

THEMATIC PLAN

practical training on physical therapy and medical rehabilitation for students of the 6th course of medical faculty, faculty of foreign students

1. Bases of medical rehabilitation. Features of inspection in medical rehabilitation. A concept about rehabilitation. Types of rehabilitation. Definition of medical rehabilitation. Concept of consequences of a disease. Types of functional disturbances on the ICIDH model. Categories of activity, classification, definitions. Types of social insufficiency. ICF model. Purposes of medical rehabilitation. Concept "quality of life", definition, components. Difference of medical rehabilitation from treatment. Principles of medical rehabilitation. Indications and contraindications to purpose of rehabilitation actions. Criteria of disability. The organization of service of rehabilitation recommended by the World Health Organization (WHO). Concept of the rehabilitation program and rehabilitation service. Personnel of crew of medical rehabilitation. A concept about an ergoterapiya. Laws of Republic of Belarus in the part concerning rehabilitation. Documents of WHO on rehabilitation. The main regulations of the Ministry of Health of Republic of Belarus on medical rehabilitation. Phases of medical rehabilitation. Form of the individual program of medical rehabilitation of the patient. Features of collecting the anamnesis in medical rehabilitation. Research of motive functions. Methods of a research of physical development. Methods of assessment of physical development. Assessment of physical development in a method of indexes. Psychological inspection in medical rehabilitation: tasks, methods. Internal picture of a disease: definition, value in rehabilitations, types, assessment methods. Research and assessment of daily human activity. Scale of functional independence, scale of Bartel, Katz. Tables of assessment of a functional state. Concept of a functional class.

2. Methods and means of medical rehabilitation. Characteristic of funds of medical rehabilitation from a position of evidential medicine. Psychotherapy. The psychotherapy methods used in rehabilitation of patients with diseases of internals. Kinesitherapy: classification of means of a kinesitherapy, their short characteristic. Contraindications for purpose of physiotherapy exercises, massage, mechanotherapy, manual therapy. A training on a hypoxia. Types of a training, indication and contraindication. Physical therapy. The physical therapy methods used in medical rehabilitation of patients with the main disabling pathology. Ergotherapy. Rehabilitation medico-technical means. Dietotherapy, general characteristic. WHO recommendations on a balanced diet.

3. Functional load trials. Classification of loading tests. Indications for stress testing. Contraindications to tests with an exercise stress. Assessment of loading tests. Degrees of physical efficiency by results of tests with an exercise stress. Tests with a muscular exercise. Techniques of carrying out and assessment of the standard test, PWC170 test max., test of the maximum consumption of oxygen. Types of reaction of a cardiovascular system to a standard exercise stress. Robinson's index, indicator of quality of reaction. Breath-holding tests, techniques of their carrying out and assessment. Vegetative tests. Tests with change of position of a body, a technique of their carrying out and assessment.

4. Bases of physical rehabilitation of patients. Medical rehabilitation of patients with diseases of joints. Fundamental laws of self-improvement of a human body. Dominant of a motor system. Classification of physical exercises. Mechanisms of influence of physical exercises on the vegetative and regulating links of functional systems of a human body. The main contingents of patients, subjects of medical rehabilitation in an arthrology, assessment of their functional state, activity, the applied means and methods of medical rehabilitation. Curation of patients with diseases of joints. Development of the individual program of medical rehabilitation of the patient with a rheumatoid arthritis, primary osteoarthritis.

Medical rehabilitation in cardiology. Main contingents of patients, subjects of medical rehabilitation, assessment of a functional state, activity. The loading tests used in cardiology. The means and methods of medical rehabilitation applied to patients with cardiovascular diseases. Curation of patients with cardiovascular diseases. Development of the individual program of medical rehabilitation of the patient with coronary heart disease, arterial hypertension.

5. Medical rehabilitation in pulmonology. Main contingents of patients, subjects of medical rehabilitation, assessment of a functional state, activity. The loading tests used in pulmonology. The means and methods of medical rehabilitation applied in pulmonology. Curation of patients with chronic pulmonary diseases. Development of the individual program of medical rehabilitation of the patient with a chronic obstructive pulmonary disease, bronchial asthma.

Medical rehabilitation in surgery, traumatology and orthopedics. Main contingents of patients, subjects of medical rehabilitation, methods of assessment of their functionality and activity. The means and methods of medical rehabilitation applied in surgery, traumatology and orthopedics. Curation of patients with consequences of injuries of the upper and lower extremities. Development of the individual program of medical rehabilitation of the patient after operative measures on bodies of chest and belly cavities, the postponed injury of the upper or lower extremities, with disturbances of a bearing.

6. Medical rehabilitation in neurology and neurosurgery. Main contingents of patients, subjects of medical rehabilitation, assessment of a functional state, activity. The means and methods of medical rehabilitation applied in neurology and neurosurgery. Curation of patients with neurologic diseases. Development of the individual program of medical rehabilitation of the patient with disturbance of cerebral circulation, a craniocerebral trauma, backbone osteochondrosis.

Department chair of neurology and neurosurgery
with courses of medical rehabilitation,
psychiatry, FPDaR, c.m.s., docent

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