

Elective Subject
(Academic Course 2026-2027)

Subject title: Digital Health Consultation

Code: 806047

Subject: Elective

Responsibility Center: Faculty of Nursing, Physiotherapy and Podiatry

Credits: 3 ECTS

Number of places offered: 45

	Total (30% attendance)	Theory	Seminars	Practices	Others
Classroom activities	24	15	9		

Course schedule: (semester, day and schedule): First semester, Thursday from 14:30 to 15:30

STUDENT PROFILE (University degrees for which they are offered, if applicable)

Nursery and phisiotherapy

BRIEF DESCRIPTOR

This subject addresses the fundamentals of digital health and the implementation of healthcare consultation in virtual environments. It focuses on the critical and efficient use of digital tools, the selection of technological resources, and the design, development, and evaluation of digital consultation interventions, considering ethical, legal, and healthcare quality criteria.

OBJECTIVES

General objective:

- Acquire competencies to design, implement and evaluate digital health consultation through the efficient, safe and critical use of technological tools.

Specific objectives:

- Analyse the fundamentals and current context of digital health.
- Identify and use digital tools applied to clinical practice.
- Design interventions and resources for digital health consultation.
- Develop communication skills in virtual healthcare environments.
- Apply different digital consultation platforms in simulated clinical situations.
- Adopt a critical, ethical and responsible attitude towards the use of health technologies.

KNOWLEDGE, SKILLS AND COMPETENCES

TRANSVERSAL COMPETENCIES

Instrumental:

- C.T.1 Understand the fundamentals, terminology and conceptual framework of digital health.
- C.T.2 Identify relevant digital tools and applications for clinical practice.
- C.T.3 Analyse digital health information sources using quality and reliability criteria.
- C.T.4 Apply technological resources in the development of digital consultation.

Personal:

- C.T.5 Communicate effectively in digital environments with patients and other professionals.
- C.T.6 Manage digital information critically, ethically and systematically.
- C.T.7 Search, select and synthesise relevant information for digital clinical practice.
- C.T.8 Create digital content oriented towards health education and care.

Analytical/Systemic:

- C.T.9 Develop a critical and reflective attitude towards the use of health technologies.
- C.T.10 Evaluate the strengths and limitations of digital tools in different clinical contexts.
- C.T.11 Integrate digital health into professional practice considering ethical, legal and healthcare quality aspects.
- C.T.12 Promote the responsible and safe use of health technologies.

Learning outcomes TC

1-4:

- Describe the current context of digital health and its main applications in the healthcare field.
- Explain the basic principles of digital health consultation.

TC 5-8:

- Use digital tools for the development of a healthcare consultation in a virtual environment.
- Design digital resources (infographics, podcasts or videopodcasts) aimed at health education.
- Conduct a simulated video consultation applying clinical communication criteria and appropriate use of technology.

TC 9-12

- Evaluate the quality and suitability of digital tools according to the clinical context.
- Analyse own and others' digital content from a critical perspective.
- Apply ethical and legal principles in the use of health technologies.
- Adopt a critical and responsible attitude towards the implementation of digital health.

TEACHING ACTIVITIES (theoretical, practical, seminars, workshops, etc.)

15 theoretical classes online, to develop skills in different virtual environments such as: Teams, Skype, Collaborate, Google Meet.

2 Practice/Seminars:

1: Podcast / videopodcast recording.

2: Video consultation performance (as a healthcare professional and as an evaluator — co-evaluated seminar)..

CONTENT TOPICS

BLOCK I. INTRODUCTION TO DIGITAL HEALTH

1. Foundations and principles of e-Health interventions.
2. Main tools used in e-Health.

BLOCK II. DIGITAL TOOLS

3. Intervention channels in digital health.
4. Existing digital health channels: analysis and selection of materials for our digital consultation.
5. Creation of digital resources for health education.

BLOCK III. IMPLEMENTATION OF THE DIGITAL CONSULTATION

6. Detection of health needs and implementation requirements.
7. The creation and implementation schedule for digital consultation tools.
8. Implementation phases of the digital consultation.
9. Monitoring and evaluation of the tools and implementation of the digital consultation.

EVALUATION

ASSESSMENT ACTIVITY	WEIGHTING	NOTES	MAXIMUM SCORE
Exam	50%	Written exam assessing the theoretical content covered in lectures, practicals and complementary activities. Minimum score: 5 points.	5
Seminars	40%	Production of a podcast and a video consultation, and co-evaluation of other projects. Minimum score: 5.	4
Attendance	10%	Attendance	1

BIBLIOGRAPHY - INTERNET Resources

- Digital implementation investment guide (DIIG): integrating digital interventions into health programmes. World Health Organization 2020. ISBN 978-92-4-001057-4 (print version).
- Cómo implantar la telemedicina. Guía práctica para el día a día. Monográfico 1. Boehringer Ingelheim.
- Beltrán Alacreu, H., & Moral Muñoz, J. A. (2026). Salud digital y dolor : guía para profesionales 2026. Editorial de la SED.
- Digital implementation investment guide (DIIG): integrating digital interventions into health programmes. World Health Organization 2020. ISBN 978-92-4-001056-7 (electronic version).
- <https://sedolor.es/salud-digital-y-dolor-2026-una-nueva-guia-para-profesionales-sanitarios/>
- Guía de WCTP:<https://world.physio/sites/default/files/2020-06/Reporte-Practica-Digital-Espanol.pdf>
- <https://www.psichat.es/guia-para-la-intervencion-telepsicologica-2019.pdf>
- https://www.sanidad.gob.es/areas/saludDigital/doc/Presentacion_avances_de_la_Estrategia_de_Salud_Digital_web.pdf
- https://www.sanidad.gob.es/areas/saludDigital/doc/Estrategia_de_Salud_Digital_del_SNS.pdf
- <https://www.msps.es/areas/saludDigital/home.htm>
- Introducción a la e-salud, el e-paciente y las nuevas tecnologías usadas en las ciencias de la salud. <https://docta.ucm.es/entities/publication/91ee9c43-2e1c-44ce-bb47-181e9d478913>

TEACHING STAFF *(It should be indicated whether teachers have completed all their teaching dedication or not)

Teacher Responsible (coordinator): José Javier López Marcos

Department: Department of Physiotherapy

Teaching dedication: Assistant Professor with Doctorate

Teachers:

Name: Rosa Ortiz Lopez

Department: Department of Physiotherapy

Teaching dedication: Assistant Professor with Doctorate