



Unit Specification

1. Unit details

Unit Code	PHY7008
Unit Title	Advanced Practice Skills
Version number	1.1
Credit	Credits/ECTS: 10 CATS 05 ECTS
FHEQ Level	7
Semester taught in	Spring semester
HeCOS codes	100985 Applied Psychology
Course (s) for which unit is delivered <small>For multiple courses, please asterisk (*) the course which owns this unit</small>	MSc Physiotherapy (pre-registration)
Pre-requisites Co-requisites	None
Where will the unit be taught?	AECC University College
Unit Leader name(s) and contact details	Katherine Chambers kchambers@aecc.ac.uk

2. Unit aims and outline

This unit will provide you with the opportunity to develop advanced evidenced-based knowledge of the biopsychosocial factors that influence and determine the person's response to injury or diagnosis of a long-term condition, rehabilitation and recovery. Building on a strong conceptual foundation you will explore the psychological and emotional responses to injury, physical trauma or diagnosis of a long-term condition. In particular exploring the concept of pain and factors influencing the experience of pain. You will also explore the biopsychosocial challenges experienced during the rehabilitation process and consider approaches to helping the person to cope with these challenges.

3. Intended Learning outcomes

Having completed this unit you will be able to:

- (a) Critically evaluate contemporary theory relating to a persons response to injury or diagnosis of a long-term condition, pain, rehabilitation and recovery and how this can be supported by their physiotherapy management.

(b) Demonstrate a critical awareness of a persons social and psychological factors which impact and influence their response to injury, or diagnosis of a long-term condition, rehabilitation and recovery.

(c) Critically evaluate holistic physiotherapy practice for patients with complex needs.

d) Critically explore the contemporary issues which influence the physiotherapy management of patients with complex needs.

4. Indicative content

Specific content in this unit includes:

- Biopsychosocial factors which influence a persons response to injury or diagnosis
- Different conceptualisations of pain and the experience of pain
- Psychological and emotional response to injury or diagnosis of a long-term / terminal condition
- Biopsychosocial factors influencing the rehabilitation and recovery process
- The psychological, social, spiritual and biological basis to pain (total pain model)
- Contemporary theories of pain science including total pain management
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- Injury, rehabilitation and mental health
- Contemporary issues which influence the health of populations and delivery of healthcare
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- Appropriate referral and support services and networks

5. Indicative summary of teaching and learning methods and activities including contact hours

The unit will be delivered through a combination of lectures, tutorials, seminars and practical workshops/laboratory sessions. Learning will be encouraged through student centred activities including online materials, directed learning and experiential reflects.

The following information gives an indication of how much time you are likely to spend in different types of activities during this unit.

Indicative contact hours	24
Indicative guided non-contact hours	48
Indicative self-directed learning hours	28

Contact hours are scheduled learning sessions and may include: lectures, tutorials, seminars, and practical sessions.

Guided non-contact hours may include directed reading, working through specific material on the virtual learning environment (VLE) in preparation for in-class discussions.

Non-contact hours may include reading and researching, revision, preparing for and writing up coursework, practicing practical techniques (where applicable), and reflective e-portfolio development.

6. Summary of assessment methods and activities

Formative assessment

You will get the opportunity to discuss drafts of specific elements of both formative assessment tasks in taught sessions that will be run as part of the unit. Both peer and tutor feedback will be provided.

Summative assessment

ILO (s) Assessed	Form of assessment	Percentage of overall assessment (total must be 100%)
A, B, C, and D	Coursework: Written assignment	100%

Indicative assessment

In this unit you will be required to complete a 2000-word critical evaluation of one of a number of selected case studies of patients with complex needs. Taking account of the unit learning outcomes, you will present a critical evaluation of the relevant theory, contemporary knowledge and holistic approach for their physiotherapy management.

Indicative feedback methods

For formative tasks you will receive verbal feedback from peers as part of a 'peer review' process. Feedback on the final summative tasks will be written and returned electronically to you.

7. Indicative learning resources Books

- Day, M. (2017). *Mindfulness-based cognitive therapy for chronic pain: A clinical manual and guide*.
- Frank, R. G., Rosenthal, M., & Caplan, B. (2009). *Handbook of rehabilitation psychology*. American Psychological Association.
- Porter, S. (2017). *Embedding Psychosocial Perspectives Within Clinical Management*. Oxford. Elsevier Health Sciences UK.
- Shumway-Cook., A, Woollacott, M., H., (2012). *Motor control: translating research into clinical practice*. Lippincott, Williams & Wilkins.
- Turk, D., & Gatchel, R. J. (2018). *Psychological approaches to pain management: A practitioner's handbook*. Guilford Press.

Journals

British Journal of Sports Medicine
Clinical Rehabilitation
International Journal of Therapy and Rehabilitation
Journal of Ageing and Physical Activity
Physical Therapy
Rehabilitation Psychology
The Journal of Rehabilitation Medicine

Web-based sources and access to electronic journals is available through the Institution's library. You will have access to library staff to support literature searches and access to electronic resources. The library provides links to all relevant databases, gateways and on-line journals.

The Institution's virtual learning environment provides you with electronic resources that support the delivery of each unit with regularly updated learning materials and interactive learning aids such as quizzes, videos, e-cases, e- lessons and other suitable tools.

Amendment	Date	Version	Comment
PHY7008 Unit Specification	29/11/2023-ASQC (Retrospective)	v1.1	Updates to learning outcomes and assessment description within unit specification