

**MINISTRY OF EDUCATION AND SCIENCE OF THE KYRGYZ
REPUBLIC**
**Government-run Educational Institution of Higher Professional Education
Kyrgyz-Russian Slavic University**



**Medical rehabilitation
Course Outline (Module)**

Assigned to the **Department of Medical rehabilitation and family medicine**

Academic Curriculum **560001_23_1 LDi.pli.xml**
560001KR- General Medicine (for foreign students)

Qualification **Specialist**

Mode of Study **Intramural**

The Course outline developed by: cbs, docent Saralinova G.M., Usenova A.Y.

| Semester Academic year | 10 (5.2) | | Total | |
|----------------------------------|----------|------|-------|------|
| | 16 | | | |
| Type of training | AC | CO | AC | CO |
| Lectures | 16 | 16 | 16 | 16 |
| Practical session | 48 | 48 | 48 | 48 |
| Including Interactive Session | 0,3 | 0,3 | 0,3 | 0,3 |
| Total in – class Session | 64 | 64 | 64 | 64 |
| Face – to Face Learning | 64,3 | 64,3 | 64,3 | 64,3 |
| Individual Work | 43,7 | 43,7 | 43,7 | 43,7 |
| Total | 108 | 108 | 108 | 108 |

| 1. COURSE OUTLINE OBJECTIVES | |
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| 1.1 | Students gain knowledge about the main methods and means of medical rehabilitation, for their full use in the complex treatment and recovery of patients at all stages of rehabilitation (hospital - clinic - sanatorium) in order to restore the functional state of the body and increase efficiency. |

| 2. PLACE OF THE COURSE IN THE EDUCATIONAL PROGRAM | |
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| Educational Program | B1.B |
| Units: | |
| 2.1 | Students' Preliminary Training Requirements: |
| 2.1.1 | Hospital surgery |
| 2.1.2 | Faculty therapy |
| 2.1.3 | Physics mathematics |
| 2.1.4 | Obstetrics and gynecology |
| 2.1.5 | Traumatology, orthopedics |
| 2.1.6 | Neurology, medical genetics, neurosurgery |
| 2.1.7 | Faculty surgery |
| 2.1.8 | Pathophysiology, clinical pathophysiology |
| 2.1.9 | Pathological anatomy |
| 2.1.10 | Biochemistry |
| 2.1.11 | Normal physiology |
| 2.1.12 | Anatomy |
| 2.1.13 | Oncology, radiation therapy |
| 2.2 | Course Units and Practical Sessions imposing the prior Proficiency |
| | Knowledge of this discipline will help the student navigate the use of non-drug methods of treatment in therapeutic practice and when passing the interdisciplinary state exam. |

| 3. STUDENTS' COMPETENCIES RESULTING FROM THE COURSE UNIT (MODULE) | |
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| PC-22: is able and ready to apply rehabilitation measures (medical, social and professional) among the population with the most common pathological conditions and injuries of the body. | |
| Knowledge: | |
| Level 1 | basics, principles, stages, types, means of medical rehabilitation. |
| Level 2 | - principles of building a complex of rehabilitation measures for patients with various diseases |
| Level 3 | - ways to assess the effectiveness of medical rehabilitation measures |
| Skills: | |
| Level 1 | to determine indications for the appointment of rehabilitation measures. |
| Level 2 | - compose rehabilitation complexes for patients of various profiles |
| Level 3 | - correctly assess the tolerance, adequacy and effectiveness of the ongoing rehabilitation measures |
| Expertise: | |
| Level 1 | - apply rehabilitation measures among the population when the most common |

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| | diseases and injuries |
| Level 2 | - the skills of prescribing the necessary rehabilitation complexes, taking into account the form, stage and phase of the disease |
| Level 3 | - skills in assessing the effectiveness of therapeutic measures at all stages of rehabilitation of patients |
| PC-23: is able and ready to give recommendations on the choice of regimen, to determine indications and contraindications to the appointment of physical therapy, physiotherapy, non-drug therapy, to use the main resort factors in the treatment of adults and children. | |
| Knowledge: | |
| Level 1 | methods and means of medical rehabilitation and spa treatment |
| Level 2 | mechanism of action, therapeutic effects, features of non-medical mental methods of treatment and rehabilitation. |
| Level 3 | indications and contraindications for prescription in patients with various diseases |
| Skills: | |
| Level 1 | - to determine indications and contraindications for each non-drug treatment method, to give specific recommendations for their practical use |
| Level 2 | - recommend the necessary non-drug methods of treatment and rehabilitation for patients of different ages with the most common pathological conditions. |
| Level 3 | - correctly assess the tolerance, adequacy and effectiveness of the each non-drug treatment method |
| Expertise: | |
| Level 1 | - the skills of prescribing non-drug methods of treatment for patients of various profiles. |
| Level 2 | the skills of applying non-drug methods in rehabilitation of patients of various profiles, taking into account indications and contraindications. |
| Level 3 | - skills in assessing the effectiveness of non-drug methods at all stages of rehabilitation of patients |

Final Students' Competences

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| 3.1 | Knowledge: |
| 3.1.1 | General foundations of medical rehabilitation. |
| 3.1.2 | Methods and means of medical rehabilitation. |
| 3.1.3 | Natural and preformed factors in the system of treatment, rehabilitation and preventive measures. |
| 3.1.4 | The mechanism of the therapeutic action of physical factors on the body. |
| 3.1.5 | The main spa factors and the principles of selection and treatment of patients in the resorts. |
| 3.1.6 | The mechanism of action of physical exercises and massage on the body of healthy and sick. |
| 3.1.7 | The main means and forms of physical therapy, the characteristic features of exercise therapy and massage. |
| 3.1.8 | Recommendations for choosing the optimal motor mode. |
| 3.1.9 | Basic rules for the use of physiotherapy exercises and massage in the complex rehabilitation of patients. |

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| 3.1.10 | Special exercises for various diseases of the internal organs. |
| 3.1.11 | Traditional recovery methods (acupuncture, surface reflexology, auriculotherapy, etc.) |
| 3.1.12 | Fundamentals of naturopathy. |
| 3.1.13 | The use of various rehabilitation methods for the most common diseases and injuries of the body. |
| 3.1.14 | Indications and contraindications for the appointment of methods and means of medical rehabilitation. |
| 3.1.15 | Methods for assessing the effectiveness of ongoing rehabilitation measures. |
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| 3.2 | Skills: |
| 3.2.1 | To use methods and means of rehabilitation for therapeutic and prophylactic purposes. |
| 3.2.2 | Determine indications and contraindications for each method of medical rehabilitation. |
| 3.2.3 | Compile a set of necessary rehabilitation measures for a specific patient. |
| 3.2.4 | Conduct a comprehensive medical examination in order to prescribe the necessary method of medical rehabilitation. |
| 3.2.5 | Determine the tasks of exercise therapy at the inpatient, outpatient and sanatorium-resort stages of rehabilitation of patients of various profiles. |
| 3.2.6 | Give specific recommendations for the practical use of a rational motor regime, various forms and means of physical culture. |
| 3.2.7 | Prescribe an adequate method of physiotherapy, taking into account the form, stage and phase of the disease. |
| 3.2.8 | Use traditional methods of recovery in the rehabilitation of sick and disabled people. |
| 3.2.9 | Correctly assess the tolerance, adequacy and effectiveness of the ongoing rehabilitation measures. |
| 3.2.10 | Choose the necessary sanatorium for carrying out rehabilitation measures for patients with various chronic pathologies. |
| 3.3 | Expertise: |
| 3.3.1 | The tactics of medical actions in the appointment of methods and means of rehabilitation in the complex therapy of the patient. |
| 3.3.2 | Skills in the design of a physiotherapeutic appointment and a health resort card. |
| 3.3.3 | Tactics of prescribing adequate physical activity and physiotherapy, taking into account the individual characteristics of the patient and the severity of the disease. |
| 3.2.4 | Skills of building a therapeutic complex of exercise therapy and assessing the adequacy of the physical activity of the patient's condition. |
| 3.2.5 | Skills of building a complex of rehabilitation measures at all stages of rehabilitation of patients. |