

EVIDENCE - BASED PHYSIOTHERAPY

Erasmus+ Blended Intensive Programmes

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04.10. 2024 Virtual Meeting

21.10. – 25.10. 2024 Prague, Czech Republic

**BIP „EVIDENCE – BASED PHYSIOTHERAPY“
Prague (Czech Republic)
04.10. + 21.10. – 25.10. 2024**



Programme 4.10. 2024 – Virtual meeting

1. Welcome to the course (Dagmar, Marja, Veronica)
2. Introduction to the BIP course in Prague (Dagmar, Marja)
 - experience with the BIP course in 2023 (Marja)
 - introduction to the BIP in Prague (Dagmar)
 - Programme 21.10. – 25.10. 2024
 - Virtual learning platform (Mooc)
3. Students learning assignment before the BIP course in Prague (D)
4. Introduction to the Evidence Based Physiotherapy (Veronica)
5. Groups of students (Veronica)
6. Practical information
7. Conclusion

1. WELCOME

- introduction of teachers from universities participating in the program
 - **Charles University (Czech Republic)**
 - **Savonia University (Finland)**
 - **University A Coruna (Spain)**
 - **CEERRF - Institut de Formation en Masso-Kinésithérapie (France)**
 - **Universidad Europea de Madrid (Spain)**

2. Introduction to the BIP course in Prague

experience with the BIP course in 2023 in Finland



introduction to the BIP in Prague

Programme 21.10. – 25.10. 2024

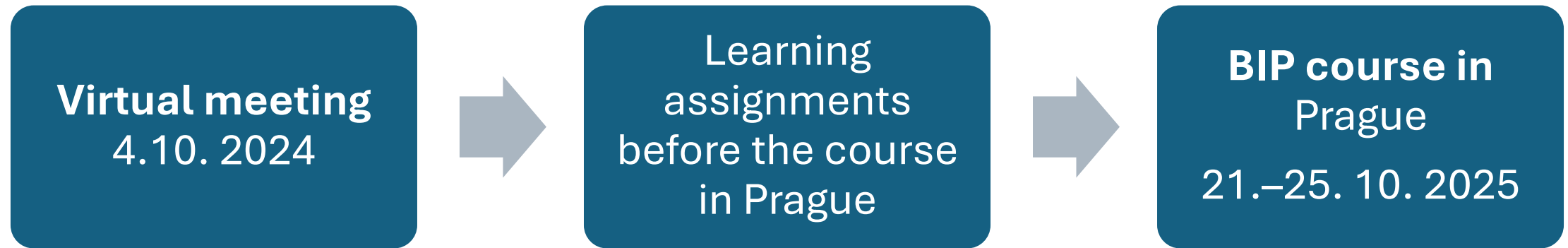
Virtual learning platform (Mooc)

KUOPIO

Savonia University of Applied Sciences (Savonia UAS)



BIP Schedule



BIP Course - Prague

Name: Evidence- Based Physiotherapy

Credits: 3 ECTS

Objectives: after completing the course students are

- able to describe Evidence Based physiotherapy and Evidence Based practice
- able to explain similarities and differences in physiotherapy methods and practice between the countries based on national and international physiotherapy recommendations
- able to evaluate physiotherapy methods and practices based on evidence based knowledge

BIP Course - CONTENT

- Lectures
- Group work
- Excursion to the Poděbrady spa + presentation of professional workplaces
- Tasks before starting the course
- Completing tasks during the course
- Presentation of assigned tasks
- Sport activities

BIP-Course: ASSIGNMENT for students

- **Before the course in Prague**

- **Country presentation**

- a group of students from each country prepares a presentation about the country (cultural, professional, physiotherapy and other interesting things), the aim is to present the country they come from

- **During the course in Prague**

- during group work, students will work on a given topic (to be determined) in the form of a literature search/ review, the results will be presented in the form of
 - oral presentation
 - blog article

Framework program - time plan

1. Day

09:00 – 16:30 lectures, group work - auditorium P6
16:30 – 18:00 sport activities

2. Day

08:30 – 16:00 lectures, group work - auditorium U10
17:00 - a tour of the historical buildings of the Czech Parliament and a joint dinner in a traditional restaurant, followed by a walking tour of Prague

3. Day

08:30 – 16:00 lectures, group work - auditorium U10
16:00 – 17:00 demonstrations of research methods in the climbing laboratory

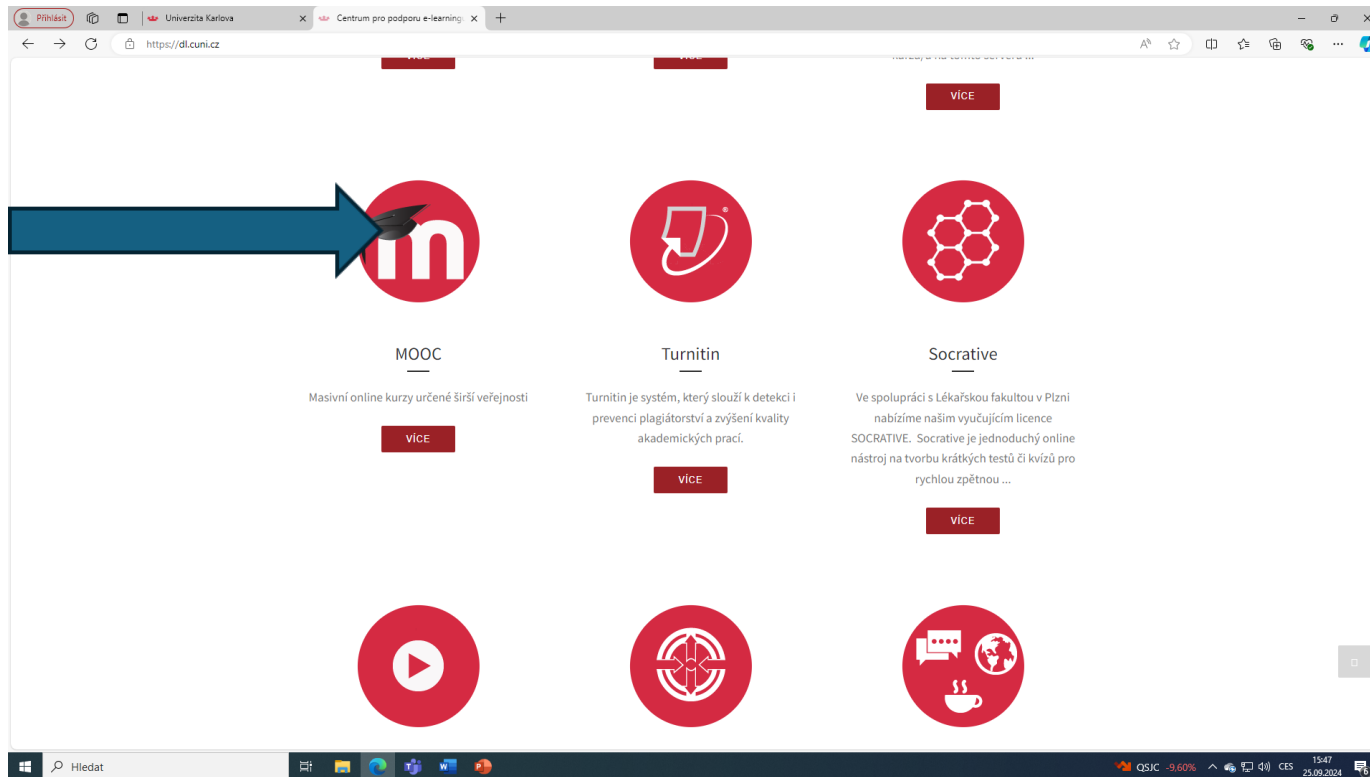
4. Day

08:00 – 16:00 spa Poděbrady (from train station)
16:00 - Group work, free time

5. Day

08:15 – 16:00 lectures, groupwork, presentations of group work, closing ceremony - auditorium P6

Course platform



- <https://mooc.cuni.cz/course/view.php?id=206>

Course platform

Access data:

<https://mooc.cuni.cz/course/view.php?id=206>

Key: Prague2024

3. Group assignment – before the BIP week in Prague: Country presentation

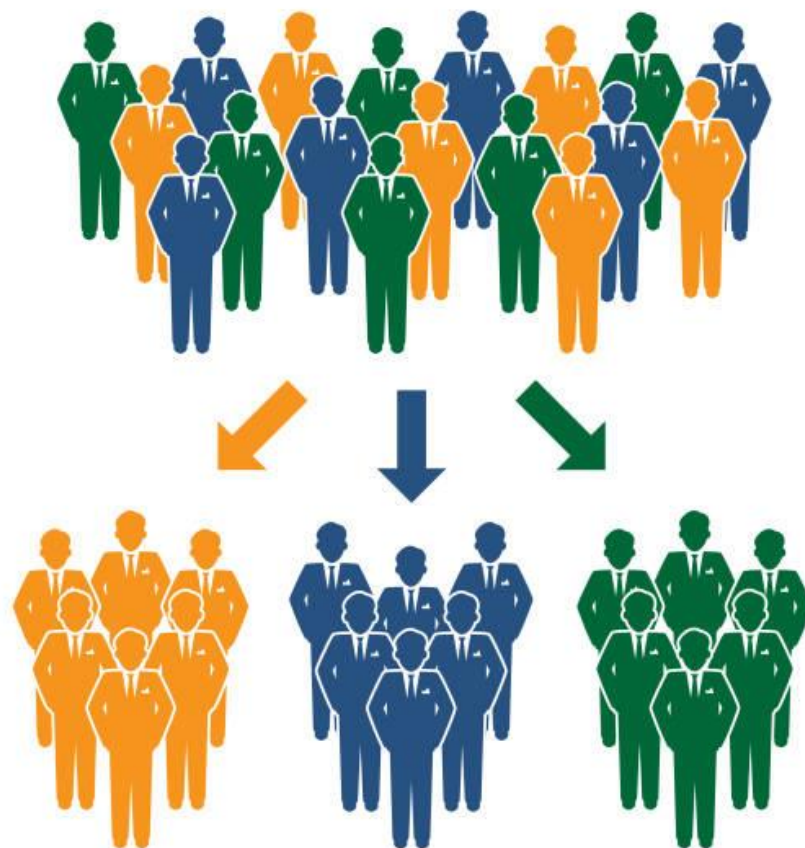
- presentation from each country / institution
- present your country, city, university, and your group who participate the BIP course in Prague (Czech Republic)
- PowerPoint presentation or video, or.....
- time of the presentation is 5 to 10 minutes for each group
- Will be ready to present your presentation beginning of the BIP course (Monday 21.10.24)



4. Introduction to the Evidence Based Physiotherapy

**Prof. Verónica Robles García
- Presentation -**

4. GROUPS of students, division into groups



Group work

- Division into groups - performed by Veronika
- Specific instructions for group work will be shared on the first day of the course during the first group work

Group work

The goal of the group work is the processing of literary search on a given topic.

The group work will be carried out in the following steps:

- formulating a research question
- searching for sources in databases according to established criteria
- sorting of searched resources
- flow diagram processing
- sorting the results into a table
- answering the research question based on the analysis of sources
- formulating conclusions
- presentation of work on the last day of the course

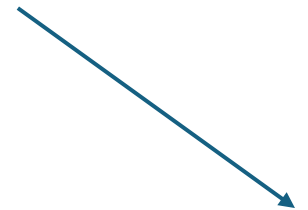
details will be given on the first day of the course

Group assignment – during the BIB week

1. Sport
2. Prevention
3. Elderly
4. Children
5. Neurology
6. Post-surgery
7. Kardie
8. Respiratory
9.

6. Practical information

- Transportation to the event venue
- Catering
- Leisure



How to get to the Faculty?

- <https://ftvs.cuni.cz/FTVSEN-387.html>

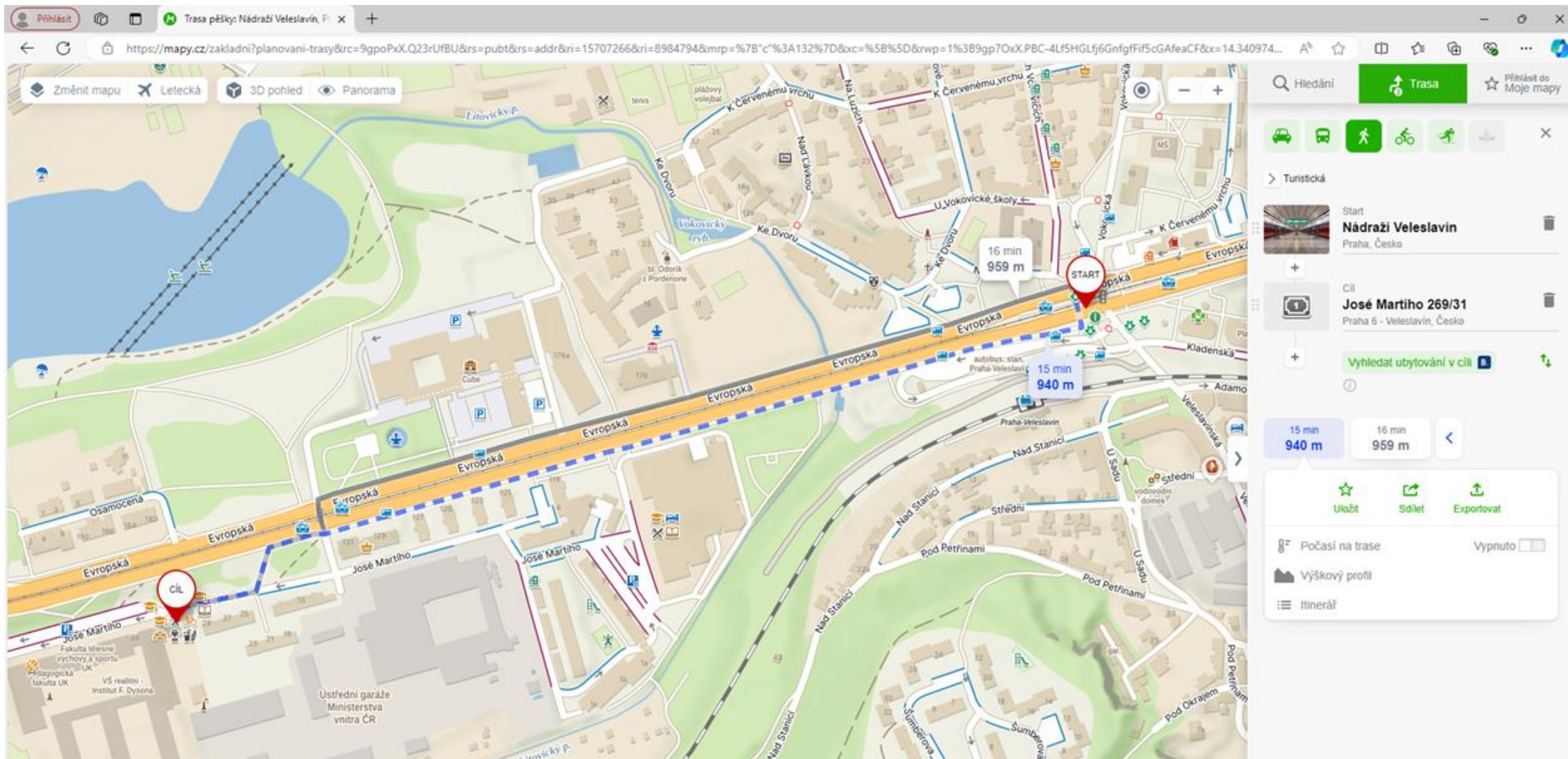


The metro (subway) in Prague - 3 lines

MAPA PRAŽSKÉHO METRA



Metro line A, Nádraží Veleslavín station



Catering

- **Faculty**

- Cantina & Café La Fresca (breakfast, snacks, lunches,...)
- DODO bistro
- machines for coffee, soft drinks and sandwiches
- Dinner 22.10. 2024
 - restaurant in the old town, typical Czech food



Prague weather in October

- **5 - 8 C / 10 - 13 C**
- typical day has very cool mornings and evenings
- you'll definitely need some warmer clothing



Sports activities

- **indoor spaces - gym**
 - gym clothes and shoes



Currency – Czech Republic

- official currency of the Czech Republic is the Czech koruna (CZK)
(Czech crown in English, the koruna Česká (Kč) in Czech)



Questions?

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Thank you for your attention

we look forward to meeting you in Prague

odotamme innolla tapaamme kaikkia Prahassa

esperamos conocer a todos en Praga

těšíme se na setkání se všemi v Praze