	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Osnove splošne rehabilitacije**
Course title	**Basics of Rehabilitation**

Študijski program in stopnja Study programme and level	**Študijska smer Study field**	**Letnik Academic year**	**Semester Semester**
Fizioterapija / 1. stopnja	Ni smeri študija	1. letnik	2.
Physiotherapy / 1st Cycle	No study field	1st year	2nd

Vrsta predmeta/Course type	obvezni/obligatory
Univerzitetna koda predmeta/University course code	FTH I UN 10

Predavanja Lectures	**Sem. vaje Tutorial**	**Kab. vaje Cabinet tutorial**	**Lab. vaje Laboratory work**	**Teren. vaje Field work**	**Samost. delo Individ. work**	**ECTS**
30	15				45	3

Nosilec predmeta/Lecturer:	Olga Petrovič, pred.

Jeziki/ Languages:	**Predavanja/Lectures:**	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	**Prerequisites:**
Vpis v prvi letnik študijskega programa.	A prerequisite for inclusion is enrolment in the first year of study.

Vsebina:	**Content (Syllabus outline):**
• *Osnove in principi rehabilitacije.* Definicija, nivoji izvajanja rehabilitacije (primarni, sekundarni, terciarni), pomen timskega dela, vloga vsakega člana rehabilitacijskega tima, komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. • *Vloga fizioterapije in kinezioterapije v rehabilitaciji.* • *Osnove rehabilitacije pacientov z revmatološkimi obolenji.*	• *Basics and principles of rehabilitation.* Definition, levels of implementation of rehabilitation (primary, secondary and tertiary), importance of teamwork, role of every team member in the rehabilitation teamwork, communication with the other health professionals in the rehabilitation team. • *The role of physiotherapy and kinesiotherapy in rehabilitation.* • *Basics of rehabilitation of rheumatic patients.*

• *Osnove rehabilitacije pacientov po poškodbah mišično-skeletnega aparata in opeklinah.* • *Osnove rehabilitacije pacientov po možganski kapi.* • *Osnove rehabilitacije pacientov po poškodbi glave.* • *Osnove rehabilitacije pacientov z živčno-mišičnimi obolenji.* • *Osnove rehabilitacije pacientov po amputacijah okončin.* • *Osnove rehabilitacije starejših pacientov.*	• *Basics of rehabilitation after musculoskeletal injuries and burns.* • *Basics of rehabilitation of patients after a stroke.* • *Basics of rehabilitation of patients after a traumatic brain injury.* • *Basics of rehabilitation of patients with neuromuscular diseases.* • *Basics of rehabilitation of patients after a limb amputation.* • *Basics of rehabilitation of geriatric patients.*

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Kisner, C., Colby, L. A. in Borstad, J. (2018). *Therapeutic exercise. Foundation and Techniques.* 7th ed. Philadelphia: Davis Company.
- Jull, G., Moore, A., Fallam, D., Lewis, J., McCarthy, C. in Streling, M. (2015). *Grieve's Modern Musculoskeletal Physiotherapy.* 4th edition. Edinburgh: Elsevier.

Priporočljiva literatura/Recommended literature

- Braddom, R. L. (2007). *Physical medicine and rehabilitation.* Saunders.
- Jajić, I. in Jajić, Z. (2008). Fizikalna i rehabilitacijska medicina: osnove i liječenje (str. XI, 451). Medicinska naklada.
- Jajić, I. in Jajić, Z. (2004). Fizijatrijsko-reumatološka propedeutika (2., obnovljeno i dop. izd., str. XIX, 325). Medicinska naklada.
- Kos-Golja, M. in Praprotnik, S. (2008). *Revmatološki priročnik za družinskega zdravnika.* Ljubljana: KO za revmatologijo Klinični center.
- Štefančič, M. (2003). *Osnove fizikalne medicine in rehabilitacije gibalnega sistema*. Ljubljana: IRSR.
- Turk, Z., Barovič, J., Jesenšek Papež, B., Čelan, D., Lonzarić, D., Žigon, T., Primožič, B., Sužnik, Z. in Špes, M. (2002). Fizikalna in rehabilitacijska medicina: skripta za interno uporabo (p. 144). Visoka zdravstvena šola.
- Turk, Z. (2001). Fizikalna in rehabilitacijska medicina. (Skripta za interno uporabo). Maribor: VZŠ Univerze v Mariboru.
- Članki iz zbornikov Rehabilitacijski dnevi. Ljubljana: IRSR.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije in rehabilitacije, izbrane internetne strani.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • uporaba teoretičnega in praktičnega znanja pri načrtovanju in izvajanju dela, • razumevanje znanstvenega razvoja stroke in drugih strokovnih področij,	*The learning unit mainly contributes to the development of the following general and specific competences:* • use of theoretical and practical knowledge for planning and performing work,

• poznavanje načel fizioterapevtske obravnave, • analiza pacientovih funkcionalnih sposobnosti, • prepoznavanje, spoštovanje, upoštevanje in vključevanje individualnih potreb pacientov v njihovo fizioterapevtsko obravnavo, • ocenjevanje zdravstvenega stanja pacienta, določitev vrste in obsega funkcionalnih omejitev lokomotornega sistema, predlaganje ustrezne fizioterapevtske obravnave in evalviranje rezultatov, • sodelovanje v interdisciplinarnem in multidisciplinarnem timu, • prepoznavanje kratkoročnih in dolgoročnih ciljev rehabilitacije • promocija zdravja, zdravstvena vzgoja za ohranjanje in izboljšanje kakovosti življenja.	• understanding the scientific development of physiotherapy and other professional fields, • knowledge of the principles of physiotherapy treatment, • analysis of the patient's functional ability, • identification, respect, consideration and inclusion of the individual patient's needs in physiotherapy treatment, • evaluation of the patient's health condition, determination of the type and scope of functional restrictions of the locomotor system, suggestion of appropriate physical treatment and evaluation of the results, • participation in the interdisciplinary and multidisciplinary team, • identification of short-term and long-term goals of the rehabilitation, • promotion of health, health education for preserving and improving the health-related quality of life.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka:	***Students:***
• pozna osnovne principe in postopke kompleksne rehabilitacije, • pozna glavne klinične znake in simptome, potek in razvoj osnovnih bolezni, s katerimi se bo lahko srečeval v svojem praktičnem delu, • razume vlogo fizioterapevta v rehabilitacijskem timu, • razume pomen in potek rehabilitacije pacientov z različnimi obolenji in poškodbami, • je sposoben opraviti osnovna testiranja in ocenjevanje stanja pacienta, podati razlago fizioterapevtskega pregleda, oceniti funkcijski deficit, • razvije sposobnost sodelovanja s pacientom in drugimi člani rehabilitacijskega tima, • se usposobi za uporabo svojega znanja pri načrtovanju fizioterapevtske obravnave v različnih rehabilitacijskih programih, • se usposobi za vključitev v tim, ustrezno komunikacijo in reševanje problematike.	• know the basic principles and procedures of the complex rehabilitation, • know the main clinical symptoms and signs, course and development of basic diseases, to be able to deal with them in their own practice, • understand the role of a physiotherapist in the rehabilitation team, • understand the meaning and the methods of rehabilitation of patients with different diseases and injuries, • are capable to perform basic tests and assessment of the patient's status, to give an explanation of the physiotherapeutic examination, and to evaluate the functional deficit, • develop the ability to participate with the patient and other members of the rehabilitation team, • develop the skills for using their own knowledge for planning the physiotherapeutic treatment in different rehabilitation programmes,

	• develop the skills for participation in the rehabilitation team, appropriate communication, and problem solving.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *seminarske vaje:* priprava, predstavitev in uspešen zagovor seminarske naloge, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo).	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving), • *seminar tutorial:* preparation, presentation and a successful defence of a seminar paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, team work).

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • izdelava, predstavitev in zagovor seminarske naloge Ocenjevalna lestvica: ECTS.	80 % 20 %	Types: • exam • preparation, presentation and defence of the seminar paper Grading scheme: ECTS.