hospitals in the country

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*This program is an excellent opportunity to take a practical internship that will help you improve your skills and techniques in geriatric physiotherapy"*

In this Professional Master's Degree proposal, of professional character and blended learning modality, the program is intended to update physiotherapists professionals who develop their functions in Geriatrics area, requiring a high level of qualification. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

Thanks to its multimedia content developed with the latest educational technology, they will allow the physiotherapist professional a situated and contextual learning, that is, a simulated environment that will provide an immersive learning programmed to qualify in real situations. This program's design is based on Problem Based Learning, by means of which the student must try to solve different professional practice situations that will be presented throughout the program. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*With this Hybrid Professional Master's Degree, you will be able to work in a controlled environment, improving your chances of getting an international job.*

*Help improve your patients' coordination and balance, reducing risk of future injuries through this TECH academic program.*



# 02

## Why Study this Hybrid Professional Master's Degree?

In Geriatric Physiotherapy, it is as essential to know the latest techniques and physiotherapeutic approaches as it is to master mechanisms to put these advances into practice with real patients. For this reason, TECH has created this Certificate, which combines theoretical learning in areas such as injury rehabilitation or treatment for elderly people with cognitive impairment with an excellent 3-week stay in a prestigious clinical center. With this, professionals will expand their competencies based on scientific evidence to implement them in their daily practice.





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*TECH offers you a unique opportunity to combine an excellent theoretical learning with a practical phase of 3 weeks in a prestigious clinic to adopt the most useful and updated skills in the field of geriatric physiotherapy"*

### 1. Updating from the latest technology available

The Geriatric Physiotherapy field has undergone numerous modifications in recent years thanks to the emergence of updated exercises, instruments or avant-garde techniques that help prevent elders' physical deterioration. For this reason, TECH has created this Hybrid Professional Master's Degree, with the intention that professionals assimilate all these advances in a theoretical and practical way.

### 2. Deepening from top experts' experience

This Certificate is taught by experts who have an excellent background in Geriatric Physiotherapy, who will be in charge of providing students with didactic contents that have greatest real applicability in the profession. In addition, during your practical stay, you will be accompanied by the best specialists in this field to adopt the most effective skills in this work environment.

### 3. Entering First-Class Clinical Environments

TECH carefully selects all the centers available for the practical stay of its blended learning Certificates. Thanks to this, specialists will have guaranteed access to a prestigious clinical environment in the area of Geriatric Physiotherapy. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology.





#### **4. Combining the Best Theory with State-of-the-Art Practice**

The academic market has a large number of educational programs focused exclusively on teaching content with little applicability in working life. In response to this, TECH has created a teaching model that combines excellent theoretical learning with a practical stay in a prestigious center, with the intention of promoting assimilation of professional skills useful in everyday life.

#### **5. Expanding the Boundaries of Knowledge**

TECH offers the possibility of performing internships of this Hybrid Professional Master Program in centers of international importance. This way, specialists will be able to expand their frontiers and keep updated with the best professionals, who practice in first class clinics and rehabilitation centers in different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.

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*You will have a total practical immersion in the center of your choice"*

# 03 Objectives

The design of this Hybrid Professional Master's Degree in Geriatric Physiotherapy is intended to help students opt for new job opportunities within the sector. Therefore, they have a theoretical modality, understanding the technical bases of each diagnostic plans used in the specialty. This way, they will improve their skills and abilities to care for their patients.





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*Performs physiotherapeutic diagnoses in elderly patients and applies alternative therapies to alleviate their pain thanks to the knowledge acquired in this Certificate"*



## General Objective

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- The general objective is focused on helping students to develop a critical and reasoned attitude, based on the most recent scientific evidence, towards physiotherapeutic diagnosis in the elderly patient and to be able to apply an adequate treatment in order to reduce functional impotence, fragility and deterioration, thus favoring an improvement of physical and mental health in old age

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*Boost your career path with holistic teaching, allowing you to advance both theoretically and practically”*





## Specific Objectives

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### Module 1. Clinical Reasoning in Physiogeriatrics

- To explain active aging from patient's point of view
- To define Geriatric Physiotherapy's areas of activity
- To establish physiotherapy's role in palliative care units
- To use new technologies in physiogeriatrics
- To determine functions of the interdisciplinary team
- To establish differential diagnosis. Red & Yellow flags
- To determine the most common Red Flags in clinical practice
- To perform adequate session approach of Geriatric Physiotherapy
- To describe physiotherapeutic examination and assessment of the geriatric patient
- To analyze effects of certain drugs on the neuromusculoskeletal system

### Module 2. Person-Centered Care (PCA). A Look from Physiotherapy

- To describe the decalogue of person-centered care
- To explain the transformation process from a service model to a PCA model
- To determine physiotherapy service provision in a PCA model

### **Module 3. Understanding Fragility**

- ♦ To define fragility from a holistic point of view
- ♦ To identify impact and methods of detection of malnutrition and sarcopenia
- ♦ To use tools for comprehensive geriatric assessment of frailty
- ♦ To apply different fragility assessment scales
- ♦ To develop strategies to implement group dynamics in the frail or pre-fragile patient
- ♦ To establish risk factors in falls
- ♦ To use specific tests to diagnose fall risks
- ♦ To explain what patient empowerment at discharge consists

### **Module 4. Approach From the Physiotherapy of the Person Affected by Cognitive Impairment**

- ♦ To define risk factors, epidemiology, diagnosis and treatment of cognitive impairment and dementia
- ♦ To establish causes and effects of cognitive impairment
- ♦ To employ strategies to promote adherence to physiotherapeutic treatment by the family
- ♦ To use strategies to access the disoriented and/or disconnected user
- ♦ To identify advantages of basal stimulation

### **Module 5. Pain and aging, update according to current scientific evidence**

- ♦ To explain the anatomy and physiology of pain transmission
- ♦ To describe pain and aging from a biopsychosocial paradigm
- ♦ To define different pain syndromes in geriatrics
- ♦ To perform a proper pain assessment
- ♦ To undertake physiotherapeutic treatments in the geriatric patient





**Module 6. Updating in Support Devices for the Autonomy of People**

- ♦ To define and classify different assistive devices for activities of daily living
- ♦ To explain novelties in different devices designed to facilitate mobility and correct positioning.
- ♦ To deepen application of products to support accessibility and removal of architectural barriers

**Module 7. Physiotherapy in traumatology, neurology, pelvic floor and respiratory disorders in the elderly**

- ♦ To explain main fractures in the elderly and their physiotherapeutic treatment
- ♦ To analyze the main dislocations of elders and their physiotherapeutic treatment
- ♦ To detect physiotherapy's role in hip, knee and shoulder arthroplasty
- ♦ To define physiotherapy's role in osteoarthritis and rheumatoid arthritis
- ♦ To establish physiotherapy's role in the amputee patient
- ♦ To determine the physiotherapy approach for patients with acute, subacute and chronic stroke
- ♦ To master new trends in physiotherapy for patients with Parkinson's disease
- ♦ To know what is Respiratory Physiotherapy in COPD

**Module 8. Tools for the Daily Practice of the Physiotherapist in Geriatrics**

- ♦ To use communication as a tool for success of physical therapy treatment
- ♦ To explain professional approach to grief

# 04 Skills

After passing the modules of this Semipresential Master in Geriatric Physiotherapy, students will have a set of skills that will allow them to perform in their future professional practice. This way, you will be able to provide comprehensive and personalized care to all your patients.





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*Define strategies that will help you access the disoriented patient/disconnected from reality”*



## General Skills

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- ♦ Acquire and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context
- ♦ Apply acquired knowledge and solve problems in new or unfamiliar environments within broader (or multidisciplinary) contexts related to the area of study
- ♦ Integrate knowledge and face the complexity of formulating judgments based on incomplete or limited information, including reflections on social and ethical responsibilities linked to their knowledge application and judgments
- ♦ Communicate findings to specialized and non-specialized audiences in a clear and unambiguous manner
- ♦ Develop learning skills that will enable students to continue studying in a way that will be largely self-directed or autonomous



*With this degree, you will elaborate personalized plans of moderate physical exercises to promote the recovery of elderly people with different pathologies"*





## Specific Skills

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- ♦ Knowing phases of aging and being able to identify the work teams needed to care for geriatric patients
- ♦ Perform physiotherapeutic tests and assessments on geriatric patients in order to find a relevant treatment plan
- ♦ Help patients take control of their lives after a fall by establishing a care plan.
- ♦ Perform an adequate estimation of the patient's pain
- ♦ Assess the functional status of pediatric patients, considering psychological, physical and social aspects
- ♦ Determine new demands for physiotherapy care arising in the profession
- ♦ Plan, establish and apply necessary exercises to alleviate pain in geriatric patients
- ♦ Understand morphology, physiology and pathology of the elderly
- ♦ Acquire adequate clinical experience in dealing with elderly patients

05

# Course Management

The teaching staff that constitutes this Semipresential Master's Degree in Geriatric Physiotherapy has a select group of experts dedicated to the profession. Therefore, they are more than qualified to guide the theoretical modality on this course. They have also participated in the program design to meet the students' expectations and help them in their professional growth.





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*During this program, you will be assisted at all times by a select group of professionals who will put at your disposal all their empirical work experience"*

## International Guest Director

Dr. Tracy Friedlander is an eminent international expert, specialized in Physiotherapy and Rehabilitation of the elderly. Her extensive knowledge and skills in this field have enabled her to implement innovative procedures and improve the quality of life of various patients over the years.

Thanks to her high level of care, the scientist has been selected as Medical Director of the Comprehensive Acute Inpatient Rehabilitation Unit at Johns Hopkins Bayview Medical Center. She has also been part of the medical teams at the prestigious Johns Hopkins Hospital.

Her main area of expertise is Neurological Rehabilitation. In this field, the expert has scientific publications referenced in peer-reviewed journals of high impact in the health community. As such, she has focused her efforts on helping patients to control Spasticity, a muscle control disorder, through various therapeutic approaches.

In addition, some of her most outstanding research in recent years is related to the rehabilitation of patients subjected to long periods of mechanical ventilation when infected with the SARS-CoV-2 virus. She is also fully qualified to treat joint pain, fibromyalgia and chronic pain and fatigue.

Dr. Friedlander also holds official certifications from the American Board of Physical Medicine and Rehabilitation. All of this is backed by her excellent knowledge in the precise and advanced care of spinal cord injuries. On the other hand, this specialist has an excellent academic background. She graduated from Emory University in Atlanta and obtained her medical degree from the University of Maryland. She also completed her internship at Mercy Medical Center and her residency in Physical Medicine and Rehabilitation at Sinai Hospital in Baltimore.





## Dra. Friedlander, Tracy

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- Director of the Department of Physical Medicine and Rehabilitation at Johns Hopkins Hospital
- Medical Director of the Comprehensive Acute Inpatient Rehabilitation Unit at Johns Hopkins Bayview Medical Center
- Specialist in Neurorehabilitation and Spasticity Management
- Official certifications from the American Board of Physical Medicine and Rehabilitation
- Specialist in Physical Medicine and Rehabilitation at Sinai Hospital of Baltimore
- Medical Graduate from the University of Maryland, Baltimore
- Member of:
  - American Academy of Physical Medicine and Rehabilitation
  - American Spinal Cord Injury Association
  - Maryland Society for Physical Medicine and Rehabilitation

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Guest Director



### Dr. Castillo Martín, Juan Ignacio

- ♦ Head of the Physical Medicine and Rehabilitation Department at the Hospital Universitario 12 de Octubre
- ♦ Physician specializing in Physical Medicine and Rehabilitation at the Ruber Juan Bravo Hospital Complex
- ♦ Rehabilitation Physician at the Traffic Accidents Unit of the Ruber Juan Bravo Hospital Complex
- ♦ Rehabilitation Physician at Hospital Recoletas Cuenca
- ♦ Coordinator in the continuing education of the Spanish Society of Cardiology in Exercise Test with Oxygen Consumption of Oxygen
- ♦ Associate Professor at UCM, School of Medicine
- ♦ Teaching coordinator in continuing education courses of the Consejería de Sanidad de Comunidad de Madrid: Tertiary prevention in chronic cardiac patients. Cardiac Rehabilitation
- ♦ Degree in Medicine and Surgery. University of Salamanca
- ♦ Master's Degree in Cardiac Rehabilitation. SEC-UNED
- ♦ Master in and Disability Assessment UAM
- ♦ Master in Child Disability. UCM
- ♦ PhD in Neuroscience. University of Salamanca
- ♦ Member of the Spanish Society of Cardiology

## Management



### **Dr. García Fontalba, Irene**

- Manager and Physiotherapist in Cal Moure'S
- Member of the Girona Territorial Section of the Association of Physiotherapists of Catalunya
- Creator of the blog "fisios y otras historias"
- Coordinator of the social networks group of professionals for health promotion in Girona
- More than ten years working in geriatric pathology and processes involving pain at home and in private practice

## Professors

### Dr. Soto Bagaria, Luis

- ♦ Physiotherapist Researcher at Vall d'Hebron Research Institute
- ♦ Physiotherapist and researcher at Parc Sanitari Pere Virgili
- ♦ Physiotherapist and Collaborator in the R & D department, SARquavita
- ♦ Responsible researcher at Mapfre Quavita for the Doctorate in Public Health and Research Methodology
- ♦ Master's Degree in Neuromusculoskeletal Physiotherapy
- ♦ Master in Clinical Research. International University of Catalunya
- ♦ Member of the aging, frailty and transitions research team at Re-Fit BCN

### Dr. Gil Gracia, Samuel

- ♦ Physiotherapist and Osteopath
- ♦ Physiotherapist and Osteopath in free practice in Béziers
- ♦ Physiotherapist. Iriteb Center c/Dos de Mayo in Badalona
- ♦ Member of: the Spanish Society of Physiotherapy and Pain SEFID, Society Physiotherapy without a Network
- ♦ Author of the videoblog Soy Paciente de Samu, a channel of divulgation on physiotherapy
- ♦ Specializing in Musculoskeletal Pain
- ♦ Master in Osteopathy Escoles Universitaries Gimbernat
- ♦ Diploma in Physiotherapy at the Escoles Universitaries Gimbernat



**Dr. Jimenez Hernández, Daniel**

- ♦ Expert in Physiotherapy and Education
- ♦ Physiotherapist
- ♦ Trainer of PCA professionals
- ♦ Professor at the Central University of Catalunya
- ♦ D. in Education from the Central University of Catalunya
- ♦ Official Master's Degree in Inclusive Education. Central University of Catalunya
- ♦ Diploma in Physiotherapy Gimbernat University School, EUG-UAB
- ♦ Member of the research group of attention to diversity and Mental Health and Social Innovation of the UVic

**Dr. Gómez Orta, Roger**

- ♦ Physiotherapist and Orthopedic Technician at Qvitec Centre D' Ajudes Tècniques
- ♦ Co-founder of Qvitec
- ♦ Responsible for the seating and positioning clinic service at Qvitec
- ♦ Specialist and trainer in patient management of Handicare products in Spain
- ♦ Diploma in Physiotherapy, EUIF Blanquerna

**Dr. Blesa Esteban, Irene**

- ♦ Resident Intern. 12 de Octubre Hospital
- ♦ Expert in musculoskeletal ultrasonography
- ♦ Graduate from the Faculty of Medicine of the Universidad Autónoma de Madrid.
- ♦ Course on Neuropathic Pain Management for Medicine
- ♦ Course on Evaluation and prescription of therapeutic exercise
- ♦ Course in Life Support for Residents
- ♦ Supervision of doctoral thesis: Diagnosis of congenital heart disease in the first trimester of pregnancy ultrasound

### **Dr. Hernandez Espinosa, Joaquín**

- ♦ Specialist in Respiratory Physiotherapy
- ♦ Director of Residential Center Hotel Senior Citizens Pineda
- ♦ Postgraduate in Respiratory Physiotherapy. Autonomous University of Barcelona
- ♦ Ethical Care Consultant at Fundacio Vella Terra
- ♦ Address Emergency equipment COVID 19 at Fremap Gent Gran
- ♦ Graduate in Physiotherapy at University School of Physiotherapy Gimbernat, Cantabria
- ♦ Diploma in Physiotherapy Universidad Autónoma de Barcelona
- ♦ Member of the Ethics Committee L'Onada Serveis

### **Dr. Buldón Olalla, Alejandro**

- ♦ Expert in Physiotherapy of Physical Activity and Sport. Rey Juan Carlos University
- ♦ Physiotherapist in the Amavir group and in home care for the elderly
- ♦ Creator of Fisioconectados.com blog
- ♦ Diploma in Physiotherapy Universidad Rey Juan Carlos
- ♦ Master's Degree in Social Networks and Digital Learning

### **Dr. González García, María Dolores**

- ♦ Specialist in Physical Medicine and Rehabilitation
- ♦ Head of the Neurological Rehabilitation Service. 12 Octubre Hospital, Madrid
- ♦ Area Specialist Physician, Doce de Octubre Hospital, Madrid
- ♦ Degree in Medicine and Surgery by the University of Alcalá. Alcalá de Henares, Madrid
- ♦ Specialization in Physical Medicine and Rehabilitation as Resident Medical Intern ( MIR ) at the Rehabilitation Service of the Hospital Universitario 12 de Octubre in Madrid

### **Dr. Díaz Zamudio, Delia**

- ♦ Specialist in Rehabilitation and Physical Medicine
- ♦ Resident Intern of Rehabilitation and Physical Medicine in the Rehabilitation Service of the University Hospital 12 de Octubre
- ♦ Assistant specialist in the Rehabilitation Service of the 12 de Octubre University Hospital
- ♦ Honorary Collaborator of the Department of Physical Medicine and Rehabilitation and Hydrology at the Hospital 12 de Octubre
- ♦ Degree in Medicine and Surgery. Faculty of Medicine. University of Seville
- ♦ Rehabilitation and Physical Medicine Specialist, Rehabilitation Service, University Hospital of Denia
- ♦ Rehabilitation and Physical Medicine Specialist, Rehabilitation Service of the University Hospital Alto Deba, Mondragón

### **Dr. Cuesta Gascón, Joel**

- ♦ Doctor in Physiotherapy and Rehabilitation. La Paz University Hospital, Madrid
- ♦ Doctor in Physiotherapy and Rehabilitation. Medical and Rehabilitation Center Dr. Rozalén, Madrid
- ♦ Resident of Physical Medicine and Rehabilitation at the University Hospital 12 de Octubre,
- ♦ Rehabilitation Physician at Medicine Repair
- ♦ Teacher of the Specialization Course in Neuropathic Pain at La Princesa Hospital
- ♦ Organizer and speaker at the conference Nos vemos en el 12 and fundamentals and physiology of sport
- ♦ Speaker at the AMIR 2020 postMIR Academy Conference on the specialty of Physical Medicine and Rehabilitation
- ♦ Master's Degree in Clinical Medicine, Francisco de Vitoria University
- ♦ Graduate in Medicine from the Camilo José Cela University Expert in Musculoskeletal Ultrasonography

**Dr. Pino Giráldez, Mercedes**

- ♦ Specialist in Physical Medicine and Rehabilitation
- ♦ Assistant Rehabilitation Physician at Hospital Universitario 12 de Octubre, Madrid
- ♦ Specialist in Physical Medicine and Rehabilitation, University Hospital of Guadalajara
- ♦ Assistant Rehabilitation Physician at Rey Juan Carlos I Hospital, Madrid
- ♦ Assistant Rehabilitation Physician at Torrejón de Ardoz Hospital
- ♦ Adjunct Rehabilitation Physician at Hospital Universitario de Guadalajara
- ♦ Medical Rehabilitation Specialist at the Jiménez Díaz Foundation Hospital
- ♦ Degree in Medicine and Surgery from the University of Alcalá de Henares
- ♦ Specialist in Childhood Disability by Complutense University of Madrid
- ♦ MIR Physical Medicine and Rehabilitation

**Dr. Jiménez, Henar**

- ♦ Specialist in Physiotherapy and Sports Rehabilitation
- ♦ Resident Intern. 12 de Octubre University Hospital, Madrid
- ♦ Degree in Medicine
- ♦ Expert in Physiotherapy and Sports Readaptation at the International University Isabel I of Castile
- ♦ Course on the Safe Use of Medication in the Madrid Health Service

**Dr. García, Sofía**

- ♦ Specialist in Physical Medicine and Rehabilitation in the Madrid Health Service
- ♦ Specialist in Physical Medicine and Rehabilitation at the Children's Rehabilitation Unit of the Hospital Universitario 12 de Octubre, Madrid
- ♦ Physician Specialist in Physical Medicine and Rehabilitation at the Language Rehabilitation Center
- ♦ Medical Specialist in the Pelvic Floor Unit of the Hospital Universitario 12 de Octubre
- ♦ Cardiac Rehabilitation Specialist at the Cardiac Rehabilitation Unit of the 12 Octubre University Hospital
- ♦ Specialist Physician of the Facial Paralysis and Neurorehabilitation Unit at the Hospital Universitario La Paz
- ♦ Medical Specialist of the Neurorehabilitation Unit at the Hospital Universitario 12 de Octubre
- ♦ Respiratory Rehabilitation Specialist at the Hospital General Universitario Gregorio Marañón
- ♦ Spinal Cord Injury Rehabilitation Specialist at the National Hospital of Paraplegics (Hospital Nacional de Paraplégicos)
- ♦ Degree in Medicine from the San Pablo University School of Medicine
- ♦ Master's Degree in Musculoskeletal Ultrasound and Echoguided Interventional Ultrasound at Universidad San Pablo

# 06

## Educational Plan

The syllabus of this program has been designed following the requirements of the group of experts in charge of teaching contents. This way, the curriculum includes all aspects that a specialist in Geriatric Physiotherapy should know. In this sense, students will be able to evaluate, diagnose and provide treatment to older adults who come to their office. It will also guarantee approach individuality to ensure comprehensive care, making this the differentiating agent from the rest of its peers.







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*Through this excellent syllabus, you will acquire the most updated theoretical knowledge on the market in Geriatric Physiotherapy"*

## Module 1. Clinical Reasoning in Physiogeriatrics

- 1.1. Past, Present and Future of Physiotherapy in Geriatrics
  - 1.1.1. Brief History of Physiotherapy
    - 1.1.1.1. Origin of physiotherapy beyond our borders
    - 1.1.1.2. Origin of Physiotherapy in Spain
    - 1.1.1.3. Conclusions
  - 1.1.2. Current Situation of Physiotherapy in Geriatrics
  - 1.1.3. Future of Physiotherapy in Geriatrics
    - 1.1.3.1. Physiotherapy and New Technologies
- 1.2. Active ageing
  - 1.2.1. Introduction
  - 1.2.2. Concept of Active Aging
  - 1.2.3. Classification
  - 1.2.4. Active Aging from the Patients Point of View
  - 1.2.5. Role of the physiotherapist in active aging programs
  - 1.2.6. Example of Intervention
- 1.3. Physiotherapy in Geriatrics and Context of Action
  - 1.3.1. Introduction and Definitions
  - 1.3.2. Fields of Action
    - 1.3.2.1. Residential Centers
    - 1.3.2.2. Socio-sanitary
    - 1.3.2.3. Primary Care
    - 1.3.2.4. Physiotherapy in Palliative Care Units
  - 1.3.3. Future Areas in Physiogeriatrics
    - 1.3.3.1. New Technologies
    - 1.3.3.2. Physiotherapy and Architecture
  - 1.3.4. Interdisciplinary Teams in Geriatrics
    - 1.3.4.1. Multidisciplinary or Interdisciplinary Teams?
    - 1.3.4.2. Composition and Functioning of the Interdisciplinary Team
    - 1.3.4.3. Main Functions within the Interdisciplinary Team

- 1.4. Differential diagnosis and alarm signs and symptoms: red and yellow flags in geriatrics. Differential diagnosis. Red and Yellow Flags
  - 1.4.1. Introduction and Definitions
    - 1.4.1.1. Differential Diagnosis
    - 1.4.1.2. Diagnosis in Physiotherapy
    - 1.4.1.3. Geriatric Syndromes
    - 1.4.1.4. Red and Yellow Flags
  - 1.4.2. Most Common Red Flags in Clinical Practice
    - 1.4.2.1. Urinary Infection
    - 1.4.2.2. Oncologic Pathology
    - 1.4.2.3. Heart Failure
    - 1.4.2.4. Fractures
- 1.5. Pharmacology, Effects on the Neuromusculoskeletal System
  - 1.5.1. Introduction
    - 1.5.1.1. Drugs Influencing Gait
  - 1.5.2. Drugs and Risk of Falls
- 1.6. Approach to the Physical Therapy Session in Geriatrics
  - 1.6.1. Examen y valoración fisioterápica del paciente geriátrico
    - 1.6.1.1. Assessment Components
    - 1.6.1.2. Most Commonly Used Scales and Tests
  - 1.6.2. Determination of Treatment Objectives
  - 1.6.3. Organización de la sesión de tratamiento
  - 1.6.4. Organización del trabajo propio del fisioterapeuta
  - 1.6.5. Treatment Follow-up in the Elderly Patient

## Module 2. Person-Centered Care (PCA). A Look from Physiotherapy

- 2.1. Definition, Concepts and Basic Principles
  - 2.1.1. Decalogue of People-Centered Care
    - 2.1.1.1. What is and What is Not ACP? Its Principles
    - 2.1.1.2. Clarifying Concepts. Glossary of Terms
  - 2.1.2. Origin and Conceptual Basis of PCA
    - 2.1.2.1. References from Psychology
    - 2.1.2.2. Referents from Social Intervention
    - 2.1.2.3. Quality of Life Benchmarks



- 2.1.2.4. References from the Study of Disability
- 2.1.2.5. Civil Rights Referents from the Civil Rights of Individuals
- 2.1.2.6. Referrals from Gerontological Resources
- 2.1.2.7. Legal and Regulatory Aspects
- 2.2. The PCA Model
  - 2.2.1. Paradigm and Intervention Model
- 2.3. Good Practices in PCA
  - 2.3.1. Definition and Concept of BBPP
  - 2.3.2. Areas of Good Practices
  - 2.3.3. "Good Practice", the Path to Good Practice
  - 2.3.4. Key Good Practices
- 2.4. The Process of Transformation from a Service Model to a PCA Model
  - 2.4.1. How to Build an Apprenticeship
  - 2.4.2. Transformation of Services
  - 2.4.3. Transformation of People
- 2.5. Provision of Physical Therapy Services in an ACP Model
  - 2.5.1. Person-Centered Physiotherapy vs. Individualized Physiotherapy
  - 2.5.2. Epistemology of People-Centered Physiotherapy
- 2.6. Stocks
  - 2.6.1. Introduction
  - 2.6.2. Stocks
    - 2.6.2.1. The Reception of the Physiotherapist
    - 2.6.2.2. Assessment and Evaluation Processes
    - 2.6.2.3. The Intervention
    - 2.6.2.4. Interrelationship With Co-Workers
    - 2.6.2.5. Interrelation with the Physical Environment
    - 2.6.2.6. Interrelation with the Community

### Module 3. Understanding Fragility

- 3.1. Integral Vision of Fragility
  - 3.1.1. Introduction
  - 3.1.2. Definitions of Fragility
  - 3.1.3. Pathophysiological Bases of Frailty
    - 3.1.3.1. Activation of Inflammation and Coagulation Processes
    - 3.1.3.2. Comorbidity
    - 3.1.3.3. Malnutrition and Sarcopenia
  - 3.1.4. Frailty as a Syndrome
  - 3.1.5. Interventions and Models of Care
- 3.2. Tools for Comprehensive Geriatric Assessment of Frailty
  - 3.2.1. Introduction
  - 3.2.2. Comprehensive Geriatric Assessment
  - 3.2.3. Frailty Assessment Scales
  - 3.2.4. Conclusions
  - 3.2.5. Learning Points
- 3.3. Assessment of Frailty in Physiotherapy
  - 3.3.1. Initial Interview
  - 3.3.2. Highlighted Tests
    - 3.3.2.1. Specific Tests for Frailty
    - 3.3.2.2. Fall Risk Test
    - 3.3.2.3. Dual Tasks
    - 3.3.2.4. Strength Test
    - 3.3.2.5. Cardiopulmonary Capacity Test
    - 3.3.2.6. Functional Tests
  - 3.3.3. Parameter Calculation
  - 3.3.4. Summary
- 3.4. Exercise Prescription
  - 3.4.1. General Aspects
  - 3.4.2. Individual Exercise Prescription
    - 3.4.2.1. Heating
    - 3.4.2.2. Strength/Power
    - 3.4.2.3. Balance
    - 3.4.2.4. Aerobic Endurance
    - 3.4.2.5. Stretching
  - 3.4.3. Group Dynamics in the Frail or Pre-frail Patient
    - 3.4.3.1. Heating
  - 3.4.4. Summary
- 3.5. Therapeutic Adherence in the Prescription of Physical Activity
  - 3.5.1. Factors of Non-Adherence.
    - 3.5.1.1. Socioeconomic factors
    - 3.5.1.2. Health System or Care
    - 3.5.1.3. Disease
    - 3.5.1.4. Treatment
    - 3.5.1.5. Patients
  - 3.5.2. Adherence Strategies
    - 3.5.2.1. ICT
  - 3.5.3. Summary
- 3.6. Assessment of Frailty in Physiotherapy
  - 3.6.1. Define the risk factors for falls.
  - 3.6.2. Diagnosis of Falls
    - 3.6.2.1. Specific Fall Risk Diagnostic Tests
  - 3.6.3. Consequences of Falls
  - 3.6.4. Containment to Prevent Falls
    - 3.6.4.1. Side Effects of Containment
    - 3.6.4.2. Adapted Containment
    - 3.6.4.3. Environmental and Verbal Restraints
    - 3.6.4.4. Types of Containments
  - 3.6.5. Post-Fall Treatment
  - 3.6.6. Summary
- 3.7. Care Transitions
  - 3.7.1. Justification of Programs in Transitions
  - 3.7.2. Limitations in Care Transitions
  - 3.7.3. What Are We Talking About When We Talk About Care Transitions?
  - 3.7.4. An example of "prealta service": transition coaches
  - 3.7.5. Nursing Frailty Assessment at Discharge
    - 3.7.5.1. Communication Techniques
    - 3.7.5.2. Motivational Interview
    - 3.7.5.3. Person-Centered Care; Health Goals for the Elderly

**Module 4.** Approach from the physiotherapy of the person affected by cognitive impairment

- 4.1. Introduction to Cognitive Impairment
  - 4.1.1. Cognitive Impairment
    - 4.1.1.1. Definition and Epidemiology
    - 4.1.1.2. Risk Factors
    - 4.1.1.3. Diagnosis
    - 4.1.1.4. Treatment
      - 4.1.1.4.1. Non-Pharmacological Treatment
      - 4.1.1.4.2. Pharmacological Treatment.
  - 4.1.2. Dementia
    - 4.1.2.1. Epidemiology
    - 4.1.2.2. Pathogenesis and Risk Factors
    - 4.1.2.3. Clinical Manifestations
    - 4.1.2.4. Evolution
    - 4.1.2.5. Diagnosis
    - 4.1.2.6. Differential Diagnosis
      - 4.1.2.6.1. Mild Cognitive Impairment: Already Explained Previously
      - 4.1.2.6.2. Acute Confusional Syndrome or Delirium
      - 4.1.2.6.3. Subjective Memory Complaints and AMAE (Age-Related Memory Impairment)
      - 4.1.2.6.4. Affective Disorders-Depression-Depressive Pseudodepressive Dementia
    - 4.1.2.7. Severity of Dementia
    - 4.1.2.8. Treatment
      - 4.1.2.8.1. Non-Pharmacological Treatment
      - 4.1.2.8.2. Pharmacological Treatment.
    - 4.1.2.9. Comorbidity-Mortality
- 4.2. Types of Cognitive Impairment: Possible Classifications
  - 4.2.1. Utility of the Cognitive Impairment Classification
  - 4.2.2. Types of Classification
    - 4.2.2.1. By Degree of Affectation
    - 4.2.2.2. By Evolution Course
    - 4.2.2.3. By Age of Presentation
    - 4.2.2.4. By Clinical Syndrome
    - 4.2.2.5. By Etiology
- 4.3. Causes and Effects of Cognitive Impairment
  - 4.3.1. Introduction
  - 4.3.2. Risk Factors for Cognitive Impairment
  - 4.3.3. Causes of Cognitive Impairment
    - 4.3.3.1. Primary Neurodegenerative Etiology
    - 4.3.3.2. Vascular Etiology
    - 4.3.3.3. Other Etiologies
  - 4.3.4. Effects of Cognitive Impairment
    - 4.3.4.1. Inattention and Lack of Concentration
    - 4.3.4.2. Memory Impairment
    - 4.3.4.3. Language Impairment
    - 4.3.4.4. Apraxia
    - 4.3.4.5. Agnosias
    - 4.3.4.6. Executive Function Disorders
    - 4.3.4.7. Alteration of Visuospatial Functions
    - 4.3.4.8. Behavioral Alteration
    - 4.3.4.9. Alteration of Perception
  - 4.3.5. Conclusions
- 4.4. Individual and Group Physical Therapy Approach.
  - 4.4.1. Physiotherapy and Dementia
  - 4.4.2. Physical Therapy Assessment
  - 4.4.3. Therapeutic Objectives
  - 4.4.4. Therapeutic Interventions from Physiotherapy
    - 4.4.4.1. Physical exercise
    - 4.4.4.2. Individual Therapy
    - 4.4.4.3. Group Therapy
    - 4.4.4.4. Physiotherapy According to the Stages of Cognitive Impairment
    - 4.4.4.5. Alteration of Balance and Gait
  - 4.4.5. Adherence to Treatment-Family
- 4.5. Tools to Connect
  - 4.5.1. Introduction
  - 4.5.2. Difficulties Encountered with Disoriented and/or Disconnected Users
  - 4.5.3. How to Access the Disoriented and/or Disconnected User
    - 4.5.3.1. Music as a Tool for Working with People with Dementia
      - 4.5.3.1.1. Application of Music in People Affected by Dementia

- 4.5.3.2. Animal Assisted Therapy (AAT)
  - 4.5.3.2.1. Application of TAA in People Affected by Dementia
  - 4.5.3.2.2. Structure of Sessions
  - 4.5.3.2.3. Materials
  - 4.5.3.2.4. The Dog
  - 4.5.3.2.5. Examples of AAR Application
- 4.5.3.3. Yoga and Mindfulness
  - 4.5.3.3.1. Yoga
  - 4.5.3.3.2. Mindfulness
  - 4.5.3.3.3. Mindfulness application
- 4.6. Basal Stimulation
  - 4.6.1. Origin of Basal Stimulation
  - 4.6.2. Definition of Basal Stimulation
  - 4.6.3. Indications of Basal Stimulation
  - 4.6.4. Basic principals of Basal Stimulation
    - 4.6.4.1. Advantages of Basal Stimulation
  - 4.6.5. Basic Needs
    - 4.6.5.1. Requirements of Basal Stimulation
    - 4.6.5.2. Basic Areas of Perception
  - 4.6.6. Body Identity and Environment
  - 4.6.7. Global
    - 4.6.7.1. Communication.
- 4.7. Sharing of Knowledge, Interdisciplinary Approach to the Affected Person
  - 4.7.1. Introduction
  - 4.7.2. Biopsychosocial Model as a Reference
  - 4.7.3. Multidisciplinarity and Interdisciplinarity
  - 4.7.4. Areas of Intervention. Levels of Care
    - 4.7.4.1. Primary Care
    - 4.7.4.2. Specialized Care
    - 4.7.4.3. Socio-Health Care ASS
    - 4.7.4.4. Other Professionals
  - 4.7.5. Integrative Health. A Holistic View
  - 4.7.6. Community Intervention
  - 4.7.7. Conclusions

## Module 5. Pain and aging, update according to current scientific evidence

- 5.1. Anatomy and Physiology of Pain Transmission
  - 5.1.1. Peripheral Elements
  - 5.1.2. Nociceptors
  - 5.1.3. Nociceptor Depolarization
  - 5.1.4. Peripheral Sensitization of Nociceptors
- 5.2. Types of Pain
  - 5.2.1. Introduction
  - 5.2.2. Temporal
    - 5.2.2.1. Acute Pain
    - 5.2.2.2. Chronic Pain
- 5.3. Pain and Aging
  - 5.3.1. Aging
  - 5.3.2. Characteristics of Aging
  - 5.3.3. Prevalence
  - 5.3.4. Physiological Changes of Aging
  - 5.3.5. Physical and Neurological Changes with Impact on Pain Chronification
    - 5.3.5.1. Differences in Pain Perception
    - 5.3.5.2. Increased Chronic Inflammation in Aging
    - 5.3.5.3. Disruption of the Circadian Cycle in Aging
    - 5.3.5.4. Neurodegeneration and Implications for Learning
    - 5.3.5.5. Elderly Depression
    - 5.3.5.6. Sedentary Lifestyle and Frailty in the Elderly
    - 5.3.5.7. Under-Recognized and Under-Treated Pain
- 5.4. Pain Syndromes in Geriatrics
  - 5.4.1. Introduction
  - 5.4.2. Cervical Osteoarthritis
  - 5.4.3. Occipital Neuralgia
  - 5.4.4. Cervicogenic Dizziness
  - 5.4.5. Vertebral Fracture due to Osteoporosis
  - 5.4.6. Lumbar Osteoarthritis and Facet Syndrome
  - 5.4.7. Central Canal Stenosis in the Lumbar Spine
  - 5.4.8. Hip Osteoarthritis
  - 5.4.9. Shoulder Rotator Cuff Rupture
  - 5.4.10. Knee Osteoarthritis

- 5.5. Pain Assessment
- 5.6. Pharmacological Treatment of Pain in the Geriatric Patient
  - 5.6.1. Drugs for Pain
  - 5.6.2. Aines
  - 5.6.3. Coxibs
  - 5.6.4. Paracetamol
  - 5.6.5. Metamizole
  - 5.6.6. Opioid Drugs
  - 5.6.7. Phytotherapy.
  - 5.6.8. Adjuvant Drugs
- 5.7. Physiotherapeutic treatment in the geriatric patient

## Module 6. Updating in support devices for the autonomy of people

- 6.1. Support Product Definition
  - 6.1.1. Framework and Definition of Supporting Product
    - 6.1.1.1. ISO 9999
    - 6.1.1.2. EASTIN
  - 6.1.2. What characteristics must each support product (P.S.) comply with?
  - 6.1.3. Success in Optimal Product Support Advice
- 6.2. Updating of the Different Assistive Devices for the Activities of Daily Living
  - 6.2.1. Facilitating Devices for Feeding
  - 6.2.2. Dressing Aids
  - 6.2.3. Facilitating Devices for Hygiene and Personal Care
- 6.3. Update on Different Pressure-Dissipating Devices for Pressure Ulcer Prevention
  - 6.3.1. Sitting
  - 6.3.2. Supine position
  - 6.3.3. Pressure Blanket Evaluation System
- 6.4. Transfers
  - 6.4.1. Transfers and Mobilizations
    - 6.4.1.1. Common Errors
    - 6.4.1.2. Basic Guidelines for the Correct Use of the Different Devices
  - 6.4.2. Device Upgrades
- 6.5. Novelties in different devices designed to facilitate mobility and proper positioning
  - 6.5.1. General Framework
  - 6.5.2. Mobility Devices in Geriatrics
    - 6.5.2.1. Tilting Chair
    - 6.5.2.2. Scooter
    - 6.5.2.3. Electronic Driving Wheelchair
    - 6.5.2.4. Relocation Assistance
    - 6.5.2.5. Rear Walker
  - 6.5.3. Positioning Devices in Geriatrics
    - 6.5.3.1. Backups
    - 6.5.3.2. Headrest
- 6.6. Personalized Devices for the Control of Wanderers, plesioassistance
  - 6.6.1. Definition of Plesioassistance or Control of Wanderers
  - 6.6.2. Differences between Plesioassistance and Telecare
  - 6.6.3. Objectives of Plesioassistance or Control of Wanderers
  - 6.6.4. Components of the Plesioassistance Devices
  - 6.6.5. Simple Wanderer Control Devices for Home Environments
  - 6.6.6. Adaptation of the Environment to Facilitate the Wanderer's Orientation
  - 6.6.7. Summary
- 6.7. Support Products for Recreation, Taking Advantage of Current Technologies
- 6.8. Upgrading of Accessibility Support Products and Architectural Barrier Removal Products
  - 6.8.1. Framework for the Abolition of Architectural Barriers and Universal Access to Housing
  - 6.8.2. Support Products for the Removal of Architectural Barriers in the Living Environment
    - 6.8.2.1. Ramps
    - 6.8.2.2. Lift Chairs
    - 6.8.2.3. Inclined Elevated Platform
    - 6.8.2.4. CEU Crane
    - 6.8.2.5. Short Travel Ladder Platform
    - 6.8.2.6. Lifting Platform
    - 6.8.2.7. Stair Climbing Devices
    - 6.8.2.8. Convertible Ladder

**Module 7. Physiotherapy in traumatology, neurology, pelvic floor and respiratory disorders in the elderly**

- 7.1. Physiotherapy in Fractures and Dislocations in the Elderly
  - 7.1.1. Fractures in the Elderly
    - 7.1.1.1. General Concepts of Fractures
    - 7.1.1.2. Main fractures in the elderly and their physiotherapeutic treatment
    - 7.1.1.3. Most Frequent-Surgical Complications
  - 7.1.2. Dislocation in the Elderly
    - 7.1.2.1. Introduction and Immediate Handling
    - 7.1.2.2. Main Dislocation in the Elderly and their Physiotherapeutic Treatment
    - 7.1.2.3. Most Frequent-Surgical Complications
- 7.2. Physiotherapy in Hip, Knee and Shoulder Arthroplasty
  - 7.2.1. Arthrosis
  - 7.2.2. Rheumatoid Arthritis
  - 7.2.3. Physiotherapy in Hip Arthroplasty
  - 7.2.4. Physiotherapy in the Preoperative Phase
  - 7.2.5. Physiotherapy in the Preoperative Phase
  - 7.2.6. Physiotherapy in Knee Arthroplasty
  - 7.2.7. Physiotherapy in the Preoperative Phase
  - 7.2.8. Fast-track in Hip and Knee Arthroplasty
  - 7.2.9. Physiotherapy in Shoulder Arthroplasty
  - 7.2.10. Anatomic Total Shoulder Arthroplasty
- 7.3. Physiotherapy in Amputees
  - 7.3.1. Multidisciplinary Team in the Amputee Patient
  - 7.3.2. Importance of Prosthetic Knowledge
  - 7.3.3. Evaluation of the Amputee Patient
  - 7.3.4. The Physiotherapist in the Prosthetic Rehabilitation Program
    - 7.3.4.1. Perioperative Phase
    - 7.3.4.2. Pre-Prosthetic Phase
  - 7.3.5. Patient Education
  - 7.3.6. Long-Term Management of the Amputee Patient
- 7.4. Physiotherapeutic Approach to Acute, Subacute and Chronic Stroke Patients
  - 7.4.1. Definition, Classification, Early Detection and Initial Hospital Management
  - 7.4.2. Guiding Principles in Neurophysiotherapy
  - 7.4.3. Outcome Measurement Scales after Stroke
  - 7.4.4. Assessment and Physiotherapeutic Treatment According to the Evolutionary Stage of the Disease
    - 7.4.4.1. Acute Phase
    - 7.4.4.2. Subacute Phase
    - 7.4.4.3. Chronic Phase
  - 7.4.5. Management of Frequent Complications
    - 7.4.5.1. Spasticity
    - 7.4.5.2. Contractures
    - 7.4.5.3. Shoulder Pain and Subluxation
    - 7.4.5.4. Falls
    - 7.4.5.5. Fatigue
    - 7.4.5.6. Other Fundamental Problems: Cognitive, Visual, Communicative, Swallowing, Continence, etc.
  - 7.4.6. Beyond Rehabilitation discharge
- 7.5. New trends in physiotherapy for Parkinson's disease patients
  - 7.5.1. Definition, Epidemiology, Pathophysiology and Diagnosis of PD
  - 7.5.2. Global Management of the Person with PD
  - 7.5.3. History of Physical Therapy and Physical Examination
  - 7.5.4. Goal Setting in People with PD
  - 7.5.5. Physiotherapy Treatment in PD
  - 7.5.6. Falls in PD, Towards a New Approach Model?
  - 7.5.7. Self-Management and Information for Caregivers
- 7.6. Urinary Incontinence and Chronic Urinary Retention
  - 7.6.1. Definition of Urinary Incontinence
  - 7.6.2. Types of Urinary Incontinence
    - 7.6.2.1. Clinical Classification
    - 7.6.2.2. Urodynamic Classification
  - 7.6.3. Therapeutics of Urinary Incontinence and Overactive Bladder
  - 7.6.4. Urinary Retention
  - 7.6.5. Physiotherapy in Urinary Incontinence and Chronic Urinary Retention



- 7.7. Respiratory Physiotherapy in COPD
  - 7.7.1. Definition, Etiology, Pathophysiology and Consequences
  - 7.7.2. Diagnosis and Classification
  - 7.7.3. Physiotherapeutic Management of the COPD Patient
    - 7.7.3.1. Treatment in Stable Phase
    - 7.7.3.2. Treatment in Exacerbations
- 7.8. Respiratory Physiotherapy in Neurological Conditions
  - 7.8.1. Introduction
  - 7.8.2. Nervous Disorders Associated with Respiratory Problems
  - 7.8.3. Physiotherapy for Respiratory Problems of Nervous Disorders
  - 7.8.4. Respiratory Warning Signs

## Module 8. Tools for Daily Practice of The Geriatric Physiotherapist

- 8.1. Communication, a Tool for the Success of Physical Therapy Treatment
  - 8.1.1. Introduction
    - 8.1.1.1. The Mirror and the Lamp
  - 8.1.2. Communication in the Framework of the Therapeutic Relationship
    - 8.1.2.1. Definitions
    - 8.1.2.2. Basic Aspects
      - 8.1.2.2.1. Components
      - 8.1.2.2.2. Context
      - 8.1.2.2.3. Impossibility of Not Communicating
  - 8.1.3. Codes in Messages
    - 8.1.3.1. Specific Aspects of Communication with Elderly Patients
    - 8.1.3.2. Main Problems in Communicating with the Elderly
    - 8.1.3.3. Communication with the family
    - 8.1.3.4. The Therapeutic Relationship as a Special Form of Social Interaction
    - 8.1.3.5. Model for Communication Training in Physiotherapy
- 8.2. Bereavement in the Professional
  - 8.2.1. Why Talk About Grief?
  - 8.2.2. What is Dueling?
  - 8.2.3. Is Bereavement a Depression?
  - 8.2.4. How Does It Show Itself in Mourning?
  - 8.2.5. How is a Mourning Process Elaborated?

- 8.2.6. How Will We React to the Loss of a Patient?
- 8.2.7. When Does the Mourning End?
- 8.2.8. What Is a Complicated Duel?
- 8.2.9. When You're the Mourner: First Tools
- 8.2.10. When Someone Else is the Mourner: how to Accompany?
- 8.2.11. When to Ask For Help or Refer to a Psychologist?
- 8.3. Elderly-Centered ICT
  - 8.3.1. ICTs and Health
    - 8.3.1.1. Specific Terminology
      - 8.3.1.1.1. Information and Communication Technologies (ICT)
      - 8.3.1.1.2. (eHealth)
      - 8.3.1.1.3. (mHealth)
      - 8.3.1.1.4. Telemedicine
      - 8.3.1.1.5. Wearables
      - 8.3.1.1.6. Gamification
      - 8.3.1.1.7. (e-Doctor)
      - 8.3.1.1.8. (e-Patient)
      - 8.3.1.1.9. Digital Health
      - 8.3.1.1.10. Digital Divide
      - 8.3.1.1.11. Infoxication
  - 8.3.2. 'e-Physiotherapy' in Geriatrics
    - 8.3.2.1. The Generational Digital Divide
    - 8.3.2.2. Prescription of ICT in Physiotherapy in Geriatrics
  - 8.3.3. ICT Applications in the Context of Physiotherapy in Geriatrics

# 07 Clinical Internship

After passing the online program, students will be prepared to face the practical period in a physiotherapeutic center of excellence. To this end, you will be supported by a tutor who will accompany you throughout the process, both in your preparation and in consultations with patients.





“

*Start your clinical internship in one of the best physiotherapy centers in the country"*

The practical part of this Hybrid Professional Master's Degree consists of a 3-week stay in a prestigious clinical center, from Monday to Friday, with 8 consecutive hours of practical education with an associate specialist. This period will allow you to see real patients alongside a team of professionals of reference in the area of Geriatric Physiotherapy, applying the most innovative therapeutic procedures for each pathology.

In this educational proposal, of a completely practical nature, activities are intended to develop and perfect necessary competencies for the provision of physiotherapeutic care in areas and conditions that require a high level of qualification, and which are oriented to specific qualification for this activity, in a safe environment for the patient and a high professional performance.

It is undoubtedly an opportunity to learn by working in a reference physiotherapy center, where the application of innovative treatments to promote recovery and prevent physical deterioration of the elderly is a crucial element. This is a new way of understanding and integrating health processes, and makes a reference center the ideal teaching scenario for this innovative experience in the improvement of professional competencies.

The practical teaching will be performed with the student's active participation performing activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other classmates that facilitate teamwork and multidisciplinary integration as transversal competences for the practice of geriatric physiotherapy (learning to be and learning to relate).





The procedures described below will form basis of practical part of the program, and their implementation is subject both to patient suitability and to center's availability and workload, with proposed activities being the following:

| Module  | Practical Activity   |
|---|--|
| <b>Understanding Fragility</b>  | Perform updated tests to assess the frailty of different types of patients                                       |
|   | Design an individual and group exercise plan for the frail or pre-frail patient                                  |
|   | Elaborate physiotherapeutic treatment and post-fall follow-up for frail patients                                 |
| <b>Approach from physiotherapy of the person affected by cognitive impairment</b>                       | Perform physiotherapeutic group therapies for patients with cognitive impairment                                 |
|   | Elaborate individualized physiotherapeutic plans for patients with cognitive impairment                          |
|   | Undertake physiotherapeutic work for people with cognitive impairment, using yoga or pilates exercises           |
| <b>Pain and aging, an update on the current scientific evidence</b>                                     | Treating cervical osteoarthritis based on latest scientific evidence for elderly patients                        |
|   | Performing an updated physiotherapeutic treatment for vertebral fracture due to osteoporosis                     |
|   | Develop a state-of-the-art physiotherapy plan for the treatment of shoulder rotator cuff tears                   |
| <b>Updating in Support Devices for the Autonomy of People</b>   | Integrate different assistive devices for activities of daily living into the physiotherapeutic activities       |
|   | Providing assistance to the elderly person using assistive devices to assist in performance of certain exercises |
| <b>Physiotherapy in traumatology, neurology, pelvic floor and respiratory conditions of the elderly</b> | Design the most appropriate exercises for rehabilitation of fractures and dislocations in the elderly patient    |
|   | Undertake physiotherapeutic treatment for the acute, subacute and chronic stroke patient                         |
|   | Adapt exercises and physiotherapeutic techniques to the needs of patients with Parkinson's disease               |

## Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

For this purpose, this educational entity is committed to acquire a liability insurance that covers any eventuality that may arise during the stay.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. This way, the professional will not have to worry in case they have to deal with an unexpected situation and will be covered until the end of the practical program at the center.



## General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

**1. TUTORING:** during the Hybrid Professional Master's Degree the student will be assigned two tutors who will accompany them throughout the process, resolving any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, the student will also be assigned an academic tutor whose mission will be to coordinate and help the student during the whole process, resolving doubts and facilitating everything they may need. This way, the professional will be accompanied at all times and will be able to consult any doubts that may arise, both of a practical and academic nature.

**2. DURATION:** the internship program will have a duration of three continuous weeks of practical training, distributed in 8-hour days and five days a week. Attendance days and schedule will be the center's responsibility, informing the professional duly and in advance, with sufficient time in advance in order to in advance to facilitate their organization.

**3. ABSENCE:** in case of non-attendance on the starting day of the Hybrid Professional Master's Degree, the student will lose the right to the same without the possibility of reimbursement or change of dates. Absence for more than two days from the internship without justified/medical cause will result in the resignation of the internship and, therefore, its automatic termination. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

**4. CERTIFICATION:** the student who passes the Hybrid Professional Master's Degree will receive a certificate accrediting the stay at the center in question.

**5. EMPLOYMENT RELATIONSHIP:** the Hybrid Professional Master Program shall not constitute an employment relationship of any kind.

**6. PRIOR EDUCATION:** some centers may require a certificate of previous studies for the completion of the Hybrid Professional Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

**7. NOT INCLUDED:** the Hybrid Professional Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

# 08

## Where Can I Do the Clinical Internship?

To help its students in their academic and work preparation, TECH has been willing to broaden the horizons of this Internship Program, offering several prestigious international centers, where they will be able to apply all the knowledge learned in the classroom. This is a unique opportunity for the student to continue growing in his area, together with the best physiotherapists specialists in the sector.







“

*Help your patients to keep their bodies active and ensure their autonomy at this stage of their lives thanks to this Semi-Professional Master's Degree"*

The student will be able to do this program at the following centers:



### Clínica Viriato

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Calle Viriato, 29, 28010, Madrid

Clinic specialized in General Medicine, Aesthetic Medicine, Dentistry and Body Rehabilitation.

**Related internship programs:**

- Sports Physiotherapy
- Geriatric Physiotherapy



### Clínica de Fisioterapia Pilates Canal

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Av. Filipinas 44, 28003 Madrid

Physiotherapeutic center specialized in Pilates

**Related internship programs:**

- Geriatric Physiotherapy
- Sports Physiotherapy



### ASPAYM Principado de Asturias

|         |          |
|---------|----------|
| Country | City     |
| Spain   | Asturias |

Address: Av. Roma, 4, 33011 Oviedo, Asturias

National federation dedicated to the physical and mental promotion of patients.

**Related internship programs:**

- Neurological Physiotherapy
- Neurodegenerative Diseases



### ACD Rehabilitación Oviedo

|         |          |
|---------|----------|
| Country | City     |
| Spain   | Asturias |

Address: Av. fundación príncipe de Asturias,2, bajo 33004 Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

**Related internship programs:**

- Physiotherapy in the Approach to Acquired Cerebral Damage
- Geriatric Physiotherapy



### ACD Rehabilitación Gijón

|         |          |
|---------|----------|
| Country | City     |
| Spain   | Asturias |

Address: 4º B., C. Corrida, 59, 33206 Gijón, Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

**Related internship programs:**

- Geriatric Physiotherapy
- Neurological Physiotherapy in Degenerative Diseases



### ACD Rehabilitación Avilés

|         |          |
|---------|----------|
| Country | City     |
| Spain   | Asturias |

Address: C. Pablo Iglesias, Nº 13, Bajo, 33402 Avilés, Asturias

Interdisciplinary rehabilitation center with a cross-disciplinary approach

**Related internship programs:**

- Physiotherapy in the Approach to Acquired Cerebral Damage
- Geriatric Physiotherapy



### Fisioterapia INUA

|         |        |
|---------|--------|
| Country | City   |
| Spain   | Madrid |

Address: Calle Sta. Fe, 6, Local 4, 28224 Pozuelo de Alarcón, Madrid

Physiotherapy, Osteopathy and Rehabilitation Center and Specialized Rehabilitation

**Related internship programs:**

- Prevention, Rehabilitation and Readjustment in Sports Injuries



### Hospital HM Regla

|         |      |
|---------|------|
| Country | City |
| Spain   | León |

Address: Calle Cardenal Landázuri, 2, 24003, León

Network of private clinics, hospitals and specialized centers distributed throughout Spain.

**Related internship programs:**

- Update on Psychiatric Treatment in Minor Patients



### Clínica Montecarlo Torrent

Country: Spain      City: Valencia

Address: ~~Avinguda de l'Edifici Montecarlo, 46900 Torrent, Valencia~~  
Edificio Montecarlo, 46900 Torrent, Valencia

Specialized physiotherapy center

**Related internship programs:**

- Electrotherapy in Physiotherapy
- Sports Physiotherapy




**Physiotherapy**

### Small Hauhghthon Rehab


|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Nicolás San Juan 1319 Col. Del Valle Sur Benito Juárez

Clinic specialized in Sports Medicine and comprehensive care in Physiotherapy

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**Related internship programs:**  
 Geriatric Physiotherapy  
 Sports Physiotherapy



**Physiotherapy**

### Engrama

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | México City |

Address: Martín Mendalde 922, Del Valle Centro, Benito Juárez, CDMX. México

Specialized physiotherapeutic care center with more than 10 years of experience.

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**Related internship programs:**  
 Geriatric Physiotherapy  
 - Electrotherapy in Physiotherapy



**Physiotherapy**

### Physio Sports México


|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Convento del Rosario No. 34, Jardines de Santa Mónica C.P. 54050. Tlalnepantla, Estado de México. México

Avant-garde and innovative Physiotherapy Clinic

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**Related internship programs:**  
 - Electrotherapy in Physiotherapy  
 Sports Physiotherapy



**Physiotherapy**

### Fénix Terapia Física


|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Presidente Masaryk 178 Int. 201 Col. Polanco V Sección. Alc. Miguel Hidalgo C.P. 11560

Multidisciplinary physiotherapeutic center and promotion of bone and muscle health.

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**Related internship programs:**  
 Geriatric Physiotherapy  
 - Electrotherapy in Physiotherapy



**Physiotherapy**

### Athlos Toluca

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Cerro de la Estrella 128 - 29, Xinantécatl, Metepec, Edo. de Méx

Specialized centers for physical and sports rehabilitation

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**Related internship programs:**  
 -Physiotherapy Diagnosis  
 - Electrotherapy in Physiotherapy



Physiotherapy

### Plene Fisis

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Anaxágoras 915, Narvarte Poniente, Benito Juárez, 03100 Ciudad de México, CDMX, México

Physiotherapy Clinic in La Navarte

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Ecatepec

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Plaza Ecatepec, Via Morelos 172, Local C-8, Los Laureles, Ecatepec de Morelos, Méx. Junto a la zona de Comida

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Naucalpan

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Av. Gustavo Baz Prada No. 116, Col. Bosques de Echegaray, Naucalpan de Juárez. Estado de México

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Iztacalco

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Julio García No. 14, Piso 2, San Miguel, Iztacalco, CDMX. Esq. Francisco del Paso y Troncoso

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Tiber

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Río Tiber No. 21, 3er Piso, Col: Cuauhtémoc, Del: Cuauhtémoc, CDMX

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Roma

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Guanajuato 178, 3er Piso. Roma Norte, Cuauhtémoc, CDMX

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Tlalpan

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Calle 3 Num 52, Coapa, Espartaco, Coyoacán, 04870, CDMX

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



Physiotherapy

### Athlos Lindavista

|         |             |
|---------|-------------|
| Country | City        |
| Mexico  | Mexico City |

Address: Sullana 741, Col. Lindavista, Del. G.A.M. CDMX

Specialized centers for physical and sports rehabilitation

- Related internship programs:**
- Physiotherapy Diagnosis
  - Electrotherapy in Physiotherapy



### Madre Teresa Centro de Rehabilitación

Country: Argentina      City: Buenos Aires

Address: Bartolomé Mitre 2450, Avellaneda, Buenos Aires, Argentina

Multidisciplinary Rehabilitation Center specialized in physical and occupational recovery.

**Related internship programs:**  
- Clinical Nutrition in Medicine  
Geriatric Physiotherapy





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*Take advantage of this opportunity to surround yourself with expert professionals and learn from their work methodology”*

09

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







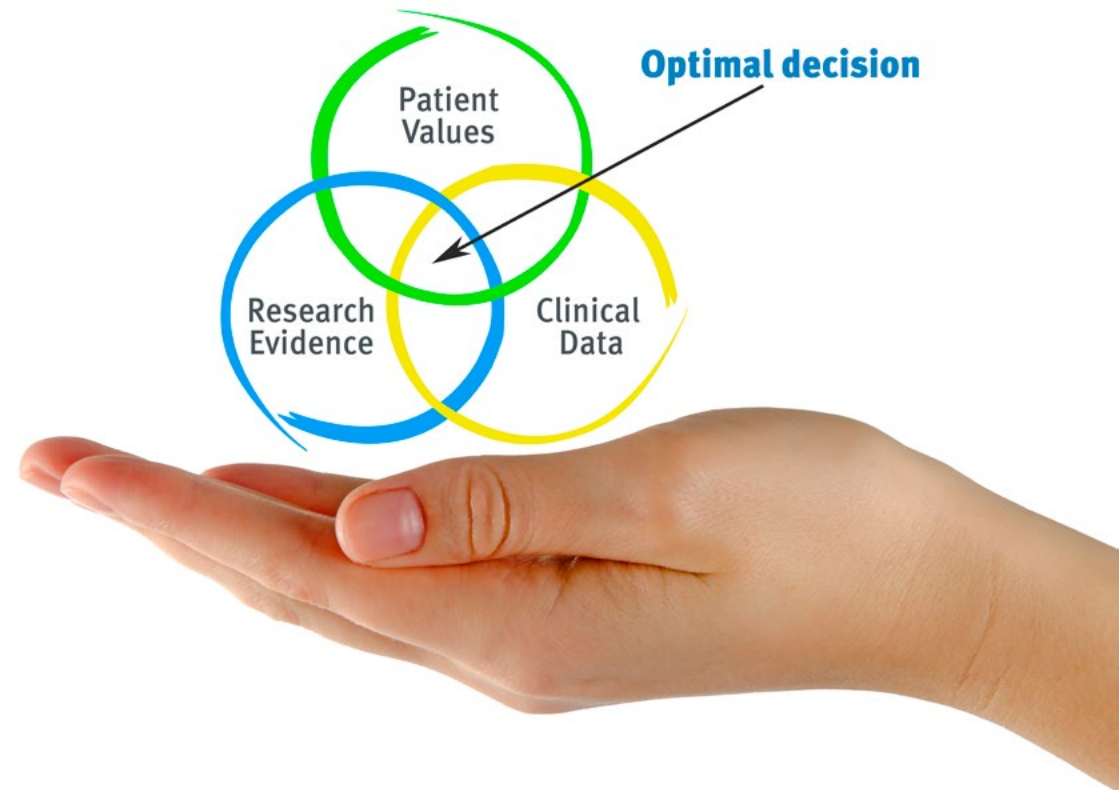
“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions of professional physiotherapy practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Physiotherapists/kinesiologists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the physiotherapist/kinesiologist to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

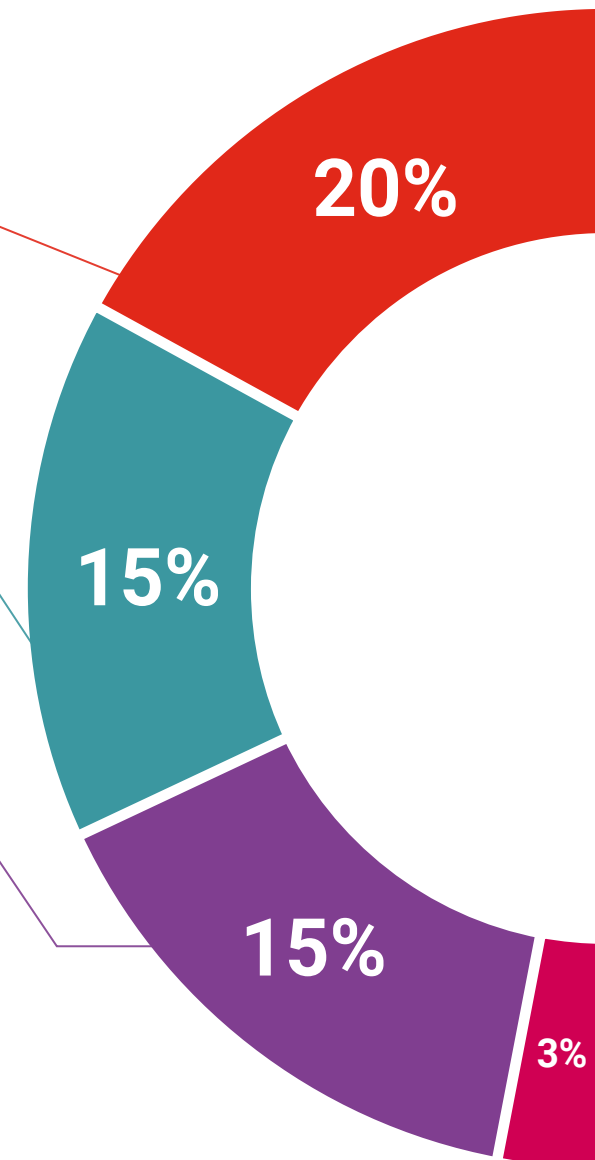
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

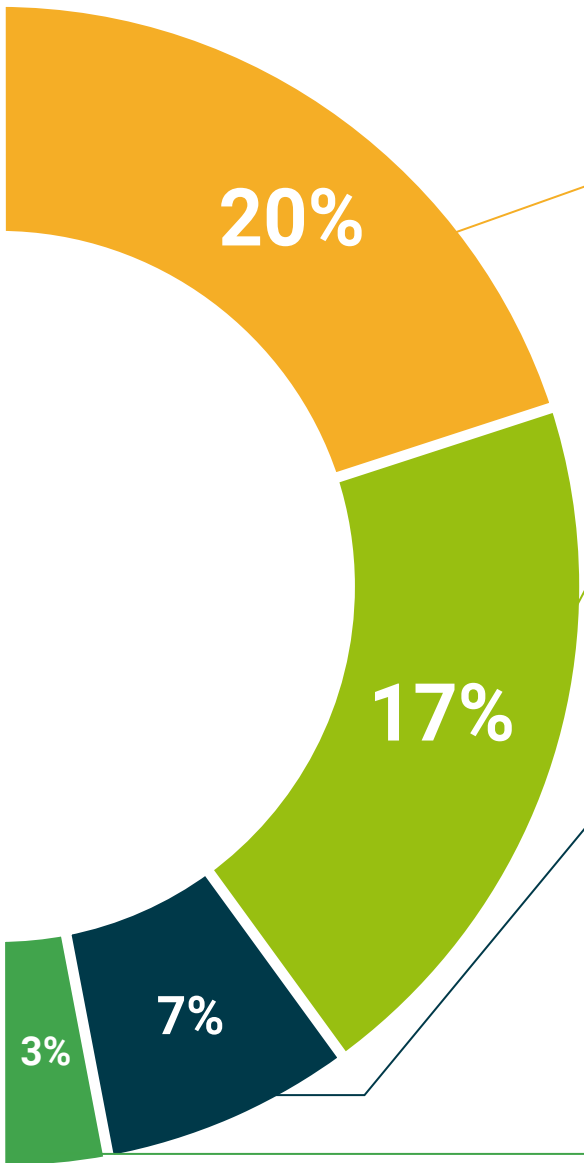
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 10 Certificate

This Hybrid Professional Master's Degree in Geriatric Physical guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree diploma issued by TECH Technological University.





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*Successfully complete this program and receive your university certificate without having to travel or fill out laborious paperwork”*

This **Hybrid Professional Master's Degree in Geriatric Physiotherapy** contains the most complete and up-to-up-dated program on the professional and educational field.

After the student has passed the assessments, they will receive their corresponding Hybrid Professional Master's Degree Certificate issued by TECH Technological University via tracked delivery\*..

In addition to the diploma, you will be able to obtain an academic transcript as well as certificate outlining, the contents of the program. In order to do so students should contact your academic advisor, who will provide them with all the necessary information.

Title: **Hybrid Professional Master's Degree in Geriatric Physiotherapy**

Course Modality: **Hybrid (Online + Clinical Internship)**

Duration: **12 months**

Certificate: **TECH Technological University**

Teaching Hours: **1,620 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



## Hybrid Professional Master's Degree Geriatric Physiotherapy

Course Modality: Hybrid (online + Clinical Internship)

Duration: 12 months.

Certificate: TECH Technological University

Teaching Hours: 1,620 hours.

# Hybrid Professional Master's Degree Geriatric Physiotherapy

