



**Univerzita
Karlova**

Fakulta
tělesné výchovy
a sportu

Evidence-Based Practice

Erasmus+

Blended intensive courses (BIP) programme

21.-25.10. 2024

Prague, Czech Republic

Erasmus+ blended intensive courses (BIP) programme

Name: Evidence Based Practice

Credits: 3 ECTS

Dates: 21-25.10. 2024

Venue: Charles University, Faculty of Physical Education and Sport, José Martího 31, CZ – 162 52 Prague 6, Czech Republic

Contact persons of the programme:

- **Dagmar Pavlů** (Physiotherapist) Assoc. Prof.
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- **Marja Äijö**, PhD, PhD, (Principal lecturer of gerontology and rehabilitation)
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- **Veronica Robles García**, PhD. PT. OT. (Lecturer at University of A Coruña)
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Participating institutions

- Charles University, Faculty of Physical Education and Sport (Czech Republic)
- Savonia University of Applied Sciences (Finland)
- University of A Coruna, Faculty of Physiotherapy (Spain)
- Universidad Europea, Faculty of Physical Activity and Sport Sciences & Physiotherapy (Spain)
- CEERRF - Institut de Formation en Masso-Kinésithérapie (France)

Participants:

Students and staff members



VIRTUAL MEETING

4.10.2024

14.00 (Czech, France, Spain time), 15.00 (Finish time)

Programme of virtual meeting:

- welcome to BIP course EBP: Assoc. Prof. Dagmar Pavlů and Dr. Iva Vláčilová, Charles University (Czech Republic), Dr. Marja Äijö, Savonia-UAS (Finland), Prof. Veronica Robles García, University of A Coruna (Spain)
- introduction of students and teachers
- presentation of the BIP program in Prague
- introduction to EBP
- information about course outcomes and assignment of tasks to students, which they will process before arriving to Prague for the course
- presentation: EBP introduction
- discussion



PROGRAMME IN PRAGUE

20.10. 2024

- Travel to Prague

Monday 21.10. (Room P6)

09.00 - 09.30	Opening words Patrícia Almeida - President of ENPHE Welcome to BIP course Dagmar Pavlů and Ivana Vláčilová (Charles University, FTVS) Hana Dvořáková and Samra Kovač (International Students Office) Introduce oneself and Introduction for the course
09.30 - 10.45	Students' presentations (learning assignment before the course): Czech Republic, Spain – A Coruna, Spain - Madrid, Finland and France Groups and grouping
10.45 - 12.30	Keynote speaker Veronica Robles García (Spain): EBP introduction
12.30 - 13.30	Lunch (self funded)
13.45 - 14.30	Keynote speaker Assoc Prof. Martin Musálek, PhD. (Czech REpublic): Testing end EBP
14.45 - 15.30	Keynote speaker Dr. Kamil Kotlík, PhD. (Czech Republic): Effective Communication and Teamwork
15.30 - 16.30	Students groupwork
16.30	Faculty visit + sports activities

Evening programme: sports activities on the faculty campus - sports competitions, organized by students from the Students point office (Anas, Sofia and Hynne)

Tuesday 22.10. (Room U10)

08.30 - 09.00	Students' group time: Brainstorming from the group work
09.00 - 10.30	Keynote speaker: Adrien Pallot (France): Critical reading, know how to identify a study plan when reading, apply methodological quality scales (PEDro, AMSTAR-2, .)
10.30 - 12.00	Keynote speaker: Lorena Canosa Carro (Spain): What to do when there's no evidence / The use of ultrasound imaging in physiotherapy: Is it EBP?
12.00 - 13.00	lunch (self funded)
13.00 - 14.00	Keynote speaker Montserrat Fernández Pereira(Spain): Evidence-based physiotherapy in spinal cord injury: an interdisciplinary approach
14.00 - 15.00	Keynote speaker Iva Vlačilová (Czech Rep.): Sports aerobics - Functional condition of the arch of the foot
15.00 - 16.00	Students' groupwork

Evening programme: from 5 p.m. visit with a tour of the historical buildings of the Parliament of the Czech Republic, 18:00 joint dinner in a typical Czech restaurant (invited by Charles University), after dinner a walking tour of the historic center of old Prague

Wednesday 23.10. (Room U10)

08.30 - 09.00	Students' group time: Bring new ideas to the group work.
09.00 - 10.00	Keynote speaker Marja Äijö (Finland): EBP and Nordic Walking. Older adult's home-based rehabilitation – what is the evidence?
10.00 - 11.00	Keynote speakers: Dagmar Pavlů: Flossband application and EBP Pavλίna Hušková: Quality of life of patients with scoliosis after special spine surgery Klára Novotová: Evaluation of selected functional parameters in the elderly population
11.00 - 12.00	Keynote speaker Zeltia Naia Entonado (Spain) Evidence-based exercise therapy for the pelvic floor
12.00 - 13.00	Lunch (self funded)
13.00 - 14.00	Keynote speaker Beatriz Martínez Toledo (Spain): Physical therapy in rotator cuff repair: evidence based
14.00 - 15.00	Keynote speaker Verónica Robles García (Spain): Implementation of evidence-based physiotherapy for children with disabilities
15.00 - 16.00	Students groupwork: Bring new ideas from the day to the group work. Start to do group works

Evening programme: demonstrations of research methods in the climbing laboratory (mobile climbing wall) - the demonstration will take place in groups from 3:00 p.m. (prof. Baláš and Michal Běhounek)

Thursday 24.10.

08.00 - 16:00	Spa Poděbrady – visit, lectures
16:00 - 20:00	Students groupwork (in Prague)

Evening programme: free time

Friday 25.10. (Room P6)

08.15 - 11.00	Students' groupwork, presentations and discussion
11.00 - 12.00	lunch (self funded)
12.00 - 14.00	Students' presentations and discussion
14.00 - 14.30	coffee break (self funded)
14.30 - 15.00	Closing ceremony

Saturday 26 October

- *Travel Back to home*