**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 | **Clinical Training** | **RE1121** |
| 2.2. Teaching staff in charge with lectures |  |
| 2.3. Teaching staff in charge with practical activities | **M1: Lecturer Ionite Catalin, PhD****M2: Associate Professor Matei Daniela, MD, PhD, Lecturer Onu Ilie, PhD** **M3: Professor Mariana Rotariu,PhD****Lecturer Condurache Iustina, PhD** |
| 2.4. Year of study | **I** | 2.5. Semester | **2** | 2.6. The type of assessment | **Colloquium, C2** |
| 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 |  |  |  |
| Semester 2 |  |  |  |
| 3.4. Total number of learning hours: | **90** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **90** |
| 3.7. Distribution of individual study time: | Hours sem. 1 | Hours sem. 2 |
| Study time using course book materials, bibliography and hand notes |  |  |
| Supplementary documentation in the library, using specialised platforms via internet and by field work |  |  |
| Preparation time for seminars / practical classes, study themes, reviews, portfolio and essays |  |  |
| Tutorship |  |  |
| Examinations |  |  |
| Other activities |  |  |
| Total hours of individual study (*without examinations*) |  |  |
| 3.8. Total hours per semester |  |  |
| 3.9. Number of credits |  | **2** |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Anatomy of the locomotor system. Theoretical and methodical foundations of kinesiology. Elements of medical gymnastics.Osteoarticular and muscle assesment. Massage therapy |
| 4.2. of competences | This is not the case |

5. **Conditions (where applicable)**

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| 5.1. for lectures | - |
| 5.2. for seminars / practical classes | Physiotherapy cabinet in hospital units and partner centres equipped with specialized equipment (massage tables, treadmills, mattresses, medicine balls, weights, elastic bands, etc.).Medical equipment (medical gown and trousers), medical clogs, as well as that required by the units where clinical placements are carried out |

**6. Specific competences acquired**

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| **Transversal****competencies** | **CT1** | Identification of the objectives to be achieved, the resources available, the conditions for their completion, the work stages, the work times, the related deadlines and the related risks |

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

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| 7.1. General objective | - participate in activities related to patient communication - participate in the clinical activity of patient assessment- participate in recovery programe |
| 7.2. Specific objectives | - developing the ability to communicate appropriately with the patient and family- developing the ability to observe, assess and evaluate - knowledge of and respect for rules and principles of ethical and deontological behaviour- apply specific physiotherapy exercises for each joint - acquire knowledge and skills in the field of kinesiology - develop the ability to posture the patient with different conditions in order to prevent different complications-knowing the main mobilisation techniques, the principles behind them and developing the ability to mobilize the patient-knowledge of different equipment and devices used in assistance and develop the ability to manipulate and use them to increase independence/autonomy- performs joint and muscle assessment -know and apply massage techniques -understand the role of and develop their ability to work in a multidisciplinary team: medical doctor - physiotherapist - psychologist - nurse  |

**8. Contents**

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| **8.1. Practical activities - practical class** | **Teaching methods** | **Observations** |
| **MODULE 1 = 30 hours** |
| 1. | Exercises for upper limb muscles. | Students will be asked to observe, perform and apply specific physiotherapy exercisesThe practice coordinator explains the specifics and principles of the methods used and practically demonstrates the various manoeuvres and techniques used and then guides and supervises students in the safe and correct performance of these methods and techniques. | The students will be organized in small groups of 7-8 people, and each group will be present weekly at the practice offices of UMF Iasi's partner units, and will carry out the practice supervised by the coordinatorCentrul de Fiziokinetoterapie si recuperare Iasi, Fundatia Gr. T.Popa - FiziokinetoterapeutKovacs Cristina-NadiaS.C. Analda S.R.L., Iași, Punct de lucru Centrum Gym -Kinetoterapeut**Silviu Horoiu**S.C. Kinetic Fit S.R.L, Iași- Fizioterapeut Ciobanu AndreeaSC. Medfiz, Iași - Fiziokinetoterapeut Tomulică Ruxandra – Nicoleta |
| 2. | Exercises for trunk muscles |
| 3. | Exercises for lower limb muscles |
| 4. | Exercise programme for the spine |
| 5. | Exercises performed with body weight to develop aerobic exercise capacity |
| 6. | Exercises to develop motor skills: strength, speed, endurance, coordination, mobility |
| 7. | Exercise programmes for rehabilitation of kyphosis, lordoosis, scoliosis |
| 8. | Exercise programmes rehabilitation of Scheuermann kyphosis and flat back |
| 9. | Exercise programmes for rehabilitation of the chest and abdomen |
| 10. | Designing a personalised training plan |
| **MODULE 2 = 30 hours** |
| 1. | Postural assessment | Verbal methods: explanationIntuitive methods: observation, demonstrationPractical methods: practical applicationsThe practice coordinator explains the specifics and principles of the methods used and practically demonstrates the various manoeuvres and techniques used and then guides and supervises the students in performing these methods and techniques correctly and safely. | The students will be organized in small groups of 7-8 people, and each group will be present weekly at the practice offices of UMF Iasi's partner units, and will carry out the practice supervised by the coordinatorCentrul de Fiziokinetoterapie si recuperare Iasi, Fundatia Gr. T. Popa- FiziokinetoterapeutKovacs Cristina-NadiaS.C. Analda S.R.L., Iași, Punct de lucru Centrum GymFiziokinetoterapeutLoghin Irina Ioana S.C. Kinetic Fit S.R.L, Iași- Fizioterapeut Pavel AndreeaSpitalul Providenta Iasi- Fiziokinetoterapeut Butnaru Andrei – BogdanSp. C.F. Iasi - FiziokinetoterapeutZaucă RoxanaStatiunea Balneara Nicolina Iasi FizioterapeutDonici Mihaela –Marinela |
| 2 | Posturarea bolnavului neurologic, cardiac, cu deficieţe pulmonare. |
| 3 | Posture assessment of the neurological, cardiac, and pulmonary deficient patient. Assessment of spinal deviations |
| 4 | Perform joint and muscle assessment of the trunk, and upper limb. |
| 5 | Perform joint and muscle assessment of the trunk and lower limb |
| 6 | Patient transfer methods |
| 7 | Gait/ambulation rehabilitation with orthopedic walking devices. |
| 8 | Psychomotor rehabilitation of the main movement disorders in children and adults. |
| 9 | Re-education of body scheme and laterality |
| 10 | Re-education of balance |
| **MODULE 3 = 30 ore** |
| 1 | Practical applications of the classical massage techniques | Verbal methods: explanationIntuitive methods: observation, demonstrationPractical methods: practical applicationsThe practice coordinator explains the specifics and principles of the massage methods used and practically demonstrates the different techniques used and then guides and supervises the students in the correct and safe performance of these methods and techniques. | The students will be organized in small groups of 7-8 people, and each group will be present weekly at the practice offices of UMF Iasi's partner units, and will carry out the practice supervised by the coordinatorCentrul de Fiziokinetoterapie si recuperare Iasi, Fundatia Gr. T. Popa - FiziokinetoterapeutKovacs Cristina-NadiaS.C. Kinetic Fit S.R.L, Iași- Fizioterapeut Ciobanu AndreeaS.C. Analda S.R.L., Iași, Punct de lucru Centrum GymFiziokinetoterapeutConstantin BărbulescuSpitalul Providenta IasiFiziokinetoterapeutCaraba ElenaCentrul Medical Preventis, IașiKinetoterapeut Luca Mirela |
| 2 | Practical applications of effleurage.  |
| 3 | Practical applications of friction.  |
| 4 | Practical applications of kneading |
| 5 | Practical applications of tapping. |
| 6 | Practical applications of vibration |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Jane C. Rothrock. Alexander's Care of the Patient in Surgery, 17th Edition. Elsevier,2023, ISBN 9780323776806
2. Ramesh B A. Patient Transfer Technique: For Nurse/ Allied Health Professional Kindle Edition. 2020, ASIN : B0871J88G9
3. Meador, Ronald D. Emergency Nurse Practitioner Core Curriculum. Patient Transfer and Transport, Springer Publishing Company, 2021, ISBN 978-0-8261-4125-5
4. Sheryl L. Fairchild and Roberta O'Shea. Pierson and Fairchild's Principles & Techniques of Patient Care, 7th Edition. Evolve, 2023, ISBN: 9780323720885
5. Henk J. Stam, H. Muza>er Buyruk, John L. Melvin, Gerold Stucki, Irene Buyruk Burggraaf. Recuperarea medicala de faza acuta. Universitatea Carol Davila, 2018, ISBN 9789737088796
6. Clarkson HM. Muscoloskeletal Assessment. Joint Motion and Muscle Testing, 3rd rd., Lippincott Williams & Wilkins, Philadelphia, 2013
7. Sardaru Dragoș-Petrică, Onu Ilie, Matei Daniela-Viorelia ”Evaluarea amplitudinilor articulare” Iași: Editura ”Gr.T. Popa”, 2021, ISBN 978-606-544-745-5
 |
| ***Elective:*** |
| Neumann DA. Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation. 2nd ed. St. Louis, MO: Mosby Elsevier; 2010 |
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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:* Rehabilitation plans with exercises for upper limbs, lower limbs, spine
* Performing joint and muscle assessments
* Applying massage techniques
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  |  |

 M1: Lecturer Ionite Catalin, PhD

M2: Associate Professor Matei Daniela, MD, PhD,

Lecturer Onu Ilie, PhD

M3: Professor Mariana Rotariu, PhD

Lecturer Condurache Iustina, PhD

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