

## THEME PLAN

### **practical training in physiotherapy and medical rehabilitation for 6th year students of the Faculty of Medicine, Faculty of Foreign Students**

#### **1. Fundamentals of medical rehabilitation. Functional stress tests**

The concept of rehabilitation. Types of rehabilitation. Definition of medical rehabilitation.

The concept of the consequences of the disease. Types of functional disorders according to the ICIDH model. Categories of life activity, classification, definitions. Types of social insufficiency. ICF model.

Goals of medical rehabilitation. The concept of "quality of life", definition, components. The difference between medical rehabilitation and treatment. Principles of medical rehabilitation. Indications and contraindications for the appointment of rehabilitation measures. Disability criteria.

Organization of a rehabilitation service recommended by the World Health Organization (WHO). The concept of a rehabilitation program and rehabilitation services. The staff of the medical rehabilitation team. The concept of occupational therapy.

Laws of the Republic of Belarus regarding rehabilitation. WHO documents on rehabilitation. Basic regulatory legal acts of the Ministry of Health of the Republic of Belarus on medical rehabilitation. Phases of medical rehabilitation. Form of the individual program of medical rehabilitation of the patient.

Features of collecting anamnesis in medical rehabilitation. Study of motor functions. Methods for the study of physical development. Methods for assessing physical development. Assessment of physical development by the method of indices. Psychological examination in medical rehabilitation: tasks, methods. Internal picture of the disease: definition, significance in rehabilitation, types, assessment methods.

Research and evaluation of daily human activities. Scale of functional independence, scales Bartel, Katz. Tables for assessing the functional state. The concept of a functional class.

Classification of load tests. Indications for load testing. Contraindications to exercise tests. Evaluation of load tests. Degrees of physical performance according to the results of tests with physical activity. Muscle load tests. Methods for conducting and evaluating the standard test, PWC170 max test, maximum oxygen consumption test. Types of response of the cardiovascular system to standard physical activity. Robinson index, an indicator of the quality of the reaction.

Breath-hold tests, methods for their implementation and evaluation. Vegetative tests. Tests with changes in body position, methods of conducting and evaluating them.

## **2. Basics of physical rehabilitation of patients. Medical rehabilitation of patients with joint diseases**

Basic laws of self-improvement of the human body. Dominant of the motor system. Classification of physical exercises.

Mechanisms of the influence of physical exercises on the vegetative and regulatory links of the functional systems of the human body.

The main contingents of patients subject to medical rehabilitation in arthrology, assessment of their functional state, vital activity, applied means and methods of medical rehabilitation.

Curation of patients with diseases of the joints. Development of an individual program for the medical rehabilitation of a patient with rheumatoid arthritis, primary osteoarthritis.

## **3. Medical rehabilitation in cardiology**

The main contingents of patients subject to medical rehabilitation, assessment of the functional state, vital activity. Stress tests used in cardiology.

Means and methods of medical rehabilitation used for patients with cardiovascular diseases.

Management of patients with cardiovascular diseases. Development of an individual program of medical rehabilitation of a patient with coronary heart disease, arterial hypertension.

## **4. Medical rehabilitation in pulmonology**

The main contingents of patients subject to medical rehabilitation, assessment of the functional state, vital activity. Stress tests used in pulmonology.

Means and methods of medical rehabilitation used in pulmonology.

Supervision of patients with chronic pulmonary diseases. Development of an individual medical rehabilitation program for a patient with chronic obstructive pulmonary disease, bronchial asthma.

## **5. Medical rehabilitation in surgery, traumatology and orthopedics**

The main groups of patients subject to medical rehabilitation, methods for assessing their functionality and vital activity.

Means and methods of medical rehabilitation used in surgery, traumatology and orthopedics.

Curation of patients with consequences of injuries of the upper and lower extremities. Development of an individual program for the medical rehabilitation of a patient after surgical interventions on the organs of the chest and abdominal cavities, trauma of the upper or lower extremities, with posture disorders.

## **6. Medical rehabilitation in neurology and neurosurgery**

The main contingents of patients subject to medical rehabilitation, assessment of the functional state, vital activity.

Means and methods of medical rehabilitation used in neurology and neurosurgery.

Management of patients with neurological diseases. Development of an individual program for the medical rehabilitation of a patient with cerebrovascular accident, traumatic brain injury, osteochondrosis of the spine.

Head Department of Neurology and Neurosurgery  
with medical rehabilitation courses,  
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