

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Z dokazi podprta praksa v fizioterapiji in rehabilitaciji
Course title	Evidence-Based Practice in Physiotherapy and Rehabilitation

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvene vede / 3. stopnja	Fizioterapija	1. letnik	2.
Health sciences / 3 rd Cycle	Physiotherapy	1 st year	2 nd

Vrsta predmeta/Course type

temeljni predmet smeri / fundamental subject in study field

Univerzitetna koda predmeta/University course code

3_ZV_1_UN4_TPS_FTH

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
20	10				420	15

Nosilec predmeta/Lecturer:

doc. dr. Maja Frangež

**Jeziki/
Languages:**

Predavanja/Lectures:

slovenski/Slovenian

Vaje/Tutorial:

slovenski/Slovenian

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

Prerequisites:

- Vpis v prvi letnik študijskega programa.
- Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati raziskovalno nalogo.

- A prerequisite for inclusion is enrolment in the first year of study.
- Student has to prepare, present and defend a research paper before the exam.

Vsebina:

Content (Syllabus outline):

- *Kaj pomenijo dokazi v fizioterapiji in rehabilitaciji za delo v klinični praksi.*
- *Koncept z dokazi podprte fizioterapije in rehabilitacije.*
- *Izzivi povezani z razvojem z dokazi podprte prakse.*
- *Interpretacija posameznih testov v fizioterapiji in presoja raziskav, ki ugotavljajo učinkovitost metod zdravljenja v fizioterapiji in rehabilitaciji.*

- *What does the evidence mean for my practice.*
- *Important concepts in evidence-based physiotherapy and rehabilitation.*
- *Challenges associated with developing evidence-based practice.*
- *Interpretation of clinical tests used in physiotherapy and judgement of research about methods and techniques in physiotherapy and rehabilitation.*

<ul style="list-style-type: none"> • <i>Kriteriji ocenjevanja kakovosti medicinskih raziskav s področja fizioterapije in rehabilitacije.</i> • <i>Viri informacij.</i> • <i>Vrednotenje informacij.</i> • <i>Baze podatkov v fizioterapiji in rehabilitaciji.</i> • <i>Klinične smernice kot vir z dokazi podprte fizioterapije.</i> • <i>Z dokazi podprto določanje ciljev v rehabilitaciji.</i> • <i>Kdaj in kako uvajati nove oblike terapij v klinično prakso.</i> • <i>Priprava protokola ob uvajanju nove oblike terapije/metode v klinično prakso.</i> • <i>Delo v raziskovalnem timu.</i> • <i>Interpretacija specifičnosti in občutljivosti meta analiz s področja rehabilitacije.</i> • <i>Vpliv sinteze dokazov, transferja dokazov in uporabe dokazov s področja fizioterapije in rehabilitacije ter vpliv na globalno zdravje populacije.</i> • <i>Ocenjevanje izhoda zdravljenja v fizioterapiji.</i> • <i>Z dokazi podprta praksa v športu.</i> • <i>Z dokazi podprta praksa v akutni, subakutni in kronični fazi rehabilitacije.</i> • <i>Primeri iz prakse in uporaba z dokazi podprte obravnave (področje fizikalne terapije, obravnave bolečin hrbtenice, medeničnega dna, področje nevrorehabilitacije, respiratorne terapije).</i> 	<ul style="list-style-type: none"> • <i>General criteria of quality of medical research in physiotherapy and rehabilitation.</i> • <i>Sources of information.</i> • <i>Evaluation of information.</i> • <i>Physiotherapy and rehabilitation evidence database.</i> • <i>Clinical guidelines as a source for evidence based physiotherapy.</i> • <i>Evidence based goal setting in rehabilitation.</i> • <i>When and how should new therapies be introduced into clinical practice.</i> • <i>Proposal for a protocol for introduction of new therapies/methods into clinical practice.</i> • <i>Working in research team.</i> • <i>Presenting and interpreting meta analysis sensitivity and specificity.</i> • <i>Evidence synthesis, transfer and use in physiotherapy and rehabilitation and impact on global health.</i> • <i>Outcome measures in physiotherapy.</i> • <i>Evidence based practice in sport.</i> • <i>Evidence based practice in acute, subacute and chronic phase of rehabilitation.</i> • <i>Evidence based practice (physical therapy, rehabilitation of back pain and pelvic floor dysfunction, neurorehabilitation, respiratory therapy).</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Herbert, R., Jamtvedt, G., Hagen KB., Mead J. (2011). Practical evidence-based physiotherapy. London: Elsevier Ltd.
- Law, M., MacDermid J. (2014). Evidence-based rehabilitation. A guide to practice. Slac incorporated.

Priporočljiva literatura/Recommended literature

- Ustrezni znanstveni članki iz znanstvenih revij (po dogovoru z nosilcem predmeta)
- Bo, K., Berghmans, B., Markved, S., Van Kampen, M. (2014). Evidence – based physical therapy for the pelvic floor: Bridging science and clinical practice. New York: Churchill Livingstone.

- Hodges, PW., Cholewicki, J., Van Dieen, JH. (2013). Spinal control: the rehabilitation of back pain. London: Churchill Livingstone.
- Watson, T. idr. (2008). Electrotherapy: evidence – based practice. New York: Churchill Livingstone.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- ozaveščenost o nujnosti lastnega izpopolnjevanja, dopolnjevanja, poglobljanja in posodabljanja znanja,
- sposobnost kritičnega vrednotenja obstoječih znanstvenih dokazov,
- sposobnost pri delovanju v najzahtevnejših okoljih dela v fizioterapiji, sposobnost reševanja kompleksnih problemov,
- celovito kritično mišljenje, sposobnost analize, sinteze in predvidevanja rešitev s področij fizioterapije in rehabilitacije,
- sposobnost za prepoznavanje potreb po spremembah, kritično uvajanje inovacij, obvladovanje sprememb, odločanje in sprejemanje odgovornosti,
- ozaveščenost o nujnosti lastnega izpopolnjevanja, dopolnjevanja, poglobljanja in posodabljanja znanja,
- obvladovanje raziskovalnih metod, postopkov, procesov in tehnologije,
- sposobnost povezovanja teoretičnih znanj s področja fizioterapije s klinično prakso in uveljavljanje z dokazi podprte prakse na področju dela fizioterapevta v kliničnem okolju,
- profesionalna komunikacija s strokovnjaki drugih znanstvenih področij in usposobljenost za delovanje v med poklicnih timih,
- avtonomnost pri pisanju strokovnih in znanstvenih besedil.

Objectives and competences:

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

- awareness of the need to improve, supplement, deepen and update knowledge,
- ability of critical appraisal of evidence,
- ability to work in the most demanding work environments in physiotherapy, ability to solve complex problems,
- comprehensive critical thinking, ability to analyze, synthesize and predict solutions in the fields of physiotherapy and rehabilitation,
- ability to identify needs for change, critically innovate, manage change, make decisions and take responsibility,
- awareness of the need to improve, supplement, deepen and update knowledge,
- mastering of research methods, qualification for quality and safe professional work in the field of physiotherapy,
- ability to bridge theory and practice and to implement concept of evidence-based practice in the field of physiotherapy in clinical practice,
- professional communication with experts in other scientific fields and ability to work in interprofessional teams,
- autonomy in writing professional and scientific texts.

Predvideni študijski rezultati:**Študent/študentka:**

- razume koncept z dokazi podprte prakse v fizioterapiji in rehabilitaciji in razvije sposobnost kritičnega vrednotenja učinkov z dokazi podprtih metod in tehnik fizioterapije,
- razvije sposobnost interpretacije posameznih testov v fizioterapiji in presoje raziskav, ki ugotavljajo učinkovitost metod zdravljenja v fizioterapiji in rehabilitaciji
- se usposobi za kritično presojo in analizo znanstvenih dokazov
- razvije sposobnost priprave protokola ob uvajanju nove oblike terapije/metode v klinično prakso
- pozna postopke za uvajanje z dokazi podprtih znanj s področja fizioterapije v klinično prakso,
- razume smernice klinične prakse v fizioterapiji,
- razvije sposobnost samostojnega reševanja problemov pri kliničnem odločanju in pri tem uporablja najnovejše znanstvene dokaze.

Intended learning outcomes:**Students:**

- understand the concept of evidence-based practice in physiotherapy and rehabilitation and develop skills for critical appraisal of evidence-based methods and techniques in physiotherapy
- develop skills for interpretation of clinical tests used in physiotherapy and judgement of research about methods and techniques in physiotherapy and rehabilitation
- develop skills for critical evaluation and analysis of evidence
- develop skills to develop a proposal for a protocol for introduction of new therapies/methods into clinical practice
- know how to implement evidence in practice
- recognise the importance of clinical guidelines in physiotherapy
- recognise the importance for developing skills for problem solving in clinical practice and uses newest scientific evidence.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarji*:
 - načrt za raziskavo,
 - izvedba raziskave (voden individualni študij),
 - izdelava, predstavitev in zagovor raziskovalne naloge;
- konzultacije (individualne in kolektivne).

Learning and teaching methods:

- lectures with active student participation (explanation, discussion, questions, examples, problem solving),
- *seminars*:
 - research plan,
 - research implementation (guided individual study),
 - preparation, presentation and defence of the research paper;
- consultations (individual and group).

Načini ocenjevanja:

- Načini:
- izpit,
 - temeljna ali aplikativna raziskovalna naloga z zagovorom (obseg 30.000 znakov).

Delež (v %)
Weight (in %)

Assessment:

- Types:
- exam,
 - fundamental or applicative research paper with defence (30,000 characters).

<i>Ocenjevalna lestvica:</i> uspešno, neuspešno.		<i>Grading scale:</i> pass, fail.
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