COURSE DATA

DATA SUBJECT

Code: 34350
Name: Foot a risk
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1208 - Degree in Podiatry	Facultat d'Infermeria i Podologia	3	Second quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1208 - Degree in Podiatry	Chiropodiatry	COMPULSORY

COORDINATION

JULIAN ROCHINA IVAN

SUMMARY

The theoretical and practical syllabus of the subject provides the basic knowledge and skills necessary for podiatric action against this nosological entity.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

RECOMMENDATIONS: have acquired the skills in the core subjects: CELLULAR BIOLOGY, ANATOMY II, BIOCHEMICAL PHYSIOLOGY and BIOPHYSICS, MICROBIOLOGY M, PHARMACOLOGY, and GENERAL PATHOLOGY, Also have acquired the skills in the following subjects: GENERAL PODIATRY, PODIATRIC BIOMECHANICS AND PATHOMECHANICS, DERMATOLOGY, THERAPEUTIC STRATEGIES, and CHIROPODOLOGY I-II.

COMPETENCES / LEARNING OUTCOMES

1208 - Degree in Podiatry

Know, diagnose and treat dermatopathies and keratopathies, the treatment of helomas and their causes. Onychology, pathology and conservative treatment of the nail apparatus.

Know, diagnose and treat the peripheral vascular and neurological processes that affect the foot and are susceptible to chiropodological treatment.

Know and apply complementary tests in chiropodology. Study and assessment of the patient who is a candidate for chiropodological treatment. Diagnostic protocols and cataloguing of surgical risk.

Know and apply the techniques for the exploration, diagnosis and treatment of wounds, ulcers and infectious processes that affect the foot. Study, diagnosis and treatment of the diabetic foot. Repair and healing mechanisms.

Know and use the chiropodological and drug administration techniques and treatments.

Know and use the instruments used in surgery and chiropodology, the methods of sterilisation and the taking of samples for cultures.

DESCRIPTION OF CONTENTS

1.THE FOOT AT RISK: GENERAL CONCEPTS. Introduction to the subject and general concepts to be covered

-Diabetes Mellitus: Concept, classification, epidemiology, costs, and complications

-Diabetic Foot: Concept, classification, epidemiology, and costs

2.PATHOPHYSIOLOGY, MANAGEMENT, AND/OR TREATMENT OF THE DIABETIC FOOT

-Pathophysiology of the diabetic foot

- -Peripheral vascular disease - Diabetic neuropathy
- - Risk assessment in the diabetic foot
- - Dermal and biomechanical changes in the diabetic foot
- - Diabetic foot infection
- - Charcot foot
- - Diabetic foot examination
- - Diabetic foot imaging
- - Chiropody and orthopedic management of the diabetic foot
- - Surgical treatment of the diabetic foot.

3. HEALING PROCESS AND TREATMENT OF SKIN LESIONS. CLINICAL CASES.

- Biological healing process: Concept and phases.
- - Physiological healing in the catabolic and anabolic phases.
- - Wound debridement.
- - Antiseptics.
- - Products that stimulate granulation tissue formation: collagen and hyaluronan. - Moisturizing and cosmetic products.
- - General, regional, and local factors that delay the biological healing process. - Dressings: chemical composition and physical behavior. Structural and functional classification of dressings. Clinical application of dressings.
- - Other therapies in the treatment of skin lesions in diabetic foot (negative pressure therapies, biological debridement with maggots, and therapeutic honey, among others).
- - Types of wounds and ulcers of the lower limb, clinical cases.

4. HEALTH EDUCATION FOR DIABETIC FOOT

- Health education: concept
- - Health education program for diabetic foot
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- **5. Practical program Classroom practices (P)** The course's classroom practices (P) are used to conduct seminars in which either the university's own faculty participate or healthcare professionals invited to teach the seminar based on their professional experience. For this reason, the seminar topics will vary each academic year as they are finalized with external professionals. Once the final seminar list is available, it will be announced to students through the virtual classroom. Teaching laboratory practices (L)
- Practice L1: Neurological examination of the foot at risk.
- Practice L2: Vascular examination of the foot at risk.
- Practice L3: Soft bandaging in the treatment of diabetic foot.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	54,50
Laboratory	6,00
Classroom practices	5,00
Total hours	**67,50**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	3,00
Independent study and work	35,00
Preparation of lessons	0,00
Preparation for assessment activities	1,00
Resolution of case studies	6,00
Total hours	**45,00**

TEACHING METHODOLOGY

In-person theoretical approach: Participatory lectures (groups of 60 students) lasting 120 minutes, presenting basic knowledge of the topics, combined with some dialogue and/or classroom exercises.

"Flipped Classroom" approach: Some of the course topics will be taught in this approach (details will be provided on the day of the course presentation).

Students will have access to an audiovisual repository in the Virtual Classroom with the necessary content to work on this syllabus. Students will be notified at least two days in advance of when each of these topics will be covered in class. On the assigned day, participatory or independent work activities related to audiovisuals will be held in the classroom to reinforce their practical application.

The theoretical audiovisual content and those developed in classroom activities will be assessed in the theoretical exam. Classroom activities related to this teaching approach are not mandatory. In-person practical training: Five hours of classroom practice (groups of 30 students) in which students will perform course-related activities.

Laboratory practical training (L): Six hours of laboratory practice (groups of 15 students) in which students will perform clinical activities related to the course.

PRACTICAL CONTENT

Specifically, the following exercises will be performed in this section:

- Neurological examination of the at-risk foot
- * Vascular examination of the at-risk foot
- * Soft bandaging for diabetic foot care

Guided tutoring modality:

Two hours of instruction (groups of 15 students) during which the acquisition of theoretical and practical knowledge of the subject will be supervised. Independent and cooperative work: During the hours allocated to this modality, students will reinforce the theoretical and practical content related to the subject.

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EVALUATION

Theoretical Content 80%

Written test (multiple-choice/short-answer/essay questions/clinical cases). Assessment details will be provided on the day of the course presentation. To pass the course, a score equal to or greater than 50% of the course grade (4 points out of 8) is required.

Attendance and Performance of Practicals 20% Through a performance evaluation rubric (15%) and attendance sheet (5%).

The rubrics for each practical will be available in the Virtual Classroom at the beginning of the course.

To pass the course, a score equal to or greater than 75% of the course grade (1.5 points out of 2) must be obtained, with the average of the scores from the different practical performance rubrics representing a minimum of 0.5 points.

If a section of the assessment is failed in the first sitting, students must prepare, for the second sitting, the content and/or practical exercises (both clinical cases and laboratory exercises) determined by the course instructors. If any part of the assessment is failed, the transcript will reflect the highest score among the failed sections.

The grade for the laboratory exercises will only be valid for the regular exam of the academic year and must be repeated for the extraordinary sitting.

REFERENCES

- - ARAGÓN SÁNCHEZ, F.J. LÁZARO MARTÍNEZ, J.L.. Atlas de manejo práctico del pie diabético. Madrid: Ed. F.J. Aragón Sánchez y J.L. Lázaro Martínez, 2004. - MARINELLO ROURA, J. Úlceras de la extremidad inferior. Barcelona: Ed. Glosa, 2005. - BALIBREA CANTERO, J.L. et al. Balibrea.

Patología Quirúrgica. Madrid: Ed. Marbán Libros, 2020. Vol. 1. - COTRAN, R.S. KUMAR, V. COLLINS, T. Robbins. Patología estructural y funcional. 6ª. ed. Madrid: Ed. McGraw-Hill-Interamericana de España, 2020 - FREEDBERG, I.M. EISEN, A.Z. WOLFF, K. AUSTEN, K.F. GOLD-SMITH, L.A. KATZ, S.I. FITZPATRICK, T.B. Fitzpatrick. Dermatología en medicina general. 5ª. ed. Buenos Aires: Editorial Médica Panamericana, 2020. Tomo I.

- -VIADE JULIÁ, J. Pie diabético. Guía práctica para prevención, evaluación y tratamiento. Barcelon: Panamericana, 2006. -VILADOT PERICÉ, A. Patología del antepié. 4ª. ed. Barcelona: Ed. Springer-Verlag Ibérica, 2001.

- - MARINELLO ROURA, J. et al. Tratado de pie diabético. Madrid: Ed. Jarpyo Editores, 2002. - TORMO MAICAS, V. JULIÁN ROCHINA, I. Cuaderno de recogida de datos en el control y seguimiento de lesiones cutáneas. Heridas. Valencia: Ed. Vicente Tormo Maicas., 2005. - TORMO MAICAS, V. JULIÁN ROCHINA, I. Antisépticos. Fundamentos de uso en la práctica clínica. Valencia: Ed. Cano.,2006. - TORMO MAICAS, V. JULIÁN ROCHINA, I. Heridas. Control evolutivo de lesiones cutáneas. Valencia: Ed. Vicente Tormo Maicas., 2010 - TORMO MAICAS, V. JULIÁN ROCHINA, I. LOZANO SERRANO, ESTHER. HERNÁNDEZ SAMANIEGO, GREGORIO. Apósitos. Fundamentos biofísicos, bioquímicos y biológicos en la práctica clínica. - VIADE JULIÁ, J. Pie diabético. Guía práctica para prevención, evaluación y tratamiento. Barcelon: Panamericana, 2006. - VILADOT PERICÉ, A. Patología del antepié. 4ª. ed. Barcelona: Ed. Springer-Verlag Ibérica, 2001.