**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| 1.1. Higher education institution | Grigore T. Popa University of Medicine and Pharmacy Iasi |
| 1.2. Faculty | Medical Bioengineering |
| 1.3. Department | Biomedical Sciences |
| 1.4. Field of study | Health |
| 1.5. The cycle of studies | Bachelor |
| 1.6. Study program / qualification | Balneo-physiokinetotherapy and rehabilitation – english language / Physiokinetotherapist |

**2. Discipline data**

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| 2.1. Name of the discipline / Code | | | | **Geriatric Rehabilitation** | | **RE1304** |
| 2.2. Teaching staff in charge with lectures | | | | **Associate Professor Cristina Gavrilescu, PhD, MD** | | |
| 2.3. Teaching staff in charge with practical activities | | | | **Associate Professor Cristina Gavrilescu, PhD, MD** | | |
| 2.4. Year of study | **III** | 2.5. Semester | **1** | 2.6. The type of assessment | **Exam, E1** | |
| 2.7. Discipline type | | **Mandatory** | | **Specialty discipline** | | |

**3. Estimated total time (hours/semester of didactic activity)**

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| 3.1. Number of hours / week: | | 3.2. Courses number of hours / week | | 3.3. Seminars / practical classes  number of hours / week | | | |
| Semester 1 | **2** | **1** | | **1** | | | |
| Semester 2 |  |  | |  | | | |
| 3.4. Total number of learning hours: | **28** | 3.5. Of which: Courses | **14** | 3.6. Of which: Seminars / practical classes: | | | **14** |
| 3.7. Distribution of individual study time: | | | | | Hours sem. 1 | Hours sem. 2 | |
| Study time using course book materials, bibliography and hand notes | | | | | 8 |  | |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | | | | | 4 |  | |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | | | | | 4 |  | |
| Tutorship | | | | | 2 |  | |
| Examinations | | | | | 2 |  | |
| Other activities | | | | | 2 |  | |
| Total hours of individual study (*without examinations*) | | | | | **22** |  | |
| 3.8. Total hours per semester | | | | | **50** |  | |
| 3.9. Number of credits | | | | | **2** |  | |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Medical semiology, Internal Medicine |
| 4.2. of competences | Knowledge of the principles of structure and function of the living matter on a molecular, cellular, tissue and organ level and the associated diseases determined by various factors and conditions |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Video logistical support. |
| 5.2. for seminars / practical classes | Appropriate equipment (protective clothing, masque) |

**6. Specific competences acquired**

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| **Professional competencies** |  | * Develop and implement new protocols for physiotherapy * Implement various strategies to develop new protocols for electrotherapy |
|  | * Analysis using parameters of intensity and duration of massage techniques tailored pathology, assessing muscle tone, a painful sensitivity before and after massage |

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| **Transversal**  **competencies** |  | * Identify objectives to be achieved, the resources available, the conditions for completion of their work flow, working time, deadlines and related risks * Identifying roles and responsibilities in a multidisciplinary team and application techniques and effective work relationships within the team and the relationship with the patient |

7**.** **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| 7.1. General objective | Presentation of geriatric syndromes and diseases, physical therapy programs, hydro, electrotherapy, functional assessment methods adapted to the treatment area and type of pathology |
| 7.2. Specific objectives | Assessing and integrating physical therapy procedures, hydro massage, electrotherapy, phototherapy, magnetic, applying appropriate initial assessment and evaluation of functional deficit reduction, socio-professional independence gained after applied therapies |

**8. Contents**

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| **8.1. Lectures** | | **Teaching methods** | **Observations** |
| 1 | Geriatrics, gerontology, definition; Physiological changes associated with aging; Theories of aging; geriatric assessment | PPT presentation interactive discussions | 2 hours |
| 2 | Changes in the cells and tissues in musculoskeletal disorders of the elderly; osteoporosis; osteomalacia; Arthrosis disease; Osteoarthritis. Recovery. | PPT presentation interactive discussions | 2 hours |
| 3 | Geriatrics giants: instability, immobility, intellectual impairment, incontinence, iatrogenesis; Upper extremity fracture of the femur; Falls. Physical recovery | PPT presentation interactive discussions | 2 hours |
| 4 | Features of internal diseases in the elderly • Part I Features of respiratory diseases (COPD, lung cancer, bronchial asthma, pulmonary fibrosis) | PPT presentation interactive discussions | 2 hours |
| 5 | Features of internal diseases in the elderly • Part II Features of cardiovascular disease (hypertension, ischemic heart disease) and management. Physical recovery | PPT presentation interactive discussions | 2 hours |
| 6 | Features of internal diseases in elderly • Part III Features of cardiovascular disease (arrhythmia, heart failure, venous diseases, artery diseases) | PPT presentation interactive discussions | 2 hours |
| 7 | Features of internal diseases in elderly Part IV Diabetes. Pharmacovigilance | PPT presentation interactive discussions | 2 hours |

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| **8.2. Practical activities - practical class** | | **Teaching methods** | **Observations** |
| 1 | Geriatric assessment. Diagnosis in clinical and psychosocial geriatrics | Case presentations | 2 hours |
| 2 | Indications and contraindications of physical therapy in patients with osteoarticular diseases | Case presentations | 2 hours |
| 3 | Approach to the Geriatrics giants: instability, immobility, intellectual impairment, incontinence, iatrogenesis. Prevention and recovery of fracture of the femur; Falls. | Case presentations | 2 hours |
| 4 | Indications and contraindications of physical therapy in patients with respiratory diseases | Case presentations | 2 hours |
| 5 | Indications and contraindications of physical therapy in patients with cardiovascular disease (hypertension, ischemic heart disease) | Case presentations | 2 hours |
| 6 | Indications and contraindications of physical therapy in patients with cardiovascular diseases (arrhythmia, heart failure, venous diseases, artery diseases | Case presentations | 2 hours |
| 7 | Indications and contraindications of physical therapy in patients with diabetes. Palliative care in the elderly | Case presentations | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Recent Advances in Geriatric Medicine *(An Interdisciplinary Approach to Geriatric Medicine)*   Edited by Jeremy W. Grabbe. 2017   1. Oxford Handbook of Geriatric Medicine, 3rd edition. 2018 2. Lecture notes- PPT |
| ***Elective:***   1. Hazzard’s Geriatric Medicine and Gerontology, 7th edition. 2015 2. Paloma Manea, Cristina-Maria Gavrilescu, Irina Jari, Manuela Ursaru, Dragos Negru, Rodica Ghiuru, Mona Scutariu: Basics in medical semiology and internal medicine; edit ,,Gr.T.Popa” UMF Iasi 2016 ISBN 978-606-544-367-9. |
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**9. *Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field***

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

**10. Evaluation**

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| Type of activity | Assessment criteria | Evaluation methods | Contribution to the final grade |
| Lectures | Acquiring theoretical notions and presented in the course | Written exam.  MCQ Examination | 80 % |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | Admitted/ Rejected |
| Individual study | Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays.  Study time using coursebook materials, bibliography and hand notes, documentation in the library, using specialised platforms via internet and by field work. | Tests during the semester | 20 % |
| Minimal performance standard:   * Assessing a therapeutic plan for the elderly * Application of therapeutic programs using physical therapy | | | |

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| Date  05.09.2023 | Holder of course / signature, | Holder of practical activities / signature, |
|  | Associate Professor Cristina Gavrilescu, PhD, MD | Associate Professor Cristina Gavrilescu, PhD, MD |

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| Date of approval in the Department Council/Teaching Council, | | |
| 14.09.2023 |  | Department director / signature, |
|  |  | Conf. Univ. Dr. Daniela-Viorelia Matei |