

<b>Subject name</b> <b>Rehabilitation</b>	<b>ECTS Code</b>																
<b>Name of unit teaching the subject</b> <b>THE ZBIGNIEW RELIGA FACULTY OF MEDICAL SCIENCES IN ZABRZE,</b> <b>THE UNIVERSITY OF TECHNOLOGY IN KATOWICE</b>																	
<b>Studies</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="width: 25%;">Field of study</th> <th style="width: 25%;">degree</th> <th style="width: 25%;">mode</th> <th style="width: 25%;">major</th> <th style="width: 25%;">specialization</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">medical</td> <td style="text-align: center;">Uniform Master's</td> <td style="text-align: center;">stationary</td> <td></td> <td></td> </tr> </tbody> </table>		Field of study	degree	mode	major	specialization	medical	Uniform Master's	stationary								
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medical	Uniform Master's	stationary															
<b>Surname of instructor (instructors)</b>																	
<b>Type of class, method of implementation and specified number of hours</b> <b>A. Type of class</b> <ul style="list-style-type: none"> <li>• <b>lecture,</b></li> <li>• exercise classes,</li> <li>• <b>clinical exercise classes</b></li> <li>• seminars,</li> <li>• design classes</li> <li>• laboratories,</li> <li>• lectureship,</li> <li>• diploma seminar,</li> <li>• professional internship.*</li> </ul> <p>* mark where applicable</p> <b>B. Amount of hours in accordance with the approved curriculum</b> 35h of classes – 15h of lectures + 20h of clinical exercise classes	<b>Amount of ECTS points</b> <b>Description of awarding ECTS points:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="width: 70%;">Activity</th> <th style="width: 30%;">Student workload</th> </tr> </thead> <tbody> <tr> <td>Participation in lectures</td> <td style="text-align: center;">15 hours</td> </tr> <tr> <td>Participation in practical classes</td> <td style="text-align: center;">30 hours</td> </tr> <tr> <td>Preparation for practical classes and colloquiums</td> <td style="text-align: center;">10 hours</td> </tr> <tr> <td>Examination preparation</td> <td style="text-align: center;">5 hours</td> </tr> <tr> <td>Consultations</td> <td style="text-align: center;">5 hours</td> </tr> <tr> <td><b>Total number of hours</b></td> <td style="text-align: center;">65 hours / 30</td> </tr> <tr> <td><b>Amount of ECTS points per module</b></td> <td style="text-align: center;"><b>2 ETCS</b></td> </tr> </tbody> </table>	Activity	Student workload	Participation in lectures	15 hours	Participation in practical classes	30 hours	Preparation for practical classes and colloquiums	10 hours	Examination preparation	5 hours	Consultations	5 hours	<b>Total number of hours</b>	65 hours / 30	<b>Amount of ECTS points per module</b>	<b>2 ETCS</b>
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<b>Didactic cycle</b> <b>9th semester, 2019/2020 academic year</b>																	
<b>Subject status</b> <ul style="list-style-type: none"> <li>• <b>mandatory</b> / facultative</li> </ul>	<b>Language of instruction</b> Polish																
<b>Didactic methods</b> Lectures Didactic film Discussion Case analysis Diagnosis Situational tasks	<b>Forms and methods of passing and general grading criteria or examination requirements</b> <hr style="border-top: 1px dashed black;"/> <b>A. Method of passing</b> <ul style="list-style-type: none"> <li>• examination</li> <li>• <b>passing with a grade*</b></li> </ul> <p>* mark where applicable</p> <hr style="border-top: 1px dashed black;"/> <b>B. Forms of passing:</b> <ul style="list-style-type: none"> <li>• <b>written examination: test</b> / with open questions (exercises)/longer written statement</li> <li>• oral examination</li> <li>• <b>oral assessment/colloquium</b></li> <li>• completion of a semester assignment: preparation of a design or presentation/conducting research and presenting its results(written/oral)/completion of a specified practical work</li> <li>• <b>agreeing on a passing grade based on partial grades received during the course of the semester*</b></li> </ul> <p>* mark where applicable</p>																

### C. Basic grading criteria

Evaluating participation in exercise classes, evaluating preparation for classes, constant observation, partial credit, oral, written, receiving credit for practical classes, oral examination

### Definition of preparatory subjects and initial requirements

Required familiarity with:

- anatomy, physiology, imaging diagnosis, orthopedics, neurology, internal diseases, especially the construction and function of the osteoarticular system
- basic symptomatology of the disease of the motion system, nervous system, circulatory system, and the respiratory system
- knowledge with regards to a medical interview and physical examination as well as a neurological examination

### Subject aim

The aim of the curriculum is to familiarize the students with the basic principles of carrying out the rehabilitation treatment for various types of disorders of the locomotor organs. Becoming familiar with the problems of medical rehabilitation, examinations for the need of rehabilitation, preparing the principles of comprehensive rehabilitation treatment

### Curriculum

Lectures :

Introduction to aspects of medicinal rehabilitation taking into account the development of rehabilitation and the main branches of medicine

Locomotion training as a system of rehabilitation treatment after the amputation of the lower limbs

Definition and the physiological basis of rehabilitation, the comprehensiveness of rehabilitation, factors of influence in rehabilitation, conditions of effectiveness and barriers in rehabilitation

Rehabilitative treatment and the prophylaxis of disability. The definition and epidemiology of disability, handicap, impairment

The specificity of rehabilitation in diseases of the locomotor, cardiorespiratory, and nervous systems, as well as rehabilitation of people in developmental and elderly age

Selected methods used in rehabilitation, with particular emphasis on means and methods of analgesic treatment (acute and chronic pain)

Indications and contraindications in rehabilitation

Propedeutics of orthopedic supply of the upper and lower limbs

Types and clinical conditions of paraplegia in rehabilitation treatment. Basics of physical therapy

Stroke. Types of strokes. Rehabilitation treatment of patients post vascular malformations of the central nervous system. Clinical basis of rehabilitation treatment of patients with malformations of the central nervous system

Peripheral nervous system – clinical and pathophysiological conditions of rehabilitation treatment

Exercise classes

Medical rehabilitation

Patient's functional assessment. Basis of planning rehabilitation and prognosis of its effects. Disability evaluation. The role of adapted physical activity and sport for the disabled

Basis of kinesiotherapy taking into account the types of medicinal exercises

Using physical factors in medical rehabilitation (with particular emphasis on the means and methods of analgesic treatment), types of energy, its dosage and changes induced by its activity

Indications and contraindications in rehabilitation

Rehabilitation treatment in locomotor organ disorders

Rehabilitation treatment in diseases of the nervous system

Assessment of the effectiveness of the motor system in static and dynamic conditions

Programming optimal rehabilitative treatment in correlation with the results of a physical examination (with particular emphasis on the means and methods of analgesic treatment)

Prophylaxis of the effects of immobilization. Rehabilitation in osteoporosis

Postural defects and scoliosis. Treating analgesic disorders of the spinal cord

Rehabilitation of patients with evolutive chronic diseases. Selection of orthopedic equipment and technical support

Clinical problems and basis of rehabilitation of patients with diseases of the central and peripheral nervous system. Methods of neurorehabilitation based on brain plasticity

Methods of rehabilitation in diseases of the circulatory and respiratory systems

Principles of physiotherapeutic treatment of people with increased or decreased muscle tension

**Literature**Basic literature

Kiwierski J. (ed.) "Rehabilitacja Medyczna" PZWL Warszawa, 2005

Kwolek A.: „Rehabilitacja Medyczna”, Wyd. Urban&amp;Partner, Wrocław 2003

Przeździak B.: "Zaopatrzenie rehabilitacyjne", Wyd. Via Medica, Gdańsk 2003

Bromboszcz J., Dylewicz P. (ed.) Rehabilitacja Kardiologiczna. Stosowanie ćwiczeń fizycznych. ELIPSA-JAIM, Kraków 2005

Durmała J. Rehabilitacja pacjentów z chorobą płuc.in: Pulmonologia. Cz.2 (ed. A. Antczak) Medical Tribune Polska, Warszawa 2010. Seria: wielka Interna – Antczak Myśliwiec, Pruszczyk vol. 5

Supplementary literature

Mikołajewska E. Fizykoterapia dla praktyków, PZWL Warszawa 2011

Opara J. Klinimetria w neurorehabilitacji. Ocena wyników rehabilitacji neurologicznej. PZWL Warszawa 2012

Rosławski A., Skolimowski T. Technika wykonywania ćwiczeń leczniczych. PZWL Warszawa 2003

Gross J., Feto J., Rosen E. Badanie układu mięśniowo-szkieletowego. PZWL Warszawa 2011

**Educational effects:**

Effect no	Description of an educational effect	Reference to field of study related effects
W1	Knows and understands the terms of disability and impairment	E.W30
W2	Knows the role of medical rehabilitation and methods used in it	E.W31
W3	Knows the principles of health promotion, its tasks and main trends, with particular emphasis on knowing the roles of elements of a healthy lifestyle	D.W14
W4	Knows the principles of motivating the patient to behave health-consciously and informing him about adverse prognosis	D.W15
W5	Knows and understands the course and symptoms of the ageing process and the principles of total geriatric assessment and interdisciplinary care regarding an elderly patient	E.W8
U1	Can conduct a functional assessment of a patient with disabilities	E.U22
U2	Can suggest a rehabilitation program for the most common diseases	E.U23
U3	Can inform about the goal, progress and possible risk of the suggested diagnostic or therapeutic treatment and obtain the patient's conscious consent to undertake such treatment	D.U6
K1	Is aware of his own diagnostic and therapeutic limitations, educational needs, plans his educational activities	
K2	Can work in a professional team, in a multi-cultural and multi-national community	
K3	Implements principles of professional collegueship and collaboration with representatives of other professions as far as healthcare	
K4	Protects patient confidentiality and all patient rights	

**Methods used in the verification of educational effects**

Educational effect	Type of grade				
	colloquiums	Solving problems during exercise classes	Solving problems in groups	Oral/practical examination	Written test
W1	X	X		X	X
W2	X	X		X	X
W3	X	X		X	X
W4	X	X		X	X

<b>W5</b>	<b>X</b>	<b>X</b>		<b>X</b>	<b>X</b>
<b>U1</b>		<b>X</b>		<b>X</b>	<b>X</b>
<b>U2</b>		<b>X</b>		<b>X</b>	<b>X</b>
<b>U3</b>		<b>X</b>		<b>X</b>	<b>X</b>

<b>Educational effect</b>	<b>For a grade of 3</b>	<b>For a grade of 4</b>	<b>For a grade of 5</b>
<b>W01-W05</b>	Has mastered the knowledge regarding the topic to a sufficient degree	Has mastered the knowledge regarding the topic to a good degree	Has mastered the knowledge regarding the topic to an excellent degree
<b>U01-U03</b>	Has mastered the knowledge regarding the topic to a sufficient degree	Has mastered the knowledge regarding the topic to a good degree	Has mastered the knowledge regarding the topic to an excellent degree