

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta: Fizikalna in rehabilitacijska medicina
Course title: Physical and Rehabilitation Medicine

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Splošna medicina, enovit magistrski študijski program		Četrti	8.
General medicine, Uniform master's degree study program		Fourth	8th

**Vrsta predmeta (obvezni ali izbirni) /
Course type (compulsory or elective)**

obvezni

compulsory

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
15	15	AV LV RV	15		45	3

Nosilec predmeta / Course coordinator:

izr. prof. dr. Breda Jesenšek Papež

Jeziki /Languages:

Predavanja / Lectures:

slovenski/slovene

Vaje / Tutorial:

slovenski/slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites for enrolling in the course or for performing study obligations:

Vsebina (kratek pregled učnega načrta):

Študent se seznani s strokovnim področjem fizikalne in rehabilitacijske medicine, spozna pravila transdisciplinarnega timskega dela v rehabilitaciji in podrobneje vloge posameznih strokovnjakov.

Spozna pojme okvara, prizadetost in oviranost ter rehabilitacijske postopke za zmanjševanje posledic bolezni in poškodb na različnih področjih – medicinska, profesionalna, edukacijska, socialna rehabilitacija. S področja fizikalne medicine so predstavljene metode fizikalne terapije: kinezioterapija, elektroterapija, magnetoterapija, termoterapija, hidroterapija, sonoterapija, fototerapija in mehanoterapija. Dobi osnovne informacije iz področja balneologije in klimatologije – izkoriščanje klimatskih pogojev v terapevtske namene.

Content (syllabus outline):

The student get acquainted with the professional aspect of physical and rehabilitation medicine, learns the rules of transdisciplinary team work in rehabilitation and learns in details the role of individual experts. The students get acquainted with the terms impairment, disability and handicap as well rehabilitation procedures for decreasing the consequences of diseases and injuries in different settings – medical, professional, educational, social rehabilitation. The following physical therapy methods are presented in the field of physical medicine: kinesiotherapy, electrotherapy, magneto therapy, thermotherapy, hydrotherapy, sonotherapy, phototherapy and mechanotherapy. The student receives the basic information from balneology and climatology – employing climate conditions for therapeutic purposes. In the field of rehabilitation, programs are presented for treating patients with the most common health

Na področju rehabilitacije so predstavljeni programi za obravnavo bolnikov z najpogostejšimi zdravstvenimi problemi. V okviru gerontološke rehabilitacije se študenti seznani s posebnostmi fizikalne medicine in rehabilitacije pri starostnikih. Predstavljeni so tehnični pripomočki za izboljšanje zmožnosti gibanja in opravljanja dnevnih aktivnosti.

Področje fizioterapije zajema konzervativno ortopedijo – diagnostiko in terapijo obolenja gibalnega sistema. Predstavljena je fizioterapevtska in natančnejše usmerjeni klinični testi, ki so osnova za pravilno diagnostično opredelitev in napotovanje na dodatne preiskave. Študenti spoznajo pomen UZ in EMG diagnostike. Seznani se s principom strokovnega, z dokazi podprtega in racionalnega predpisa metod fizikalne terapije.

Podana je tudi organizacijska shema rehabilitacije na vseh treh strokovnih nivojih – primarni (zdravstveni domovi, zasebni fizioterapevti), sekundarni (bolnišnice, zdravilišča) in terciarni (Univerzitetni rehabilitacijski inštitut Republike Slovenije – Soča).

problems. In gerontological rehabilitation the students get acquainted with the special characteristics of physical and rehabilitation medicine in elderly people. They learn about technical accessories for improving the ability to move and perform everyday activities.

The field of physiatrics includes conservative orthopedics – diagnosis and therapy of affected movement system. The students learn about physiatric propedeutics and specific targeted clinical tests, which serve as the basis for correct diagnostic orientation and referral for additional tests. The students learn the importance of US and EMG diagnostics. They get acquainted with the principle of professional, evidence-based and rational choice of physical therapy.

The students learn about the organizational framework of rehabilitation at all three professional levels - primary (public health care institutes, private physiotherapists), secondary (hospitals, thermal centers), and tertiary (University Rehabilitation Institute of the Republic of Slovenia – Soča)

Temeljni literatura in viri / Reading materials:

1. Cuccurullo SJ. Physical Medicine and Rehabilitation Board Review, 2nd ed. Demos Medical, New York, 2010. prosto dostopno na spletu
2. W Frontera RW, Silver JK. Essentials of Physical Medicine and Rehabilitation: Musculoskeletal Disorders, Pain and Rehabilitation, 2018

Dodatni viri:

1. Mednarodna klasifikacija funkcioniranja, zmanjšane zmožnosti in zdravja (MKF) <http://www.mf.uni-lj.si/dokumenti/a106389e93fab93fdec3b56cd3d3ab1c.pdf>
2. Revije Rehabilitacija <http://ibmi.mf.uni-lj.si/rehabilitacija/>
3. DCifu DX. Braddom's Physical Medicine and Rehabilitation, 5ed, 2015
4. Štefančič M in sod. Osnove fizikalne medicine in rehabilitacije gibalnega sistema. DZS Ljubljana; 2003.
5. DeLisa JA, Gans BM, eds. Rehabilitation medicine. Principles and practice. Fifth edition, 2012

Cilji in kompetence:

Prikazati študentu osnovne informacije stroke Medicinka rehabilitacija kot neposredni del timskega zdravljenja. Informirati ga o metodah fizikalne terapije kot terapevtski program za posamezne bolezni in poškodbe. Seznaniti o možnostih specialista fizikalne medicine na primarni, sekundarni in terciarni ravni. Osnovno informacijo o diagnostiki v fizikalni medicini (EMG, UZ).

Objectives and competences:

Presentation of the basic professional information about the Medical rehabilitation as a direct part of integrated healing. Aim of the course is to inform the student about the methods of physical therapy, therapeutic program for certain diseases and injuries. Moreover, possibilities of physical medicine on the primary, secondary and tertiary level will be presented as well as basic information of diagnostics in physical medicine (Ultrasound, thermovision, EM)

Predvideni študijski rezultati:

Znanje in razumevanje:
 Poznavanje strokovnega področja rehabilitacije.
 Praktično znanje fiziatričnega kliničnega pregleda in poznavanje najpogostejših patoloških stanj, ki potrebujejo rehabilitacijsko obravnavo.
 Prenesljive ključne spretnosti in drugi atributi:
 Spretnost v prepoznavanju pglavitnih funkcionalnih motenj, ki jih rehabilitacija lahko izboljša. Razumevanje poteka in vloge rehabilitacije v vrnitvi bolnika/poškodovanca v normalno življenje. Poznavanje vloge posameznega člana rehabilitacijskega tima in tako ustrezno usmerjanje obravnave bolnika na primarnem nivoju. Poznavanje tehničnih možnosti za nadomeščanje prizadetih funkcij.

Intended learning outcomes:

Knowledge and Understanding of rehabilitation. Practical knowledge on physiatric clinical examination and most often pathologic conditions in need of rehabilitation treatment.
 Transferable/Key Skills and other attributes:
 Recognition of main functional disorders, which could be improved by rehabilitation.
 Understanding of the course and role of the rehabilitation in patient's returning into normal life.
 Recognition of the role of each member of the team in patient treatment on primary level.
 Knowledge about technical possibilities of replacement of affected functions.

Metode poučevanja in učenja:

Predavanja, vaje, video prezentacija, klinične demonstracije.

Learning and teaching methods:

Lectures, exercises, video presentations, clinical demonstrations

Načini ocenjevanja:

Delež (v %) /
Share (in %)

Assessment methods:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)
 Seminarsko delo
 Pisni izpit

100

Type (examination, oral, coursework, project):
 Seminar
 Written exam

ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV:

Vsaj 50 % prisotnost na predavanjih, aktivna priprava in predstavitev seminarskega dela, aktivno sodelovanje na vajah, vsaj 80 % prisotnost na vajah in seminarjih.

ACADEMIC OBLIGATIONS OF STUDENTS:

At least 50% attendance at lectures, active preparation and presentation of a coursework assignment, active cooperation in practice, at least 80% attendance at practice and coursework.

POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA:

Opravljen študijske obveznosti in opravljen seminar.

REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING

Completed academic obligations.

Reference nosilca / Course coordinator's references:

JESENŠEK PAPEŽ, Breda, TURK, Zmago. Clinical versus electrodiagnostic effectiveness of splitting in the conservative treatment of carpal-tunnel syndrome. Wiener klinische Wochenschrift. Supplementum, ISSN 0300-5178, 2004, jg. 116, suppl. 2, str. 24-27. [COBISS.SI-ID 1615679]

JESENŠEK PAPEŽ, Breda, PALFY, Miroslav, TURK, Zmago. Infrared thermography based on artificial intelligence for carpal tunnel syndrome diagnosis. Journal of international medical research, ISSN 0300-0605, 2008, vol. 36, no. 6, str. 1363-1370. [COBISS.SI-ID 3113279]

LONZARIĆ, Dragan, JESENŠEK PAPEŽ, Breda, VOGRIN, Matjaž, TURK, Zmago. Efficacy of local Pohorje peat compress in patients with knee osteoarthritis: results from a sham-controlled trial = Klinische Wirksamkeit lokaler Moorkompressen aus dem Pohorje-Gebirge bei Patienten mit Kniearthrose: Ergebnisse einer Sham-kontrollierten Studie. Physikalische Medizin Rehabilitationsmedizin Kurortmedizin, ISSN 0940-6689, Aug. 2009, jg. 19, hft. 4, str. 213-217, doi: 10.1055/s-0029-1220716. [COBISS.SI-ID 3383615]

JESENŠEK PAPEŽ, Breda, PALFY, Miroslav, MERTIK, Matej, TURK, Zmago. Infrared thermography based on artificial intelligence as a screening method for carpal tunnel syndrome diagnosis. Journal of international medical research, ISSN 0300-0605, 2009, vol. 37, no. 3, str. 779-790. [COBISS.SI-ID 3334719]

ČELAN, Dušan, TURK, Zmago, PALFY, Miroslav, JESENŠEK PAPEŽ, Breda. Anthropometric indexes and sagittal spine curves in postmenopausal women with different bone mineral density. HealthMed, ISSN 1840-2291, 2010, vol. 4, no. 4, str. 705-714. [COBISS.SI-ID 3840575]

JESENŠEK PAPEŽ, Breda. The impact of kinesio taping on pain relief in patients with lateral epicondylitis = Vpliv kinezioloških trakov na zmanjšanje bolečine pri bolnikih z lateralnim epikondilitisom. Acta medico-biotechnica, ISSN 1855-5640, 2014, vol. 7, [no.] 2, str. 45-52, ilustr. http://www.actamedbio.mf.uni-mb.si/13id_amb_113_14.pdf. [COBISS.SI-ID 5192255]

STRIČEVIĆ, Jadranka, JESENŠEK PAPEŽ, Breda. Non-specific low back pain : occupational or lifestyle consequences?. Wiener Klinische Wochenschrift, ISSN 0043-5325, 2015, vol. , suppl. , str. [1-5]. <http://link.springer.com/article/10.1007%2Fs00508-015-0770-2>, doi: 10.1007/s00508-015-0770-2. [COBISS.SI-ID 5297983]

FILIPOVA, Verica, LONZARIĆ, Dragan, JESENŠEK PAPEŽ, Breda. Efficacy of combined physical and occupational therapy in patients with conservatively treated distal radius fracture : randomized controlled trial. Wiener klinische Wochenschrift, ISSN 1613-7671, 2015, vol. , suppl. , str. [1-6]. <http://dx.doi.org/10.1007/s00508-015-0812-9>, doi: 10.1007/s00508-015-0812-9. [COBISS.SI-ID 5433663]