

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fizioterapija za zdravje žensk
Course title	Physiotherapy for Women's Health

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja	Ni smeri študija	3. letnik	5.
Physiotherapy / 1 st Cycle	No study field	3 rd year	5 th

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 3 UN 2

Predavanja	Sem. vaje	Kab. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Tutorial	Cabinet tutorial	Laboratory work	Field work	Individ. work	
30		30			60	4

Nosilec predmeta/Lecturer: Petra Kotnik, pred.

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

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

Vpis v tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the third year of study.
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Vsebina:

Content (Syllabus outline):

<ul style="list-style-type: none"> <i>Vloga fizikalne in rehabilitacijske medicine v ginekologiji in porodništvu.</i> <p>Prenatalna, natalna in postnatalna ter pre in postoperativna ginekološka fizioterapija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva.</p> <ul style="list-style-type: none"> <i>Anatomija in fiziologija reproduktivnega, urološkega in prebavnega sistema sistema.</i> <p>Funkcija mišic medeničnega dna, trebušne stene, osnove defekacije. Ginekološka in uroginekološka obolenja. Onkologija v ginekologiji.</p>	<ul style="list-style-type: none"> <i>The role of physical and rehabilitation medicine in gynaecology and obstetrics.</i> <p>Prenatal, natal and postnatal and pre- and post-operative gynaecological physiotherapy at all levels of primary, secondary and tertiary healthcare.</p> <ul style="list-style-type: none"> <i>Anatomy and physiology of the reproductive, urological and digestive systems.</i> <p>Function of pelvic floor muscles, abdominal wall, basics of defecation. Gynaecological and urogynaecological disorders. Oncology in gynaecology.</p> <ul style="list-style-type: none"> <i>The role of prenatal (antenatal), natal, perinatal and postnatal physiotherapy in rehabilitation.</i>
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<ul style="list-style-type: none"> • <i>Vloga prenatalne (antenatalne), natalne, perinatalne in postnatalne fizioterapije v rehabilitaciji.</i> • <i>Posebnosti rehabilitacije pri nekaterih spremljajočih bolezenskih stanjih v prenatalnem in postnatalnem obdobju.</i> • <i>Ginekološka stanja, kjer je pomemben fizioterapevt.</i> <p>Spolna funkcija (vulva, medenično dno), inkontinenca (stresni mehur, prolaps, ginekološka stanja). Spremembe v nosečnosti. Mehanizem poroda – poškodbe pri porodu, carski rez. Spinalne poškodbe, živčno-mišične bolezni, osteoporoza.</p> <ul style="list-style-type: none"> • <i>Disfunkcije hrbtenice in medenice v prenatalnem in postnatalnem obdobju.</i> • <i>Fizioterapevtska ocena v ginekologiji in porodništvu: Anamneza, inspekcija, palpacija, postopki preventivnih in provokativnih testov.</i> • <i>Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu.</i> • <i>Spremljanje in evalviranje ambulantne, hospitalne in zdraviliške ginekološko porodniške fizioterapije.</i> 	<ul style="list-style-type: none"> • <i>Specific features of rehabilitation for some comorbid conditions in the antenatal and postnatal period.</i> • <i>Gynaecological conditions where the physiotherapist is important.</i> <p>Sexual function (vulva, pelvic floor), incontinence (stress bladder, prolapse, gynaecological conditions). Changes in pregnancy. Mechanism of childbirth - birth injuries, caesarean section. Spinal injuries, neuromuscular diseases, osteoporosis.</p> <ul style="list-style-type: none"> • <i>Spinal and pelvic dysfunctions in the prenatal and postnatal period.</i> • <i>Physiotherapeutic assessment in gynaecology and obstetrics: history, inspection, palpation, preventive and provocative test procedures.</i> • <i>Communication with other health professionals in the rehabilitation team.</i> • <i>Monitoring and evaluation of outpatient, inpatient and spa gynaecological and obstetric physiotherapy.</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Huges, B. in Kisner, C. (2018). Women's health: obstetrics and pelvic floor. V C. Kisner, L. A. Colby in J. Borstad (ur.), *Therapeutic Exercise: Foundations and Techniques*, 7e (str. 797-824). Philadelphia : F. A. Davis Company.
- Bo, K. idr. (2015). *Evidence-based Physical Therapy for the pelvic floor: bridging science and clinical practice*. 2nd ed. Edinburgh: Churchill Livingstone Elsevier, 2016, cop. 2015.
- Mantle, J., Haslam, J., Barton, Schumacher, S. in Cardozo, L. (2004). *Physiotherapy in obstetrics and gynaecology* (2nd ed., p. XXIII, 489). Edinburgh: Butterworth-Heinemann.
- Videmšek, M., Šuštaršič, A., Hadžić, V., Videmšek, N., Karpljuk, D. in Karamatič, L. (2022). *Aktivna nosečnica: zdrav življenjski slog v nosečnosti in po porodu*. Fakulteta za šport, Inštitut za šport.
- *Menopavza: začetek novega življenja: popoln praktični vodnik za obvladovanje menopavze z nasveti za zmanjševanje njenih učinkov in povečevanje njenih koristi* (1. izd., str. 256). (2014). Mladinska knjiga.
- *Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja fizioterapije za zdravje žensk in izbrane internetne strani.*

Priporočljiva literatura/Recommended literature

- Lee, D. (2011). *The Pelvic Girdle. The Integration of Clinical Expertise and Research*. 4th Edition. Livingston: Elsevier.
- Wein, A. J. (2012). *Overactive bladder in clinical practice*. London; New York: Springer.

Cilji in kompetence:

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

- uporabo teoretičnega in praktičnega znanja pri organizaciji, načrtovanju in izvajanju dela,
- izvajanje ginekološko porodniške fizioterapije s pomočjo ustreznih fizioterapevtskih metod in tehnik,
- ocenjevanje zdravstvenega stanja bolnice, določitev vrste in obsega funkcionalnih omejitev ginekološko-reproduktivnega sistema, postavljanje fizioterapevtske diagnoze, predlaganje ustrezne fizioterapevtske obravnave in vodenje predpisane dokumentacije,
- evalviranje rezultatov in učinkovitosti terapije (kritična refleksija),
- sodelovanje v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu.

Objectives and competences:

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

- the use of theoretical and practical knowledge of the organization, planning and implementation of work,
- implementation of gynecology and obstetrics physiotherapy using the appropriate physiotherapeutic methods and techniques,
- assessment of the patient's health status, determination of the type and extent of functional restrictions of the gynecological reproductive system, setting up a physiotherapeutic diagnosis, proposing the appropriate physiotherapeutic treatment and managing the relevant documentation,
- evaluation of results and effectiveness of the therapy (critical reflection),
- participation in the physiotherapeutic, interdisciplinary and multidisciplinary team.

Predvideni študijski rezultati:

Študent/študentka:

- pozna anatomijo in fiziologijo urološkega in reproduktivnega sistema,
- prepozna najpogostejša ginekološka obolenja,
- pozna vlogo ginekološko-porodniške fizioterapije v procesu obravnave ginekološke bolnice, nosečnice ali porodnice,
- razvije sposobnost kritične ocene v primerih uporabe ustreznih postopkov fizioterapije pri bolnicah z onkološkim obolenjem,
- se usposobi za predvidevanje, izbor, načrtovanje in izvajanje postopkov fizioterapije v ginekologiji in porodništvu,
- se usposobi za evalvacijo in dokumentiranje izvedenih postopkov v ginekologiji in porodništvu,
- razvije sposobnost delovanja v multidisciplinarnem zdravstvenem timu.

Intended learning outcomes:

Students:

- know the anatomy and physiology of the urological and reproductive system,
- recognize the most common gynecology diseases,
- know the role of gynecological and obstetrical physiotherapy in the process of treating patients with gynecological disease, pregnant women or women after the labor,
- develop the ability to critically evaluate the use of appropriate physiotherapy procedures in patients with oncological disease,
- are qualified for anticipation, selection, planning and implementation of procedures of physiotherapy in gynecology and obstetrics,
- Are qualified for the evaluation and documentation of the performed procedures in gynecology and obstetrics,
- develop the ability to work in a multidisciplinary healthcare team.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *kabinetne vaje*: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving),
- *cabinet tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

Načini: <ul style="list-style-type: none"> • izpit • kolokvij (kabinetne vaje) Ocenjevalna lestvica: ECTS.	80 % 20 %	Types: <ul style="list-style-type: none"> • exam • preliminary exam (cabinet work) Grading scheme: ECTS.
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