

## **FYPB42, Physiotherapy in Mental Health and Psychiatry, 12 credits**

*Fysioterapi inom området mental hälsa och psykiatri, 12  
högskolepoäng*  
**First Cycle / Grundnivå**

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### **Details of approval**

The syllabus was approved by The Rehabilitation Programmes Board on 2018-04-10 and was last revised on 2020-03-18. The revised syllabus applies from 2020-03-18, spring semester 2020.

### **General Information**

The course is included in the Bachelor's programme in Physiotherapy, 180 credits, and is compulsory for a degree of Bachelor of Science in Physiotherapy. It is included in semester 4 and complies with the provisions of the Higher Education Ordinance (SFS 1993:100 with later amendments).

*Language of instruction:* Swedish

Some course components may be taught in English.

*Main field of studies*

Physiotherapy

*Depth of study relative to the degree requirements*

G2F, First cycle, has at least 60 credits in first-cycle course/s as entry requirements

### **Learning outcomes**

#### **Knowledge and understanding**

On completion of the course, the students shall be able to

- describe and account for scientific facts, national guidelines, theories and concepts in the area of physiotherapy in mental health and psychiatry
- account for the impact of factors of the environment, personality and behaviour on the mental and physical health of individuals

- demonstrate knowledge of the significance of motivation for behavioural change and how it can be activated in therapy
- account for the impact of comorbidity on how the therapy is organised, e.g. for psychosis with metabolic syndrome or between pain and depression
- use research articles and specialised literature to analyse and reflect on relevant and evidence-based knowledge, and on evidence-based practice in the area
- reflect on and account for the significance of mindfulness and body awareness
- account for pain behaviour and how it is manifested in the individual
- account for different physiotherapy examination methods to assess resources and problems regarding mobility and body awareness
- account for relevant laws and regulations in the area.

### **Competence and skills**

On completion of the course, students shall be able to

- independently perform a movement test using the body awareness scale- Movement Quality (BAS MQ),
- present/explain the subject area for selected target groups in society and provide arguments for the societal benefits of expertise in physiotherapy with regard to cost efficiency
- independently and individually perform self-administered exercise in basic body awareness
- analyse and interpret relevant information in patient cases
- account for the manifestation of a holistic perspective in physiotherapy examination and therapy in the area
- apply the method of motivating conversations to facilitate behavioural change towards a health-promoting life style
- communicate and interact with an interlocutor in a set communicative situation

### **Judgement and approach**

On completion of the course, students shall be able to reflect on therapy from perspectives of function, activity and participation critically analyse the clinical relevance of research articles and proven experience in the field reflect on the importance of personal body awareness, self-understanding and empathy reflect on the importance of a professional approach in the area of psychiatry and mental health, taking ethical principles, diversity and basic human rights into account reflect on learning outcomes and identify their own need of further knowledge and development of professional skills

### **Course content**

The course runs for 8 weeks and contains different aspects of the field of mental health and psychiatry from perspectives of function, activity and participation. It includes aspects of both physiotherapy and medicine. The theories referred to will include stress-exhaustion, the function of the body as a psychological defence, the body ego, vitality affects, touch, attachment theories, stigma, mindfulness, therapeutic approach and psychopathology. The Swedish Health and Medical Services Act, Compulsory Mental Care Act and Act Concerning Support and Service for Persons with Certain Functional Impairments will be discussed. Furthermore, the links/comorbidity between mental health and e.g. stress, alcohol, narcotics, smoking, a sedentary lifestyle, an overactive lifestyle and eating disorders will be highlighted. The course includes practical skills exercises in examination and treatment

methodology and in conversation methodology requiring compulsory participation. Emphasis is placed on the students' understanding of the subject area and practical skills as well as their ability to approach patients in a way that activates their functional ability and resources.

Major emphasis is placed on the students' development of body awareness and mindfulness as a foundation for treatment in this subject area.

## Course design

The teaching consists of work in study groups, lectures, skills training (compulsory attendance amounting to 100% during basic body awareness weeks), conversation methodology, seminars, journal club, independent study.

Patient case methodology is applied.

## Assessment

To pass the course, students are required to have passed the written exam participated in seminars including written assignments and in the journal club passed the skills assessments in basic body awareness (BK/BAS) including a written literature assignment passed the exercise in conversation methodology

### *Number of exams*

One examination and one opportunity to retake the examination are arranged soon after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion.

### *New examiner*

A student who has failed a course or course component twice is entitled to have another examiner appointed, unless there are special reasons to the contrary (SFS 2006:1053). The request is made to the programme director.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

## Grades

Marking scale: Fail, Pass.

## Entry requirements

To be admitted to the course, students must have passed semesters 1 and 2 and completed semester 3.

## **Further information**

The course replaces FYPB41

## Subcourses in FYPB42, Physiotherapy in Mental Health and Psychiatry

Applies from H18

- 1801 Physiotherapy in Mental Health and Psychiatry, 7,5 hp  
Grading scale: Fail, Pass
- 1802 BK/BAS, 4,5 hp  
Grading scale: Fail, Pass