

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fizikalna in rehabilitacijska medicina
Course title	Physical and Rehabilitation Medicine

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 1. stopnja	Zdravstvena nega	2. / 3. letnik	4. / 6.
Nursing Care / 1st Cycle	Nursing Care	2 nd / 3 rd year	4 th / 6 th

Vrsta predmeta/Course type

Izbirni / elective

Univerzitetna koda predmeta/University course code

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
30	/	15	/		30	3

Nosilec predmeta/Lecturer:

Helena Jamnik, pred.

Jeziki/ Predavanja/Lectures:
Languages:

slovenski/Slovenian

Vaje/Tutorial:

slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Vpis v drugi ali tretji letnik.

Vsebina:

Content (Syllabus outline):

- Fizikalna in rehabilitacijska medicina. Rehabilitacija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva.
- Posebnosti rehabilitacije pri nekaterih popoškodbenih in bolezenskih stanjih (zlomi, amputacije, poškodbe glave, spiralne poškodbe, živčno-mišične bolezni, opekline)
- Vloga zdravstvene nege v rehabilitaciji.
- Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. Spremljanje patronažne ambulantne rehabilitacije.

- Physical and rehabilitation medicine. Rehabilitation at all levels of primary, secondary and tertiary healthcare.
- The specifics of rehabilitation in some post-traumatic states and illnesses (fractures, amputations, head trauma, spiral injuries, neuro-muscular diseases, burns),
- The role of nursing in rehabilitation.
- Communication with other health professionals in the rehabilitation team. Monitoring patronage clinical rehabilitation.

Temeljna literatura in viri/Readings:

1. Štefančič, M. (2004). *Izbrana poglavja iz fizikalne in rehabilitacijske medicine*. Ljubljana: IRSR.
2. Turk, Z. (2001). *Fizikalna in rehabilitacijska medicina*. (Skripta za interno uporabo). Maribor: VZŠ Univerze v Mariboru.
3. Jajić, I. (2002). *Osnove fiziatrične propedeutike*. Zagreb: Školska knjiga.

Cilji in kompetence:

Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:

- spozna področja fizikalne medicine, predvsem pa rehabilitacijskih postopkov, ki so vključeni v program zdravstvene nege, patronažne službe in delo v stacioniranih zavodih za starostnike,
- sposobnost komuniciranja z drugimi zdravstvenimi kadri (fizioterapevti, delovnimi terapevti, ortopedskimi inženirji),
- sposobnost postati član rehabilitacijskega tima za domstikalno zdravstveno nego ter nego varovancev v posebnih zavodih.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- meeting fields of physical medicine and rehabilitation procedures, which are included in the program of nursing, district nursing and working in institutions for the elderly,
- the ability to communicate with other healthcare personnel (physical therapists, occupational therapists, orthopaedic engineers),
- the ability to become a member of the rehabilitation team for home nursing and care for patients in special institutions.

Predvideni študijski rezultati:

Znanje in razumevanje

Študent/študentka:

- se seznani z najosnovnejšimi principi fizikalne terapije,
- pozna in razume osnovna načela rehabilitacijske obravnave bolnika,
- se seznani z metodami rehabilitacije (medicinske, profesionalne in socialne),
- se seznani z osnovami ortopedskih pripomočkov in uporabo le-teh,
- se seznani z osnovami delovne terapije in povezovanja le-te z drugimi rehabilitacijskimi in negovalnimi procesi,
- se seznani z osnovami balneoterapije oz. zdraviliškega zdravljenja.

Intended learning outcomes:

Knowledge in understanding

Students:

- get acquainted with the most basic principles of physical therapy,
- know and understand the basic principles of rehabilitation treatment of the patient,
- get acquainted with the methods of rehabilitation (medical, professional and social),
- get acquainted with the basics of orthopaedic accessories and their use
- learn the basics of occupational therapy and the integration of these with other rehabilitation and processes,
- get acquainted with the basics of balneotherapy, also known as spa treatments.

Metode poučevanja in učenja:

- *predavanja z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov, ekskurzija),*

Learning and teaching methods:

- *lectures with active student participation (explanation, discussion, questions, examples, problem solving);*

<ul style="list-style-type: none"> • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor seminarske naloge (aplikacija pridobljenega teoretičnega znanja, študija primera, kritično presojanje, diskusija, individualno in timsko delo). 	<ul style="list-style-type: none"> • <i>tutorial</i>: preparation, presentation and defence of the seminar paper (case studies with discussion, critical thinking, discussion, reflection of experience, evaluating, project work, team work).
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Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev, zagovor seminarske naloge <p>Ocenjevalna lestvica: ECTS.</p>	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the seminar paper <p>Grading scheme: ECTS.</p>