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Federal State Autonomous Educational Institution of Higher Education

PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA

RUDN University

Institute of Medicine

educational division (faculty/institute/academy) as higher education program developer

COURSE SYLLABUS

Medical Rehabilitation

course title

Recommended by the Didactic Council for the Education Field of:

31.05.01 General Medicine

field of studies / specialty code and title

The course instruction is implemented within the professional education program of higher education:

General Medicine

higher education program profile/specialization title

2023-2024

1. COURSE GOAL(s)

The goal of the course «**Medical Rehabilitation**» is to form the concept of "medical rehabilitation" among students, a complete view of its modern capabilities, an idea of the basics of medical rehabilitation, which concerns the main aspects of planning and conducting rehabilitation activities. Give a clear idea of the possibilities of modern medical rehabilitation. Introduce you to the principles of organizing the rehabilitation process.

2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) «**Medical Rehabilitation**» is aimed at the development of the following competences /competences in part: GPC-2, GPC-4, GPC-8, GPC-10, PC-4.

T Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
GPC-2	Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	GPC-2.1. Being able to analyse the awareness of the population of a healthy lifestyle and medical literacy.
		GPC-2.2. Being able to develop a plan of organizational and methodical measures aimed at increasing the awareness of the population of a healthy lifestyle, its literacy concerning disease prevention issues.
		GPC-2.3. Being able to prepare an oral presentation or a printed text which promote a healthy lifestyle and increase the population's literacy concerning disease prevention issues.
GPC-4	Being able to use medical devices provided for by the procedure for medical care, and conduct patient examinations in order to determine a diagnosis	GPC-4.1. Being able to use medical devices in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care, care taking into account the medical care standards.
		GPC-4.2. Being able to assess the effectiveness and safety of medical devices.
		GPC-4.3. Mastering the technique of performing typical medical procedures using medical devices provided for by the procedures for medical care provision.
GPC-8	Being able to implement and monitor the efficacy of medical rehabilitation of a patient, including when implementing individual	GPC-8.1. Being able to determine the medical indications for medical rehabilitation measures, including when implementing an individual rehabilitation or habilitation programme for persons with disabilities.

Competence code	Competence descriptor	Competence formation indicators (within this course)
	rehabilitation and habilitation programmes for persons with disabilities; assess the patient's ability to work	<p data-bbox="751 152 1477 439">GPC-8.2. Being able to carry out measures of medical rehabilitation of a patient in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the medical care standards.</p> <p data-bbox="751 450 1477 719">GPC-8.3. Being able to determine medical specialists for carrying out rehabilitation measures to a patient in need of medical rehabilitation taking into account the diagnosis and in accordance with the current procedures for the provision of medical care.</p> <p data-bbox="751 730 1477 954">GPC-8.4. Being able to prescribe sanatorium-resort therapy to a patient in need of medical rehabilitation, including when implementing an individual rehabilitation or habilitation programme for persons with disabilities.</p> <p data-bbox="751 965 1477 1290">GPC-8.5. Being able to monitor the implementation of rehabilitation measures and evaluate their efficacy and safety, including when implementing an individual programme for the rehabilitation or habilitation of persons with disabilities, taking into account the diagnosis in accordance with the current procedures for the provision of medical care.</p>
GPC-10	Being able to understand the operation principles of modern IT and use them to solve professional tasks	<p data-bbox="751 1321 1477 1406">GPC-10.1. Being able to use information technology in professional activity.</p> <p data-bbox="751 1417 1477 1563">GPC-10.2 Being able to observe the information security rules in professional activity.</p> <p data-bbox="751 1574 1477 1731">GPC-10.3. Being able to use information and communication technologies, including applied software for general and special purposes in dealing with professional tasks.</p>

Competence code	Competence descriptor	Competence formation indicators (within this course)
PC-4.	Being able to implement and monitor the patient's medical rehabilitation efficacy, including when implementing individual rehabilitation and habilitation programmes for persons with disabilities; assess the patient's ability to work	PC-4.1. Being able to conduct an examination of temporary disability and work as part of a medical commission which examines temporary disability.
		PC-4.2. Being able to prepare necessary medical documentation to carry out medical and social examination in federal state institutions of medical and social examination.
		PC-4.3. Being able to carry out medical rehabilitation measures for a patient, including when implementing an individual rehabilitation or habilitation programme for persons with disabilities, in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care.
		PC-4.4. Being able to refer a patient who needs medical rehabilitation to a medical specialist so that they prescribe and carry out medical rehabilitation measures, including when implementing an individual rehabilitation or habilitation programme for persons with disabilities, in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on provision of medical care taking into account the standards of medical care.
		PC-4.5. Being able to refer a patient who needs medical rehabilitation to a medical specialist so that they prescribe and carry out sanatorium treatment, including when implementing an individual rehabilitation or habilitation programme for persons with disabilities, in accordance with the current procedures for the provision of medical care,

Competence code	Competence descriptor	Competence formation indicators (within this course)
		clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care.
		PC-4.6. Being able to assess the efficacy and safety of medical rehabilitation measures for a patient in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care.
		PC-4.7. Being able to refer a patient with a persistent bodily dysfunction caused by diseases, the consequences of trauma or defects to a medical and social examination.

3.COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the higher educational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-2	Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	Biology; Biochemistry	Polyclinic therapy; Anesthesiology, resuscitation, and intensive care; Obstetrics and Gynecology
GPC-4	Being able to use medical devices provided for by the procedure for medical care, and conduct patient examinations in order to determine a diagnosis	Physics; Radiation diagnostics	Traumatology, orthopedics; Anesthesiology, resuscitation, intensive care; Oncology, Radiation therapy

GPC-8	Being able to implement and monitor the efficacy of medical rehabilitation of a patient, including when implementing individual rehabilitation and habilitation programmes for persons with disabilities; assess the patient's ability to work	Urology	Faculty Surgery; Endoscopic Urology
GPC-10	Being able to understand the operation principles of modern IT and use them to solve professional tasks	Pharmacology; General Surgery; Biostatistics; Professional Diseases	Telemedicine, Oncology, Radiation therapy; Professional Diseases
PC-4.	Being able to implement and monitor the patient's medical rehabilitation efficacy, including when implementing individual rehabilitation and habilitation programmes for persons with disabilities; assess the patient's ability to work	Organization of special care for patients; Pathophysiology, clinical pathophysiology; Epidemiology; Infectious Diseases; Pediatrics; Obstetrics and Gynecology; General Surgery;	Polyclinic therapy; Disaster medicine; Forensic medicine; Examination of Temporary Disability

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course "Medical Rehabilitation" is 3 credits (108 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (**full-time training**)*

Type of academic activities	Total academic hours	Semesters/training modules	
		8	
<i>Contact academic hours</i>	108	108	
including:			
Lectures (LC)			
Lab work (LW)	60	60	

Type of academic activities		Total academic hours	Semesters/training modules	
			8	
Seminars (workshops/tutorials) (S)				
<i>Self-studies</i>		39	39	
<i>Evaluation and assessment (exam/passing/failing grade)</i>		9	9	
Course workload	academic hours	108	108	
	credits	3	3	

* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
Organizational and methodological foundations of rehabilitation	Definition of the concept of rehabilitation. Concepts of disorders, disability, and social insufficiency. Types of rehabilitation, their goals and objectives. Medical rehabilitation. Habilitation. Rehabilitation program. Rehabilitation potential. Rehabilitation prognosis. Principles of organization of the rehabilitation process. Stages of medical rehabilitation. Organizational approaches and staffing of the rehabilitation process".	LW
Medical aspects of disability	Concepts of disabled person, disability. The concept of "disability". Primary, secondary, and tertiary physical disabilities. Classification of disability. Disability groups. Features (risk groups) of persons with disabilities.	LW
Features of medical rehabilitation of patients of different age groups	Children's rehabilitation. Current trends and assessments of children's health. Features of the child's body that must be taken into account when organizing and conducting the rehabilitation process. The main categories of vital activity of the body, which are described in the medical and social expertise of individuals, under 18 years of age. Anatomophysiological and psychological features of patients of older age groups. Problems of the elderly and senile age. Types of personality adaptation to old age. Special feature of rehabilitation of patients of older	LW
Means and methods of medical rehabilitation	Means of medical rehabilitation. Medical support of the rehabilitation process. Means of psychological rehabilitation. Technical means of rehabilitation. Reconstructive surgery. Physical therapy. The concept of physical therapy. External physical factors used in physical therapy. Natural and preformed healing factors. Mechanism of	LW

Course module title	Course module contents (topics)	Academic activities types
	<p>therapeutic action of physiotherapy. Common contraindications. Safety precautions when working in the physiotherapy department (office). Classification, types and forms of physical therapy. Classification of motor modes. Features and evaluation of functional examination of patients before and after exercise therapy in different motor modes. Ergotherapy Basics of medical massage. Basic techniques. Indications and contraindications. Fundamentals of reflexology. Mechanism of therapeutic action. Methods of reflexology. The technique of acupressure. Indications and contraindications. Features of reflexotherapy in the elderly, senile age and long-livers. Mechanism of therapeutic action and methods of hirudotherapy. Indications and contraindications. Technique of hirudotherapy. Possible complications. Mechanism of therapeutic action of herbal medicine. Features of the method of herbal medicine. Indications and contraindications. Mechanism of therapeutic action of apitherapy. Indications, contraindications. The mechanism of therapeutic action of aromatherapy. Methods of aromatherapy. Indications and contraindications. Climatotherapy. Factors of climate therapy. Climates. Climatic resorts. Aerotherapy. Mechanism of therapeutic action of aerotherapy. Methods. Heliotherapy. The mechanism of therapeutic action of heliotherapy. Forms of heliotherapy sessions. Indications and contraindications. Thalassotherapy. Mechanism of therapeutic action of thalassotherapy. The concept of "cold load". Indications and contraindications for thalassotherapy. Speleotherapy. Microclimatic features of natural caves and salt mines. The mechanism of therapeutic action of speleotherapy. Indications and contraindications. Peloidotherapy. Classification of peloids. The mechanism of therapeutic action of peloid therapy. Methods. Indications and contraindications. Balneotherapy. Composition and classification of the miner.mineral waters. Mechanism of action balneotherapy, Types of balneotherapy. Indications and contraindications. Rules for receiving mineral waters.</p>	

* - to be filled in only for **full**-time training: *LC* - lectures; *LW* - lab work; *S* - seminars.

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
Lab work	Multimedia projector, Internet access	Sets of videos, multimedia presentations made by the department.
Computer lab	Classes are equipped with access to the RUDN electronic library system, the Internet	Computer/laptop with installed software.
Self-studies	Classroom for student's self-studies (can be used for seminars and consultations.)	Computer/laptop with installed software. technical equipment: multimedia projector. Installed software. multimedia projector with screen - Sets of videos, multimedia presentations made by the department

* The premises for students' self-studies are subject to **MANDATORY** mention

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

- Meditsinskaya reabilitatsiya: uchebnik / pod red. A.V. Yepifanova, Ye.Ye. Achkasova, V.A. Yepifanova. M.: GEOTAR Media, 2015. 668s.
- // Вестник Российского университета дружбы народов: Медицина. - 2020. - № т. 24 (1). - С. 26 - 37.
- Obshchaya fizioterapiya: uchebnik / Ponomarenko G.N., M.; GEOTAR-Media, 2014.
- Meditsinskaya reabilitatsiya : uchebnik./ Ponomarenko G. N. – M.: GEOTAR-MED, 2014.
- Vosstanovitel'naya meditsina. Uchebnoye posobiye dlya studentov. Pod.red. O.I. Leyzerman i dr. Rostov n/D.: Feniks, 2008.
- Eremushkin MA. Fundamentals of rehabilitation. Textbook-M.: Publishing Center "Academy", 2014. - 208 p.
- Korolev A. A., Sobolevskaya Yu. A., Rudakova SM., Kukelev Yu. V., Kamaeva A.V., Shipulina G. V., Martynyuk MD. Meditsinskaya reabilitatsiya: uchebnoe posobie [Medical rehabilitation: a textbook]. the center is in an emergency. and radiats. A. M. Nikiforov Ministry of Emergency Situations of Russia. Saint Petersburg: Politechnika — service Publ., 2014, 184 p. (in Russian)
- Ponomarenko G. N. Fizioterapiya: natsionalnoe rukovodstvo [Physical therapy: a national guide], Moscow: GEOTAR-Media Publishing Group, 2014, 864 p.
- Popov S. N. Physical rehabilitation. In 2 tons. Study guide for students institutions of higher medical Prof. educational institutions. Vol. 1. - Moscow: Publishing center "Akademiya", 201 p. - 288s.

- Popov S. N. Physical rehabilitation. In 2 tons. Study guide for students institutions of higher medical Prof. educational institutions. Vol. 2. - M.: Publishing center "Academy", 2013. - 304s.

additional readings:

- Fizicheskaya i reabilitatsionnaya meditsina: natsional'noye rukovodstvo/ pod red. G. N. Ponomarenko. – M.: GEOTAR-Media, 2016. – 688 s.
- Fizicheskaya reabilitatsiya invalidov i lits s otkloneniyami v sostoyanii zdorov'ya. V.I. Dubrovskiy, A.V. Dubrovskaya. M.: «BINOM», 2010.
- Osnovy reabilitatsii.- Uchebnoye posobiye. M.A. Yeremushkin, M.: Izdat. Tsentra Akademiya. 2011. Bogolyubov V.M. Fizioterapiya i kurortologiya, 3 toma, Moskva, 2009
- Bogolyubov V. M. Medical rehabilitation. Kniga-Moscow: Binom Publishing House, 2010. -416 p.
- Bogolyubov V. M. Medical rehabilitation. Kniga P-M.: Binom Publishing House, 2010. - 424 p.
- Bogolyubov V. M. Medical rehabilitation. ILI Book-Moscow: Binom Publishing House, 2010. - 368 p.
- Agasarov L. G. Technologies of rehabilitation treatment in dorsopathies. Moscow: Vuzovsky uchebnyk: INFRA-M, 2010, 96 p. (in Russian).
- Zhernov V. A., Zubarkina M. M. Medical rehabilitation. Hirudotherapy and hirudoreflexotherapy. Uchebnoe posobie [Textbook], Moscow: RUDY Publishing House, 2013, 53 p. (in Russian).
- Zhernov V. A., Zubarkina M. M. Hirudotherapy as a corrective technology of restorative medicine. Uchebnoe posobie [Textbook], Moscow: RUDN Publishing House, 2006, 55 p. (in Russian).
- Zhernov V. A. Restorative medicine. Reflexology. Training manual. Moscow: RUDN Publishing House, 2004, 53 p. (in Russian).

Internet (based) sources

1. Electronic libraries with access for RUDN students:

- Electronic library network of RUDN – ELN RUDN <http://lib.rudn.ru/MegaPro/Web>
- ELN «University Library online» <http://www.biblioclub.ru>
- ELN Urait <http://www.biblio-online.ru>
- ELN «Student Advisor» www.studentlibrary.ru
- ELN «Lan» <http://e.lanbook.com/>

2. Databases and search engines:

- electronic fund of legal and regulatory and technical documentation <http://docs.cntd.ru/>
- search system Yandex <https://www.yandex.ru/>
- search system Google <https://www.google.ru/>
- abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

*Training toolkit for self- studies to master the course *:*

1. The set of lectures on the course “Medical Rehabilitation”

2. The laboratory workshop (if any).on the course “Medical Rehabilitation”
3. The guidelines for writing a course paper / project (if any) on the course “Medical Rehabilitation”.
4.

* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

8. ASSESSMENT TOOLKIT AND GRADING SYSTEM* FOR EVALUATION OF STUDENTS’ COMPETENCES LEVEL UPON COURSE COMPLETION

The assessment toolkit and the grading system* to evaluate the competences formation level (GPC-2, GPC-4, GPC-8, GPC-10, PC-4.) upon the course study completion are specified in the Appendix to the course syllabus.

* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

DEVELOPERS:

Professor of the Department of
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Resuscitation with Medical
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A.V.Grechko

position, department

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Assistant of the Department of
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