

**MINISTRY OF HEALTH CARE OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY**

Department of physical rehabilitation, sports medicine, physical training

**Syllabus of the academic discipline
«Physical and rehabilitation medicine»**

Scope of the academic discipline	Total number of hours per discipline: 90 hours, 3.0 credits. Semester: VII- VIII 4th year of study
Days, time, place of educational discipline	According to the schedule of classes. Department of Physical Rehabilitation, Sports Medicine, Physical Training Odesa, 4-A Olgivivska St., ONMedU Sports Complex, 2nd floor.
Teacher(s)	Iushkovska Olga. Head of the Department, Doctor of Medical Sciences, Professor. Plakida Oleksandr. Doctor of Medicine, Professor of the Department. Filonenko Olena. Candidate of Medical Sciences, Associate Professor of the Department. Kravets Svitlana. Assistant of the Department. Semenenko Oleg. Assistant of the Department. Kamo Shakhnazaryan. Assistant of the Department.
Contact information	Help by phone: Viktoriya Seredovska, head teacher of the department 0672857552 Viktoriya Radaeva, laboratory assistant of the department, 0973824140, +380(48) 723-05-68, +380 (48) 728-50-30 E-mail: sportmed@onmedu.edu.ua Face-to-face consultations: from 15.00 to 17.00 every Thursday according to the schedule. Online consultations: from 16.00 to 18.00 every Thursday according to the schedule. A link to an online consultation is provided to each group during classes separately.

COMMUNICATION

Communication with applicants will be carried out in the classroom (in person). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, Viber messengers (through groups created in Viber for each group, separately through the group head).

ABSTRACT OF THE EDUCATIONAL DISCIPLINE

The subject of the study of the discipline is the concept of disability, the philosophy of the International classification of functioning, disability and health and the International classification of functioning, disability and health.

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Prerequisites and post-requisites of the discipline (place of the discipline in the educational program)

Prerequisites: (list of disciplines that must be studied prior to the discipline «Physical and rehabilitation medicine»): normal anatomy, normal physiology, pathological anatomy, pathological physiology, pharmacology, biochemistry, pediatrics, general surgery, clinical anatomy and operative surgery, medical psychology, propedeutics of internal medicine, traumatology and orthopedics, obstetrics and gynecology, neurology, emergency and urgent medical care.

Post-requisites: (list of disciplines for which the knowledge gained in the study of Physical and rehabilitation medicine is required): manual therapy, cosmetology, current problems in physiotherapy, balneology and rehabilitation, information technology in medicine, basics of reflectotherapy. The goal of the discipline: Mastering by the student of higher education knowledge and formation of elements of professional competences in the field of kinesiotaping in sports medicine and physical and rehabilitation medicine.

The goal of the discipline: perceptions of life limitations, philosophy of the international classification of functioning, life limitations and health and the international classification of functioning, life limitations and health.

Tasks of the discipline:

1. Perceptions of life limitations, the philosophy of the International Classification of Functioning, Life Limitations and Health and the International Classification of Functioning, Life Limitations and Health;

2. An idea of the rehabilitation cycle, its planning, the multidisciplinary principle of providing rehabilitation assistance;

3. Representation of prevention and correction of musculoskeletal dysfunctions based on the identification of anatomical, physiological, pathological and psychosocial characteristics;

4. Understanding of work physiology, biomechanics, motor control, child and adult development, kinesiology and pathokinesiology;

5. Mastering the methodology, expediency and extent of application of measures for the prevention and correction of motor dysfunctions in people of different ages, in particular, in the case of neurological, locomotors, cardiovascular and respiratory diseases;

6. Mastering the regularity of the organization and development of systems of physical education, health care, education and social protection, the basis of national and international legislation in these fields;

7. Mastering the theory of physical activities and sports;

8. Mastering the basics of psychology, sociology, anthropology, ecology and valeology, the basics of scientific research, planning and execution of experimental work, the basics of work organization, administration and management in the public and private sectors.

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Expected results:

As a result of studying the academic discipline, the applicant must:

Know:

- organization of physical rehabilitation in the system of medical rehabilitation;
- mechanisms of curative action of physical exercises on an organism;
- general methodological principles for the use of physical exercises for medical purposes;
- indications and contraindications to the use of physical rehabilitation;
- features of the method of conducting the procedure of medical gymnastics, depending on the mode of motor activity.

Be able:

- to conduct and evaluate the results of simple functional tests with metered physical activity, applied at different motor modes;
- to appoint the period of the course of physical rehabilitation for a specific patient;
- to substantiate the choice of means and forms of physical rehabilitation depending on the tasks;
- to construct the scheme of the procedure of medical gymnastics and to make a set of physical exercises, used in the procedure of medical gymnastics;
- to conduct individual and less-general classes on medical gymnastics;
- to evaluate the effectiveness of training by physical rehabilitation;
- to teach the patient self-control in physical rehabilitation classes;
- to give recommendations to the patient according to the motor regimen, the use of means of physical rehabilitation in the in-patient and outpatient-polyclinic stages of rehabilitation and in cardiovascular.

DESCRIPTION OF THE EDUCATIONAL DISCIPLINE

Forms and methods of education:

The discipline will be taught in the form of seminar classes (30 class hours); organization of independent work of the applicant (60 hours).

Teaching methods: conversation, narration, explanation, demonstration, instruction, training exercises.

Content of the academic discipline

Content module 1

Physical and rehabilitation medicine

Topic 1. Modern principles of rehabilitation. Concept of rehabilitation. Models of life limitation and their impact on rehabilitation care. Rehabilitation periods, rehabilitation cycle. The concept of patient centricity, setting goals in the rehabilitation of people of different age groups.

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Topic 2. Concept of rehabilitation examination. Evaluation and forecasting tools in rehabilitation, including forecasting for people of different age groups. Rehabilitation interventions and their features according to age. Principles of selection and use of assessment tools and rehabilitation interventions for people of different age groups as part of recovery and compensation strategies, during different rehabilitation periods, in acute and chronic health conditions.

Topic 3. Rehabilitation specialists, multidisciplinary team in rehabilitation, its members. Principles of multidisciplinary rehabilitation team work. The field of clinical competences, the leading role of the FRM doctor. Ideas about interdisciplinary cooperation. Rehabilitation teams outside healthcare facilities (early intervention, inclusive education).

Topic 4. Physical and rehabilitation medicine for injuries and diseases of the nervous system in people of different ages: cerebral palsy, hereditary diseases of the nervous system, consequences of birth injuries, spinal cord injuries, injuries and diseases of the peripheral nervous system. Means of assessment and forecasting, rehabilitation interventions, peculiarities of the organization of the rehabilitation process.

Topic 5. Physical and rehabilitation medicine for musculoskeletal injuries in people of different ages: congenital anomalies of the musculoskeletal system, scoliosis and related conditions, bone and ligament injuries, limb amputations, rheumatological lesions. Means of assessment and forecasting, rehabilitation interventions, peculiarities of the organization of the rehabilitation process.

Topic 6. Physical and rehabilitation medicine for diseases of the cardiovascular and respiratory system of people of different ages: congenital anomalies of the development of the heart and lungs, deformations of the chest, surgical interventions on the organs of the chest cavity. Means of assessment and forecasting, rehabilitation interventions, peculiarities of the organization of the rehabilitation process.

Topic 7. Physical and rehabilitation medicine for other health conditions in children of different age groups: mental retardation, long-term immobilization, swallowing disorders, chronic pain syndromes, obesity. Means of assessment and forecasting, rehabilitation interventions, peculiarities of the organization of the rehabilitation process.

Topic 8. Physical and rehabilitation medicine for oncological diseases. Hospice and palliative care. Means of assessment and forecasting, rehabilitation interventions, peculiarities of the organization of the rehabilitation process.

Topic 9. Use of natural and preformed physical factors in the provision of rehabilitation assistance to people of different ages: classification of physical factors, apparatus physiotherapy, principles of using natural and preformed physical factors in the organization of modern evidence-based rehabilitation for people of different ages.

Topic 10. Massage. Its varieties, impact on the body of an adult, a child, depending on age and existing limitations of life. Peculiarities of using massage in children of the first year of life.

Topic 11. Physical and rehabilitation medicine in sports. The main tasks and content of medical control, the method of comprehensive medical examination. Analysis of the results of a

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comprehensive medical examination. Definition and evaluation of human physical development. Research and assessment of the functional state of the cardiovascular, respiratory and autonomic nervous systems of a person using functional tests. Medical opinion.

Topic 12. Physical and rehabilitation medicine for sports injuries. Prevention of acute and chronic injuries in sports. Principles of rehabilitation of sports injuries and chronic conditions after injuries.

List of recommended literature:

Basic:

1. Basis of sports medicine and physical rehabilitation: manual / O. Iushkovska, O. Filonenko

– Odessa: ONMedU, 2015. – 105

2. European Physical and Rehabilitation Medicine Bodies Alliance. White Book on Physical and

Rehabilitation Medicine in Europe. Eur J Phys Rehabil Med 2018. - Vol.54(2). – P.125-321.

3. Gutenbrunner C., Tederko P., Grabljevec K., Nugraha B., Responding to the World Health

Organization Global Disability Action Plan in Ukraine: developing a National Disability, Health and Rehabilitation Plan J Rehabil Med. – 2018 (50). – P.338–341

Additional:

1. Physiology of Sport And Exercise. W. Larry Kenney, Jack Wilmore, David Costill. Human Kinetics 10%. 2008, 574

2. Principles of Cleft Palate Prosthesis: Aspects in the Rehabilitation of the Cleft Palate Individual. Cloyd S Harkins. Literary Licensing, LLC, 2011: 234

3. Clinical Review of Oral and Maxillofacial Surgery. Shahrokh C. Bagheri DMD MD, Chris Jo DMD. 2007

4. Shahrokh C. Bagheri DMD MD, Bryan Bell DDS MD FACS, Husain Ali Khan DMD MD. 2011

5. European Union of Medical Specialists (UEMS) Section of Physical & Rehabilitation Medicine: A position paper on physical and rehabilitation medicine in acute settings. / Ward A., Gutenbrunner C., Damjan H., Giustini A., Delarque A. // J Rehabil Med. – 2010 (42): P.417–424.

6. DeLisa's. Physical Medicine and Rehabilitation / DeLisa's. – Lippincott Williams & Wilkins; Fifth, North Am, 2010. – 2432 c.

ASSESSMENT

Forms and methods of current control: oral (questionnaire), theoretical testing, evaluation of test performance, evaluation of activity in the classroom.

Criteria for current assessment in practical classes

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Grade	Evaluation criteria
«5»	The applicant worked systematically during the semester, showed versatile and deep knowledge of the program material, was able to successfully complete the tasks provided for by the program, mastered the content of basic and additional literature, realized the relationship between individual sections of the discipline, their importance for the future profession, revealed creative abilities in the mind using educational and program material that has shown the ability to i update and replenish knowledge dependently.
«4»	The applicant has revealed full knowledge of the educational and program material, successfully fulfills the tasks stipulated by the program, mastered the basic literature recommended by the program, showed a sufficient level of knowledge in the discipline and can independently update and update them in the course of further education and professional activity.
«3»	The applicant has shown knowledge of the main educational and program material to the extent necessary for further education and subsequent work in the profession, copes with the tasks provided for by the program, made some mistakes in the answers to the exam and when performing test tasks, but has the necessary knowledge to overcome the mistakes made under the guidance of a scientific and pedagogical worker.
«2»	The applicant did not reveal sufficient knowledge of the main educational and program material, made fundamental mistakes in implementing the tasks provided for by the program, could not use knowledge in further training without the help of a teacher, and could not master the skills of independent work.

Forms and methods of final control: a credit is given to an applicant who has completed all sections of the educational program of the elective discipline, actively participated in seminars, has a current average grade of at least 3.0 and has no academic debt.

Possibility and conditions for receiving additional (bonus) points: not provided.

INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES

Independent work involves preparation for each seminar session.

EDUCATIONAL DISCIPLINE POLICY

Deadlines and Rescheduling Policy:

Absences of classes for non-respectable reasons are made up according to the schedule of the teacher on duty.

Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

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Policy on academic integrity:

- It is mandatory for applicants to observe academic integrity, namely:
- independent performance of all types of work, tasks, forms of control provided for by the work program of this academic discipline;
- references to sources of information in the case of using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

The following are unacceptable in educational activities for participants of the educational process:

- using family or official ties to obtain a positive or higher grade during any form of control of learning results or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, Smartphone, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

For violation of academic integrity, students may be held to the following academic responsibility:

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

Attendance and Tardiness Policy:

Uniform: a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

Equipment: notebook, pen.

State of health: applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "abs" in the journal, he must complete it in the general order.

Use of mobile devices:

Students with the permission of the instructor may use mobile devices if they are needed to complete the assignment.

Behavior in the audience:

The behavior of applicants and teachers in the classrooms should be working and calm, strictly comply with the rules established in accordance with the Code of Academic Ethics and Relations of the University Community of Odesa National Medical University.

