**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 | **Post-surgical rehabilitation** | **RE1306** |
| 2.2. Teaching staff in charge with lectures | **Associate Professor Costel Bradea, MD, PhD** |
| 2.3. Teaching staff in charge with practical activities | **Assistent Professor Bogdan Caba, MD, PhD** |
| 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 | 10 |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | 10 |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | 13 |  |
| Tutorship | 2 |  |
| Examinations | 4 |  |
| Other activities | 14 |  |
| Total hours of individual study (*without examinations*) | **47** |  |
| 3.8. Total hours per semester | **75** |  |
| 3.9. Number of credits | **3** |  |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Biology (modules Anatomy and Phisiology) |
| 4.2. of competences | Knowledge in macro and microscopical organs and systems of the organism |

5. **Conditions (where applicable)**

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| 5.1. for lectures | Video logistical support |
| 5.2. for seminars / practical classes | The students will have protective clothes |

**6. Specific competences acquired**

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| **Professional competencies** | **C 1.5** | Able to develop kineto programs for the surgical patients |
| **C 5.1** | Able to describe muscular and joints evaluation,the scores for functional evaluation and quality of life to the disability patients |
| **C 5.3** | Able to aply muscular and joints evaluation teckniques,the evaluation of quality of life in surgical deseases |

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

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| 7.1. General objective | Explanation of the syndroms and the geriatric diseases, kineto programs, hidrotermotherapy, electrotherapy, the evaluation of the function of the diseased region |
| 7.2. Specific objectives | Evaluation and integration of the methods of kinetotherapy, masaj, hidrothermotherapy, electrotherapy, phototherapy, magnetotherapy, ultrasonotherapy; aplication of the scores for initial and final control, for calculation of the functional deficit evaluation; socio-professional independence aquaiered after these therapies. |

**8. Contents**

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| **8.1. Lectures** | **Teaching methods** | **Observations** |
| 1 | Definitions (rehabilitation, deficent, infirm etc),tisular regeneration,methods to prevent scars problems;patient examination;form of kineto applying. | Powerpoint and video methods | 2 hours |
| 2 | Respiratory and general gymnastics. General parameters of the kineto programs.Local parameters.Secondary aims of the kinetotherapy.General postoperator program. | Powerpoint and video methods | 2 hours |
| 3 | Principles and methods for applying postop kineto.Statical and dinamic exercises.Backthorax program exercises.Programs for entire life.  | Powerpoint and video methods | 2 hours |
| 4 | Torticolis-surgical treatment and rehabilitation. | Powerpoint and video methods | 2 hours |
| 5 | Rehabilitation in surgical superior and inferior limb,shoulder and thorax deseases .Superior and inferior limb and thorax basic masaj methods. | Powerpoint and video methods | 2 hours |
| 6 | Pain-definition,causes,perception,importance.Kabat method, Williams program,Armstrong exercises for platfoot. | Powerpoint and video methods | 2 hours |
| 7 | Kabat diagonals,Bobath and Kenny methods.Postop rehabilitation on inf limb;ortheses. | Powerpoint and video methods | 2 hours |

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | Rehabilitation in obliterant arteritis of the inferior limbs. | Powerpoint and video methods | 2 hours |
| 2 | Rehabilitation of the inferior limb;muscular testing scores;knee rehabilitation. | Powerpoint and video methods | 2 hours |
| 3 | Scoliosis and lordosis.Signs of lombosciatics and abdominal paralisis. Semiology of the pelvic bones. | Powerpoint and video methods | 2 hours |
| 4 | Pre-and post-operative respiratory gymnastics. | Powerpoint and video methods | 2 hours |
| 5 | General pre-and post-operatory special kinetotherapy for abdominal operated patients. | Powerpoint and video methods | 2 hours |
| 6 | Special kinetotherapy for superior and inferior limbs operated patients. | Powerpoint and video methods | 2 hours |
| 7 | Special kinetotherapy for head,neck and thorax operated patients. | Powerpoint and video methods | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*****Power Point Lecture of our Discipline which is found on the e-learning UMF Platform.2017**1.Basic Surgical Teckniques for Students and residents.St.Georgescu,C.Bradea et all.Ed UMF Iasi.2020.2.Plowmand Sharon A., Smith Denise L. **Exercise Physiology. For health, fitness and performance.** 5th ed. Baltimore-Philadelphia, Lippincott Williams, 2017. |
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| ***Elective:***1. Schwartz’s Principles of Surgery.F.Charles Brunicardi et all,Mc Graw Hill,11 edition,**2019**,ISBN 978125983535
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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:* **to aply the rehabilitation programs to a specific patient,**
* to perform a program for kinetoterapy
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| Date | Holder of course / signature,  | Holder of practical activities / signature, |
| 14.09.2023 | Associate Professor Costel Bradea, MD, PhD | Assistent Professor Bogdan Caba, MD, PhD |

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| Date of approval in the Department Council/Teaching Council,  |
| 14.09.2023 |  | Department director / signature, |
|  |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |