	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	**Geriatrična fizioterapija**
Course title	**Geriatric Physiotherapy**

Študijski program in stopnja Study programme and level	**Študijska smer Study field**	**Letnik Academic year**	**Semester Semester**
Fizioterapija / 1. stopnja	Ni smeri študija	2. letnik	4.
Physiotherapy / 1st Cycle	No study field	2nd year	4th

Vrsta predmeta/Course type	obvezni/obligatory
Univerzitetna koda predmeta/University course code	FTH 2 UN 8

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

Nosilec predmeta/Lecturer:	Nataša Koprivnik, pred.

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

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

Vsebina:	**Content (Syllabus outline):**
• *Spoznavanje z osnovami bio-psiho-socialnih posebnosti geriatrične populacije.* Vpliv staranja in življenjskega stila na fiziologijo staranja, osnove kroničnih bolezni, vzrokov za nastanek, simptomatike in zdravljenja skladno s sodobnimi spoznanji, pomembnost socialne vključenosti starostnika. • *Fizikalna in rehabilitacijska medicina geriatrične populacije.* Statistični kazalniki, koncepti staranja, vzdrževanje telesne in psihične kondicije.	• *Recognising the basics of bio-psycho-social specificities of the geriatric population.* The influence of aging and lifestyle on the physiology of aging, on the bases of chronic diseases, causes for the emergence, on symptoms and treatment in accordance with modern findings, importance of the social inclusion of older people. • *Physical and rehabilitation medicine of geriatric population.*

• *Rehabilitacija starostnikov na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva.* • *Posebnosti rehabilitacije geriatričnih pacientov pri različnih poškodbenih in bolezenskih stanjih, upoštevajoč sočasne bolezni, z namenom omogočanja najboljše kakovosti življenja pacienta in njihovih skrbnikov.* Rehabilitacija po zlomih, amputacijah, poškodbah glave, živčno-mišičnih boleznih, srčno žilnih obolenjih, nevroloških obolenjih, demenci, itn. • *Posebnosti pregleda in rehabilitacije starostnika.* Specifičnost gibanja, zaznave, kognicije, posebnosti ocene starostnika. • *Vloga fizioterapije v rehabilitaciji starostnikov.* • *Obravnava in posebnosti posameznih izbranih obolenj in organskih sistemov.* Gibalni sistem, srčno žilni sistem, sečila, nevrološki sitem, prebavila, respiratorni, sistem, hematološka obolenja, presnovne obolenja, obolenja prebavil, nalezljive bolezni, presnovni sistem, urinska inkontinenca, vestibularne motnje, preventiva padcev, rakava obolenja, paliativna oskrba itn. • *Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.* Spremljanje ambulantne, hospitalne in zdraviliške rehabilitacije starostnikov.	Statistic indicators, aging concepts, maintenance of physical and psychological fitness. • *Rehabilitation of older people at all levels of primary, secondary and tertiary health care.* • *Characteristics of rehabilitation of geriatric patients in some post-traumatic states and illnesses, considering the accompanying illnesses, for the intention of the best quality of life of patients and their guardians.* Rehabilitation after fractures, amputations, head trauma, neuromuscular diseases, cardiovascular diseases, neurological diseases, dementia, etc. • *Characteristics of examination and rehabilitation of older people.* Characteristics of locomotion, sensation and cognition in older people, special features of assessment of older people. • *The role of physiotherapy in rehabilitation of older people.* • *Treatment and characteristics of individual selected diseases and organic systems.* Locomotion system, cardiovascular system, urinary tract, neurological system, gastrointestinal tract, respiratory system, haematological disorders, metabolic disorders, gastrointestinal disorders, infectious diseases, metabolic system, urinary incontinence, vestibular disorders, fall prevention, cancer diseases, palliative care, etc. • *Communication with other health professionals in the rehabilitation team.* Monitoring and evaluation of cardiovascular and pulmonary physiotherapy in ambulatory care clinics, hospitals and health resorts.

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Avers, D. in Wong, A. R. (2020). Guccione's Geriatric Physical Therapy. Fourth edition. Missouri: Elsevier. (str. 38-50, 137-158, 220-236, 283-303, 453-480).

- Šabović, M., Veninšek, G., Blinc, A. in Košnik, M. (ur.). (2023). *Obravnava starostnika.* https://www.szd.si/wp-content/uploads/2023/05/szd-simpozij-geriatricna-ocena-2023-ucbenik.pdf
- Šarabon, N. in Petelin, A. (ur.). (2020). *Interdisciplinarna obravnava zdravega staranja.* Koper. Univerza na Primorskem.

Priporočljiva literatura/Recommended literature

- Komadina, R. in Tomaževič, M. (ur.). (2018). *Geriatrična travmatologija.* Ljubljana: Slovensko zdravniško društvo, Združenje kirurgov.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja gerontologije.

Cilji in kompetence:	**Objectives and competences:**
Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc: • prepoznavanje glavnih simptomov in na podlagi ocenjevalnih metod, funkcijskih stopenj in zmožnosti, samostojno postavljanje fizioterapevtske diagnoze pri starostniku, • sposobnost izbrati ustrezni fizioterapevtski pristop, ob upoštevanju indikacij in kontraindikacij, • razvoj veščin in spretnosti za izvajanje fizioterapije pri starostniku, • zmožnost izvajanja in uporaba različnih, za starostnika primernih pristopov in tehnik, • razumevanje terapevtskih učinkov in fizioloških temeljev rehabilitacije, • sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem, • upoštevanje in uporaba principov Kodeksa etike fizioterapevtov Slovenije.	*The learning unit mainly contributes to the development of the following general and specific competences:* • identification of the main symptoms and on the basis of assessment methods, functional levels and capabilities, independent setting of the physiotherapeutic diagnosis in older people, • the ability to select the appropriate physiotherapeutic approach, based on indications and contradictions, • development of skills and competences for performing physiotherapy in older people, • the ability to implement and use various, relevant approaches and techniques in treating older people, • understanding the therapeutic and physiological effects of rehabilitation, • the ability to communicate, document and interpret information, attitudes, problems, and solutions to other professional and unprofessional people, • using and implementing the principles of the Code of Ethics for Physiotherapists in Slovenia.

Predvideni študijski rezultati:	**Intended learning outcomes:**
Študent/študentka: • pozna spremembe in odstopanja pri starostnikih, jih zna ovrednotiti, oceniti stanje, narediti plan, preveriti učinkovitost in jo interpretirati,	***Students:*** • know the changes and deviations in older people, can evaluate them, assess the situation, make a plan, evaluate the efficiency and interpret it,

• prepozna osnovne razlike med geriatrično in ostalo populacijo, • pozna vlogo fizioterapevta v procesu rehabilitacije starostnika, • razvije sposobnosti za delo s starostniki, • se usposobi za kritično presojanje učinkov terapije, analizo prvotnega in končnega stanja in predvidevanje razvoja sprememb pri starostniku, • prepozna pomembnost spremljanja novosti in raziskav s področja geriatrije in vključevanja izsledkov v rehabilitacijo.	• recognise basic differences between geriatric and other population, • are familiar with the role of physiotherapist in the process of rehabilitation of older people, • develop the ability for working with older people, • are qualified for critical evaluation of the effect of therapy, analysing primary and final condition, and predicting the change development in older people, • recognise the importance of monitoring novelties and research in the field of geriatrics and integrate findings into rehabilitation.

Metode poučevanja in učenja:	**Learning and teaching methods:**
• *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • *kabinetne vaje:* demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.	• *lectures* with active student participation (explanation, discussion, questions, examples, problem solving), • *cabinet tutorial:* demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:	Delež (v %) Weight (in %)	**Assessment:**
Načini: • izpit • kolokvij Ocenjevalna lestvica: ECTS.	 80 % 20 %	Types: • exam • preliminary exam Grading scheme: ECTS.