**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 | **Professional Practice** | **RE1227** |
| 2.2. Teaching staff in charge with lectures | **-** |
| 2.3. Teaching staff in charge with practical activities | **Associate Professor Constantin Munteanu, PhD****Professor Mariana Rotariu, PhD****Lecturer Iustina Condurache, PhD****Lecturer Cătălin Ionițe, PhD** |
| 2.4. Year of study | **II** | 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: | **120** | 3.5. Of which: Courses |  | 3.6. Of which: Seminars / practical classes: | **120** |
| 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 | **-** | **120** |
| 3.9. Number of credits | **-** | **2** |

**4. Preconditions (where applicable)**

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| 4.1. of curriculum | Balneo-climatology, Hydrothermotherapy, Neurology, Recovery in neurological pathology, Physiotherapy, Orthopedics and traumatology, Recovery in orthopedic and traumatic pathology. |
| 4.2. of competences | The basic knowledge for choosing the means and methods of functional assessment and balneophysiokinetotherapy treatment in different pathological situations. |

5. **Conditions (where applicable)**

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| 5.1. for lectures | - |
| 5.2. for seminars / practical classes | Students will have appropriate equipment (medical equipment and medical clogs), massage tables, mattresses, trellis, medicine balls, elastic bands, springs, physiotherapy devices, etc. |

**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. |
| **CT2** | Identifying roles and responsibilities in a multidisciplinary team and applying effective communication and work techniques within the team. |

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

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| 7.1. General objective | To practically carry out activities related to communication with the patient, to participate. |
| 7.2. Specific objectives | To the clinical activity of recovery. |

**8. Contents**

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| **8.2. Practical activities - practical class** | **Teaching methods** | **Observations** |
| **No. of hours = 40** |
| 1 | Application of hydrothermotherapy concepts | The students will travel to the specialized centers in Covasna, Tusnad and Slanic Moldova.The practice coordinator explains the specifics and principles of the methods used in balneology. | The students go to the practice rooms in the partner units of UMF Iasi, and will carry out a 40-hour supervised specialized practice in the Covasna Spa Center, the Tușnad Treatment Center and the Slanic Treatment Center Moldova. |
| 2 | Application of balneology notions |
| No. of hours = 80 |
| 3 | Evaluarea clinica si paraclinica a bolnavului. | Students will be required to observe, perform and apply specific physical therapy exercises.The practice coordinator explains the specifics and principles of the methods used and demonstrates practically the various maneuvers and techniques used and then guides and supervises the students in the correct and safe performance of these methods and techniques.Students will be asked to develop individualized and personalized physical therapy programs.Active participation of students in the recovery program. | Students will present themselves at the practice offices of the UMF Iasi partner units, and will carry out the supervised specialized practice of 80 hours, for 2 consecutive weeks:Physiokinetherapy and recovery center Iasi, Gr. T.Popa Foundation - Fzkt. Cristina-Nadia Kovacs;Analda Medical Recovery Center, Fzkt.Loghin Irina Ioana, Fzkt.Bărbulescu Constantin;Kinetera Medical Center Iasi - Kt. Andreea Bordeianu, Kt. Dima Gabriela;KineticFit Medical Recovery Center, Iasi - Ft. Shepherd Andreea;TBRCM SA – Nicolina Branch, Iași, Spa Treatment and Work Capacity Recovery -Fzkt. Butnaru Mihai Corneliu;SC OZONLIFE Iasi - Fzkt. Cătăramă Cristina Elena;Roderma Clinic, Physical Therapy Department, Iași- Fzkt. Alazaroaie Adrian, Fzkt. Caluschi Daniela Elena;Sp. C. F. Iasi - Fzkt.Vasluianu Roxana, Fzkt.Ignat Sorin;Clinical Recovery Hospital, Iasi - Fzkt. Piseru Emanuel Andrei, Fzkt. Bondar Teodora;"Sf Spiridon" County Emergency Clinical Hospital, Iași- Fzkt. Cretu Diana, Fzkt. Sofron Gheorghiță;Clinical Emergency Hospital "Prof. Dr. Nicolae Oblu" from Iasi - Fzkt. Rostaș Abel;Emergency Clinical Hospital for Children "Sfânta Maria", Iasi - Fzkt. Mititelu Ana;Clinical Hospital of Pneumophthisiology Iași - Fzkt. Cucu Alexandra;Regional Institute of Oncology, Iasi - Fzkt. Ionescu Bogdan;RED Hospital - "St. Sava" Hospital Iasi, Recumedis Medical Recovery and Balneophysiotherapy Hospital - Fzkt. Sava Anca, Fzkt. Ciubotaru Catalin;IMC Hospital - Medical Recovery Clinic, Iasi - Fzkt. Zapodeanu Felix;Other medical centers, after the conclusion of practice agreements. |
| 4. | Aplicarea tehnicilor de streching, mobilizare activa, pasiva. |
| 5. | Aplicarea tehnicilor de îmbunătățire a mișcării articulare. |
| 6. |  |
| 7. | Aplicarea tehnicilor de masaj terapeutic traditional si tehnici complementare. |
| 8. | Aplicarea notiunilor de electroterapie. |
| 9. | Intocmirea planurilor de recuperare a pacientului cu afectare ortopedico-traumatica. |
| 10. | Intocmirea planurilor de recuperare a pacientului cu afectare neurologica.  |
| 11. | Program de kinetoterapie specific deficiențelor fizice în plan sagital (cifoze, lordoze, spate plan), si în plan frontal (scolioze, cifoscolioze). |
| 12. | Program de kinetoterapie specific deficiențelor fizice ale memvrelor inferioare (genuvalg, genuvar, picior plat). |
| 13 | Aplicarea notiunilor de reeducare functionala. |
| 14 | Efectuarea unor manopere de resuscitare si prim ajutor. |

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| **8.3. Bibliography:** |
| ***Mandatory:*** |
| 1. Diaconu A., Manual de tehnica a masajului terapeutic si kinetoterapia complementara, Vol. I + II, a XIII-a editie a lucrarii, revizuita si completata, [Editura Universitaria](https://www.librarie.net/cautare-rezultate.php?editura_id=235" \o "Editura Universitaria), Bucuresti 2017.
2. Munteanu C., Rotariu M., Avram M.I., Balneoclimatologie, Editura "Gr. T. Popa" UMF Iaşi, 2021
3. MUNTEANU C., Dogaru G. - Bioclimatologie: Bioclimatologie umana, Bucureşti : Editura Balneară, 2020, ISBN 978-606-8705-18
4. Rădulescu A. Electroterapie, Editura Medicală, București, 2014.
5. Stratulat I.S.  Mijloace fizice utilizate în medicina fizică și de reabilitare. Vol. I, Editura "Gr. T. Popa" UMF Iaşi, 2019.
6. Sardaru D, Onu I, Matei D. Evaluarea amplitudinilor articulare, Ed Gr T. Popa, Iasi 2021.
7. Popescu CD, Constantinescu A, Ignat EB, Matei D, Alexa D, Bolboceanu O, Grosu C, Popescu D. Neurology for medical students. Second edition. Eds CD Popecu. Editura "Gr. T. Popa" UMF Iaşi, 2015;
8. Fuller G.. Examinarea clinica neurologica, Editia a III a, Editura medicala Callisto, Bucuresti 2017.
9. Kiss I. Fizio-kinetoterapia și recuperarea medicală în afecțiunile aparatului locomotor, Ed. Medicală, București, 2012;
10. Engrich E., Kinetoterapia pe înţelesul tuturor, Ediția 2, Ed. Medicală, București, 2019.
11. [Sbenghe](https://www.librariadelfin.ro/autor/tudor-sbenghe--i28846) T, [Berteanu](https://www.librariadelfin.ro/autor/mihai-berteanu--i28847) M,  [Savulescu](https://www.librariadelfin.ro/autor/simona-elena-savulescu--i28848) SE, Kinetologie, Ed. Medicală, București, 2019.
12. Stanca D, Caciulan E, Facilitare-inhibare în kinetoterapie. Ghid practic, Ed. Moroșan, București, 2017.
13. Zoltan P, Rolul stretching-ului în normalizarea functiei stato-kinetice, Ed. Corson, Iași, 2017.
14. Beuran M., TacheG.O., Ghid de medicina fizică și recuperare medicală. Editura Scripta, Bucuresti, 2017
15. Kevin K. Chui, Milagros Jorje, Shen-Che Yen, Michele M. Lusardi. Orthotics and Prosthetics in Rehabilitation, Fourth Edition. Elsevier, 2019.
16. Jacobs M.A., Austin N. M.. Orthotic Intervention for the Hand and Upper Extremity: Splinting Principles and Process. Editura Lippincott Williams & Wilkins. 2013.
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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:* Aplication of therapeutic programs using different recovery procedures from neurogical and orhopedic-traumatic patology.
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| Date | Holder of course / signature, | Holder of practical activities / signature, |
| 11.09.2024 |  | Associate Professor Constantin Munteanu, PhDProfessor Mariana Rotariu, PhDLecturer Iustina Condurache, PhDLecturer Cătălin Ionițe, PhD  |

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