



LUND
UNIVERSITY

Faculty of Medicine

FYPC42, Physiotherapy in Mental Health and Psychiatry, 12 credits

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

Details of approval

The syllabus is an old version, approved by The Rehabilitation Programmes Board on 2021-02-03 and was valid from 2021-02-03, autumn semester 2021.

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).

Some required reading is 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

- give an account of scientific facts, national guidelines, theories and concepts regarding the field of physiotherapy in mental health and psychiatry
- give an account of how environmental, personality and behavioural factors influence individuals' mental and physical health,
- give an account of the importance of the motivation for behavioural change and how motivation can be activated in treatment
- give an account of how comorbidity affects on set-up of physiotherapeutic intervention in the area of mental health

- give an account of the importance of aware attendance (mindfulness) and body awareness
- give an account of pain behaviour and how it is manifested in the individual
- give an account of treatment from a functional, activity and participant perspective,
- give an account of different physiotherapy examination methods to assess resources and problems regarding movement and body awareness
- give an account of theories and tools in the area of communication
- give an account of relevant laws and regulations in the current subject.

Competence and skills

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

- independently carry out a test of movement with Body Awareness Scale - Movement Quality (BAS MQ),
- present the subject area for a selected target group in society and be able to give an account of what the physiotherapeutic skills can contribute to society in a cost efficient way,
- independently and individually perform self-administered exercise in basic body awareness
- give an account of relevant information in a patient case and present these based on an ICF perspective
- give an account to the manifestation of a holistic perspective in physiotherapy examination and treatment in the current subject
- apply the method of motivational conversations to facilitate behavioural change towards a health promoting life style
- communicate and interact with an adversary in a given communicative situation
- give an account of treatment in a functional and activity perspective.

Judgement and approach

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

- critically analyse and give an account of clinical relevance of scientific articles and proven experience in the current subject
- reflect on and give an account of the importance of self body awareness, self-knowledge and empathetic ability
- reflect on and give an account of the importance of the professional treatment in psychiatry and mental health considering ethical principles, diversity and basic human rights
- reflect on and give an account of intended learning outcomes and identify need of additional knowledge and development of the professional competence
- be able to apply and reflect on a basic professional approach.

Course content

The course runs for 8 weeks and contains different knowledge areas for the field of mental health and psychiatry from a functional, activity and participant perspective. It includes aspects of both physiotherapy and medicine. Theories regarding stress, fatigue, the function of the body as a psychological defence, the body chase, vitality affects, touch, attachment theories, stigma, mindfulness and aware attendance, the importance of physical activity at different disorders, violence in close relations, therapeutic approach and psychiatric disorder theory is also part of the course. The Health and Medical Services Act (HSL), The Psychiatric Care Act - (LPT) and the act on

support and service to certain disabled - (LSS) are included as is the National Action Plan to Promote Patient Security. Relationship/comorbidity between mental health and different life style factors/syndrome e.g. stress, sleep, alcohol, narcotics, smoking, sedentary life, exaggerated active life, eating disorders are included.

The course includes practical skills exercises in communication, examination and treatment methodology, BAS/BK at which participation is partly compulsory. Focus is on the ability to give an account of the subject area and show practical skills and knowledge/ability to perform treatment that stimulates the patient's functions and resources. In treatment is also included to see the professional role in the cooperation with colleagues and other professions.

Special emphasis is placed on continuous work with development of the student's personal body awareness and aware attendance through participation in practical components as a basis for treatment in this subject area (e.g. massage, touch, BK).

Course design

In the teaching, study groups are used, lectures, practical skills training, communication training by means of simulation, seminars and medical journal club.

Assessment

For a grade of Pass on the course, students are required to have

- passed written examination,
- participation in seminars with written assignments and medical record club,
- passed practical skills examination in BAS/BK including written literature assignment

Number of exams

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

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

Entry to the course requires that the student with approved result in semester 1, 2, and has completed semester 3.

Subcourses in FYPC42, Physiotherapy in Mental Health and Psychiatry

Applies from H21

- 2101 Physiotherapy in Mental Health and Psychiatry, 7,5 hp
Grading scale: Fail, Pass
- 2102 BAS/BK, 4,5 hp
Grading scale: Fail, Pass