**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 | **Practical Abilities** | **RE1119** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Lecturer Ilie Onu, PhD** |
| 2.4. Year of study | **I** | 2.5. Semester | **1** | 2.6. The type of assessment | **Colloquium, C1** |
| 2.7. Discipline type | **Mandatory** | **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 | **2** |  | **2** |
| Semester 2 |  |  |  |
| 3.4. Total number of learning hours: | **28** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **28** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes | 10 |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work | 6 |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays | 6 |  |
| Tutorship | 2 |  |
| Examinations | 2 |  |
| Other activities |  |  |
| Total hours of individual study (*without examinations*) | **22** |  |
| 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 | It's not necessary |
| 4.2. of competences | It's not necessary |

5. **Conditions (where applicable)**

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| 5.1. for lectures |  |
| 5.2. for seminars / practical classes | students will have appropriate equipment |

**6. Specific competences acquired**

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| **Transversal****competencies** | **CT1** | Identification of the objectives to be achieved, the available resources, the conditions for their completion, the work stages, working times, related completion deadlines and related risks Understanding of the role and development of collaboration skills in a multidisciplinary team: doctor - physiotherapist - psychologist - nurse - nurse practitioner  |
| **CT2** | Identifying roles and responsibilities in a multidisciplinary team and applying effective communication and work techniques within the team- Increased self-awareness in the context of applying specific physiotherapy techniques to protect personal health and that of team colleagues- Developing the ability to communicate appropriately with the patient and family- Develop the ability to observe, assess and evaluate - Develop the ability to analyse and synthesise and organise and use information appropriately- Develop the ability to identify and prioritise needs and set milestones.- Skills in patient and family education.- Skills to assist patients with special needs- Knowledge of and respect for rules and principles of ethical and deontological behaviour |

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

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| 7.1. General objective | - Theoretical and practical training of students - knowledge of the specific way in which different pathologies affect the human body and the possibilities of intervention in the assistance phase of patients in order to prevent the consequences of immobilization and to recover functional independence.- To develop the students' ability to see the patient as a whole - to acquire theoretical and methodical knowledge on the use of techniques for handling the patient and to participate in the clinical work of rehabilitation. |
| 7.2. Specific objectives | - Knowledge and mastery of the main transfer, mobilization and postural techniques for the patient with various conditions and their integration into the recovery plan - The student to identify and quantify the techniques of patient handling. - The student on the basis of theoretical knowledge of the definition and content of the general and specific operational concepts used in the discipline, to form a general competence to operate with the terminology of the field.- Use specialist terminology correctly and be able to make physiological connections between the various apparatus and systems of the body. |

**8. Contents**

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| **8.2. Practical activities - practical class**  | **Teaching methods** | **Observations** |
| 1 | Introduction: definitions, role and place of the physiotherapist in the multidisciplinary rehabilitation team | Demonstrations on how to assess the patient's self-care capacity and level of physical independence. Case studies; development of care plans on different categories of pathology and types of patients.Applicative, interactive, case studies. The academic nurse explains the specifics of the pathologies benefiting from rehabilitation and the principles of the methods used and practically demonstrates the different manoeuvres and techniques used in the nursing process and then guides and supervises the students in performing these methods and techniques correctly and safely. Working in small groups of 2-3 students | 2 hours |
| 2 | Knowledge of the general mechanism of locomotion | 2 hours |
| 3 | Global postural assessment. Assessment of centre of gravity and stability | 2 hours |
| 4 | Postural assessment with anthropometric frame, plumb line and software applications | 2 hours |
| 5 | Gait/ambulation rehabilitation with orthopaedic walking devices. | 2 hours |
| 6 | Walking on parallel bars, walking frame, crutches and with canes. | 2 hours |
| 7 | Types of postures according to diagnosis. Posture of the neurological, cardiac and pulmonary patient. | 2 hours |
| 8 | Posture supine, heterolateral / unaffected side, homolateral / affected side, sitting, in wheelchair | 2 hours |
| 9 | Patient transfer. Principles of using correct body mechanics for the physiotherapist during transfer. Correct body positioning of the patient. | 2 hours |
| 10 | Pivot transfer with bent knees. Orthostatic pivot transfer | 2 hours |
| 11 | Transfer of highly dependent patients. Transfer assisted by 2 persons | 2 hours |
| 12 | Wheelchair. Identification of potential wheelchair users and assessment of the person's needs regarding the type of wheelchair (positioning, size, degree of mobility, etc.). | 2 hours |
| 13 | Transfer using the transfer plate to the wheelchair from the bed and vice versa. Walking with the wheelchair. | 2 hours |
| 14 | Transfer to the patient's home, toilet transfer and mechanical lift transfer | 2 hours |

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| **8.3. Bibliography:** |
| ***Mandatory:***1. LP support from the UMF Iasi e-learning platform2. Ramesh B A. Patient Transfer Technique: For Nurse/ Allied Health Professional Kindle Edition. 2020, ASIN ‏ : ‎ B0871J88G93. Meador, Ronald D. Emergency Nurse Practitioner Core Curriculum. Patient Transfer and Transport, Springer Publishing Company, 2021, ISBN 978-0-8261-4125-54. Sheryl L. Fairchild and Roberta O'Shea. Pierson and Fairchild's Principles & Techniques of Patient Care, 7th Edition. Evolve, 2023, ISBN: 9780323720885***Elective:***1. Sardaru Dragoș-Petrică, Onu Ilie, Matei Daniela-Viorelia ”Evaluarea amplitudinilor articulare” Iași: Editura ”Gr.T. Popa”, 2021, ISBN 978-606-544-745-5
2. Jane C. Rothrock. Alexander's Care of the Patient in Surgery, 17th Edition. Elsevier, 2023, ISBN 9780323776806
3. Henk J. Stam, H. Muzaffer Buyruk, John L. Melvin, Gerold Stucki, Irene Buyruk Burggraaf. Recuperarea medicala de faza acuta. Universitatea Carol Davila, 2018, ISBN 9789737088796
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**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:• clinical examination of the spine• patient transfer |

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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 14.09.2024 |  | Lecturer Ilie Onu, PhD  |

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| Date of approval in the Department Council/Teaching Council,  |
|  |  | Department director / signature, |
| 19.09.2024 |  | Associate Professor Daniela-Viorelia Matei, MD, PhD |