**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 | | | | **a. Kinetoprophylaxis in Obstetrics** | | **RE1324** |
| 2.2. Teaching staff in charge with lectures | | | | **-** | | |
| 2.3. Teaching staff in charge with practical activities | | | | **Assistant Professor Loredana Maria Toma, MD** | | |
| 2.4. Year of study | **III** | 2.5. Semester | **1** | 2.6. The type of assessment | **Colloquium, C1** | |
| 2.7. Discipline type | | **Elective** | | **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 | **1** |  | | **1** | | | |
| Semester 2 |  |  | |  | | | |
| 3.4. Total number of learning hours: | **14** | 3.5. Of which: Courses |  | 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 | | | | | 13 |  | |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | | | | | 13 |  | |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | | | | | 5 |  | |
| Tutorship | | | | | 2 |  | |
| Examinations | | | | | 2 |  | |
| Other activities | | | | | 5 |  | |
| Total hours of individual study (*without examinations*) | | | | | **36** |  | |
| 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 | Anatomy. Physiology. Kinetoprophylaxy |
| 4.2. of competences | Realization and design of kinetic programs |

5. **Conditions (where applicable)**

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| 5.1. for lectures |  |
| 5.2. for seminars / practical classes | Physiotherapy room, equipped with specialized equipment.  Students will wear protective equipment (Grob, Medical Clogs). |

**6. Specific competences acquired**

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| **Professional competencies** | **C 1.4** | The application of physical therapy programs correlated with the functional diagnosis and according to the doctor's indications, also carrying out secondary prophylaxis. |
| **C 4.3** | Use of appropriate parameters in techniques to increase joint mobility, muscle strength, coordination and balance.  The use of graphic description for physical exercises specific to the pre- and post-natal period. |

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

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| 7.1. General objective | Explaining syndromes of uro-gynecology diseases, physical therapy programs, hydro, electrotherapy, functional assessment methods adapted to the treatment area and type of pathology |
| 7.2. Specific objectives | The accumulation of basic knowledge on uro-gynecological system (anatomy, physiology and pathology)  Practical application of the knowledge acquired through endowment with specific skills recognition main manifestations of uro-gynecological diseases and the methods of treatment balneofizioterapeutice according to specific pathology. |

**8. Contents**

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| **8.2. Practical activities - practical class** | | **Teaching methods** | **Observations** |
| 1 | Evaluation in gynecology. | Presentation of clinical cases | 2 hours |
| 2 | Evaluation of ultrasound female urogenital system. Urodynamic investigations | Presentation of clinical cases | 2 hours |
| 3 | Presentation of clinical cases for changes during pregnancy. | Presentation of clinical cases | 2 hours |
| 4 | Presentation of clinical case for urinary incontinence. Physiotherapy, recovery | Presentation of clinical cases | 2 hours |
| 5 | Presentation of clinical case for genital prolapse. Physiotherapy, recovery | Presentation of clinical cases | 2 hours |
| 6 | Presentation of clinical case for chronic pelvic pain. Recovery methods. | Presentation of clinical cases | 2 hours |
| 7 | Presentation of clinical case - confinement after birth | Presentation of clinical cases | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Practical works from e-Learning platform UMF Iasi 2. Williams Obstetrics, Kenneth Leveno, Jodi Dashe. 26th Edition, McGraw-Hill Education, 2020 3. Williams Gynecology, JO Schorge, KD Bradshaw, 4th Edition, 2020 4. Charles R. B. Beckmann, American College of Obstetricians and Gynecologists, Barbara M. Barzansky- *Obstetrics and* Gynecology, 2009 |
| ***Elective:*** |
| 1. Neville F. Hacker, Joseph C. Gambone, Calvin J. Hobel - Hacker and Moore's essentials of obstetrics and gynecology, Saunders/Elsevier, 2009 2. Stacey Rosenberg - Natural Pregnancy, Natural Baby: Natural Remedies for Pregnancy, Birth and Post-Partum Discomforts, 2008 |

**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 |  |
| Practical activities | Activities carried out in laboratory and conducted quality essays. | Colloquium practical activity | 80 % |
| 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:   * Theoretical and practical knowledge related to specific techniques used in obstetrics. | | | |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 07.09.2023 |  | Assistant Professor Loredana Toma, MD |

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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 |