

**Assessment tools for conducting attestation
in discipline «Medical rehabilitation»
for students of 2023 year of admission
under the educational programme
cipher 31.05.03 Dentistry,
specialisation (profile) Dentistry
(Specialist's degree),
form of study full-time
for the 2025-2026 academic year**

1. Evaluation tools for conducting current certification in the discipline

1. 1. Evaluation tools for conducting certification in seminar-type classes

Certification in seminar-type classes includes the following types of tasks: testing, solving situational problems, evaluating the development of practical skills (abilities), writing and defending an abstract, and interviewing control questions.

1.1.11.. Examples of test tasks

Verifiable indicators of competence achievement: MIC-12.1.1, PC-4.1.1.

1. Medical rehabilitation is:

- a) a set of medical, biological and social measures aimed at reintegrating the disabled person or patient into society;
- b) a system of medical, psychological and social measures aimed at reintegrating a disabled person or patient into society;
- c) the treatment process at the outpatient and sanatorium stages;
- d) all of the above.

2. Rehabilitation potential includes 3 groups of factors:

- a) medical, psychological, social services;
- b) medical, psychological, professional;
- c) biological, psychological, professional.

3. Stages of medical rehabilitation:

- a) medical and rehabilitation center;
- b) inpatient stage of early medical rehabilitation;
- c) outpatient;
- d) home address.
- e) sanatorium;
- f) late medical rehabilitation.

4. At what stage of medical rehabilitation is the IPR not drawn up?

- a) medical and rehabilitation center;
- b) stationary;
- c) outpatient;
- d) home address.
- e) sanatorium;
- f) late medical rehabilitation.

5. The FC scale is used for:

- a) unification of the expert decision;
- b) details of the clinical diagnosis;
- c) assessment of the effectiveness of rehabilitation measures;

d) compliance with the principle of continuity in rehabilitation.

6. In case of femoral fracture, the main sanogenetic mechanism is:

- a) restitution;
- b) regeneration;
- c) compensation;
- d) readaptation.

7. Medical factors of rehabilitation potential include:

- a) the patient's gender;
- b) the patient's age;
- c) intellectual potential;
- d) features of the disease;
- e) emotional and strong-willed qualities;
- f) profession.

8. Types of professional rehabilitation:

- a) retraining;
- b) rational employment in reserved places;
- c) re-equipment of the workplace;
- d) prosthetics;
- e) labor adaptation.

9. An individual patient rehabilitation program consists of:

- a) general practitioners;
- b) doctors-surgeons;
- c) rehabilitation doctors;
- d) MREC experts;
- e) all of the above.

10. Assessment of rehabilitation measures is carried out according to: a) clinical scale;

- b) FC of impaired function;
- c) physical disability;
- d) dynamics of the severity of disability;
- e) change in household self-service.

1.1.21.. Examples of situational tasks

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.2.1; PC-4.2.1; PC-4.3.1.

Task #1.

Patient L. is 32 years old. Profession-watch repairman. Complains of headache, worse when turning the head, more in the left side of the head, dizziness, ringing in the ears. Vertigo when turning the head was noted during the last 4-5 months. Deterioration is associated with emotional excess.

Objectively: the condition is satisfactory, the scalp is painful on palpation, it is stable in the Romberg position устойчив, but when the head is turned to the right, it loses its balance. Functional examination of the cervical spine determines the forward displacement of the spinous process C4. On the radiograph - subluxation C4 along Kovach, enlargement and deformation of the hook-shaped processes C4. On the fundus – narrowing of the arteries. Heart rate - 88 beats. per minute. Blood pressure 145/95 mm Hg.

Task:

1. Formulate a clinical diagnosis.
2. Determine the rehabilitation prognosis.
3. Identify your rehabilitation potential.
4. Create a program of rehabilitation activities.
5. Make a complex of physical therapy for this patient.
6. Schedule physical therapy.

Task #2.

Patient I. 45 years old. Profession-truck driver. Complains of gnawing pains in the lower back radiating to the outer surface of the thigh and lower leg, the big toe of the right foot on the right, weakness in the leg. Previously, he was repeatedly treated for low back pain. Deterioration is associated with physical overexertion. Objectively: Lasseg's symptom Jaccerais 70°, lumbar lordosis is smoothed out, scoliosis of the lumbar spine is bulging to the left. Deep palpation reveals soreness of the spinous processes and paravertebral tissues in the L4-5 area, the sacroiliac joint on the right, and tension of the long back muscles in the lumbar region in the form of a roller. Formulate a clinical diagnosis.

Task:

1. Formulate a clinical diagnosis.
2. Determine the rehabilitation prognosis.
3. Identify your rehabilitation potential.
4. Create a program of rehabilitation activities.
5. Make a complex of physical therapy for this patient.
6. Schedule physical therapy.

1.1.3.1.. Examples of tasks to assess the development of practical skills.

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.2.1; PC-4.2.1; PC-4.3.1.

1. Conducting a preventive clinical examination of patients: collection of anamnesis, examination, palpation, anthropometry, appointment of additional examination methods
2. Conducting a medical examination and examination of patients assigned to physical therapy.
3. Drawing up a conclusion based on the results of the examination, indicating the form, method of physical therapy and dosage of physical activity.

1.1.41.4. Examples of abstract topics

Verifiable indicators of competence achievement: MIC-12.1.1; PC-4.1.1.

1. Medical rehabilitation for neuritis of the facial nerve.
2. Medical rehabilitation for diseases of the temporomandibular joint.
3. Medical rehabilitation for traumatic injuries of the maxillofacial region.

1.1.5.1.. Examples of control questions for an interview

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

1. The concept of the subject of physical therapy as a clinical method of treatment. Features of the physical therapy method in the complex treatment of dental patients.
2. Indications and contraindications, tasks and features of the method of physical therapy and physiotherapy for injuries of soft tissues, teeth and jaws.
3. The mechanism of physiological action of physical exercises (theory of motor-visceral reflexes). Mechanisms of therapeutic effect of physical exercises on the patient's body.

1.2. Assessment tools for students ' independent work

Evaluation of independent work includes testing.

1.2.1. Examples of test tasks with a single answer

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

1. Kinesotherapy includes all of the above, except

- A. motor mode assignments
- B. Elements of psychophysical training
- B. Therapeutic gymnastics classes
- D. employment of the patient

2. The therapeutic effects of kinesotherapy include all of the following, except:

- A. tonic,
- B. Trophic,
- B. sedative,
- Compensatory city
- D. reconstructive

3. Physical therapy is characterized by all the listed features, with the exceptionof:

- A. patient's activity during treatment
- B. method of specific therapy
- B. method of natural-biological content
- G. method of pathogenetic therapy

4. Kinesotherapy is

- A. therapeutic application of dosed physical activity associated with arbitrary repetitive alternation of tension and relaxation of skeletal muscles
- B. using a load that partially covers muscle groups, but with strenuous work
- B. both
- G. Neither

5. A combination of physical and mental health, a set of physical exercises, proper nutrition, giving up bad habits and psychosomatic techniques are:

- A. fitness
- B. aerobics
- B. Wellness training
- G. Wellness

6. A system of special physical exercises in combination with a certain diet, aimed at promoting health and ensuring the most effective life activity, is:

- A. fitness
- B. aerobics
- B. Wellness training
- G. Wellness

7. Balneotherapy is

- A. clay treatment
- B. Mineral water treatment
- B. soul healing
- D. Fresh water treatment

8. Thalassotherapy is

- A. sun baths
- B. Sea bathing
- B. swimming in the pool
- Г. Morzhevanie city

9. It does not apply to physical therapy equipment

- A. medication regimen
- B. Physical exercise
- B. Board games
- G. Yoga gymnastics

10. The method of physical therapy is

- A. method of pathogenetic therapy
- B. method of preventive therapy and method of functional therapy
- B. method of immune therapy
- D. the method of psychological unloading

1.2.2. Examples of multiple choice and/or matching and/or sequencing test tasks

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

1. Методы Physical therapy methods combine a set of methods of applying physical exercises, namely:

- A. Physical rehabilitation
- B. kinesotherapy
- B. reflexology
- G. Mechanotherapy
- D. Motor therapy
- E. Occupational therapy

2. Methods of performing therapeutic gymnastics include:

- A. individual method
- B. Group method
- B. Competitive method
- D. independent method
- D. General method
- E. Joint method

3. Set the correct sequence of factors to consider before creating a set of exercises:

- A. general condition of the body
- B. Gender
- B. Age
- D. the nature of the main clinical manifestations
- D. phase (stage) of the disease
- E. Degree of physical development

4. Physical exercises are classified according to the area of impact – for individual anatomical structures:

- A. muscles,
- B. Myofascial structures,

- B. eye exercises,
- C. of joints,
- D. Facial exercises
- E. Leg exercises.

5. Methods of performing therapeutic gymnastics include:

- A. individual method
- B. Group method
- B. Competitive method
- D. independent method
- D. Small-group method
- E. Public method

6. Set the correct sequence of actions when performing the "Diaphragmatic breathing" exercise:

- A. return to the starting sitting position
- B. put your hands on your stomach
- B. Inhale through the nose
- D. Inflate your stomach
- D. Pull in the stomach
- E. Exhale through the mouth

7. There are several components (components) of a healthy lifestyle:

- A. Medical, psychophysical
- B. Social services
- B. Educational programs
- D. Ecological and hygienic conditions
- D. Economic issues
- E. Therapeutic measures

8. Modern non -specific health-improving methods include:

- A. stress-protective measures
- B. weather-resistant
- B. Private
- G. Heat-hardening
- D. Indiscriminate attacks
- E. Personal data

9. Set the correct sequence for determining the therapeutic effect of training:

- A. frequency of classes
- B. duration of the lesson
- B. the nature of the funds used
- D. intensity
- D. operating mode
- E. Rest mode

10. In what sequence during the exercise process do the doctor and exercise therapy instructor monitor the adequacy of physical activity in the patient according to the following factors:

- A. ECG indicators
- B. respiratory rate
- B. The value of blood pressure

- D. heart rate
- D. Well-being

1.2.3. Examples of open-ended tasks (open-ended questions)

Verifiable indicators of competence achievement: CC-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

1. In a conversation with the attending physician, relatives of a patient with a myocardial infarction were interested in his further recovery process. What rehabilitation programs can be offered and what is their special feature?

2. In a conversation with the attending physician, relatives of a patient with acute cerebrovascular accident were interested in his further rehabilitation process. How long will the recovery take in this case?

3. A 54-year-old patient, who was prescribed drug electrophoresis, asked to list the indications for his appointment. What are the indications for drug electrophoresis?

4. A 49-year-old patient, when recommended by the attending physician for health training, asked about its structure, namely the fourth phase. What are the components of the fourth phase of wellness training?

5. Patient, 35 years old, resting heart rate 76 beats per minute. Kinesotherapy procedures are dosed according to the number of physical exercises, starting position, the number of muscles involved in the work, the degree of their tension, the amplitude of movements performed, their pace, the number of repetitions of each exercise, the duration of pauses (load density), the quantitative ratio of exercises with different loads. The patient can independently dose the intensity of physical training based on subjective feelings and heart rate. What formula is used to calculate the maximum allowable heart rate?

2. Evaluation tools for conducting intermediate certification in the discipline

Intermediate certification is carried out in the form of a test.

Intermediate certification includes the following types of tasks: testing, interviewing.

2.1. Examples of test tasks

Verifiable indicators of competence achievement: MIC-12.1.1; PC-4.1.1.

1. Choose кинезотерапии the most appropriate kinesotherapy methods for rehabilitation of patients with neurological manifestations of spinal osteochondrosis:

- a) analytical gymnastics;
- b) sports walking;
- c) skeletal traction;
- d) underwater traction;
- e) massage.

2. Underwater shower massage belongs to the category:

- a) active kinesotherapy;
- b) passive kinesotherapy;
- c) physical therapy.

3. Breathing exercises with exhalation resistance are used for:

- a) arterial hypertension;
- b) bronchial asthma;
- c) chronic renal failure;
- d) chronic bronchitis.

4. Rowing and skiing are included in the individual rehabilitation program for patients with:

- a) rheumatoid arthritis;
- b) arterial hypertension;
- c) bronchial asthma;
- d) chronic bronchitis.

5. Vibration massage is indicated for inclusion in an individual rehabilitation program for:

- a) chronic pneumonia;
- b) bronchiectasis;
- c) bronchial asthma;
- d) vertebrogenic manifestations of spinal osteochondrosis.

6. Exercise tolerance is determined by:

- a) bicycle ergometry;
- b) the tremil test;
- c) a 6-minute walk test.
- d) ladder test;
- e) electroneuromyography.

7. What are the effects of hypokinesia on homeostasis?

- a) catabolism increases;
- b) catabolism decreases;
- c) negative nitrogen balance;
- d) positive nitrogen balance;
- e) reduction of the basic exchange rate;
- f) the basic exchange rate increases.

8. What phases of motor skills formation go through:

- a) the latent phase;
- b) generalization phase;
- c) the compensation phase;
- d) the automation phase;
- e) regression phase;
- f) the concentration phase.

9. Mechanisms of therapeutic effect of physical exercises:

- a) regulatory mechanisms;
- b) mechanisms of trophic action;
- c) neuro-reflex mechanisms;
- d) mechanisms of tonic action;
- e) mechanisms of functional compensation.

10. Types of muscle contractions:

- a) concentric;
- b) static;
- c) eccentric;
- d) isometric;
- e) isotonic.

2.22. List of interview questions

№	Questions for intermediate certification	Verifiable indicators of competence achievementThe
1.	concept of medical rehabilitation. Rehabilitation prognosis. Rehabilitation potential.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
2.	The concept of the subject of physical therapy as a clinical method of treatment. Features of the physical therapy method in the complex treatment of dental patients.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
3.	The concept of the subject of physiotherapy as a clinical method of treatment. Features of physiotherapy in the complex treatment of dental patients.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
4.	Indications and contraindications, tasks and features of the method of physical therapy and physiotherapy for injuries of soft tissues, teeth and jaws.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
5.	Indications and contraindications, tasks and features of the methods of physical therapy and physiotherapy in the treatment of gingivitis, periodontitis and periodontal disease.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
6.	Indications and contraindications, tasks and features of the methods of physical therapy and physiotherapy in the treatment of diseases of the oral mucosa.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
7.	Mechanism of physiological action of physical exercises (theory of motor-visceral reflexes). Mechanisms of therapeutic effect of physical exercises on организм the patient's body.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
8.	Indications and contraindications, tasks and features of physical therapy methods for diseases of the temporalolobe. mandibular joint.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
9.	Indications and contraindications to mechanotherapy for maxillofacial contractures. Methods of accounting for efficiency.	CC-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
10.	Tasks and features of methods of physical therapy and physiotherapy for neuritis of the facial nerve.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
11.	Indications and absolute contraindications to the use of physical therapy.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
12.	Clinical and physiological justification, indications and contraindications, tasks and features of the method of physical therapy and physiotherapy in the clinic of internal diseases.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
13.	Clinical and physiological justification, indications and contraindications, tasks and features of the methods of physical therapy and physiotherapy in surgery.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
14.	Clinical and physiological justification, indications and contraindications, tasks and features of the methods of physical therapy and physiotherapy in neurology.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

15.	Clinical and physiological justification, indications and contraindications, tasks and features of the method of physical therapy in traumatology.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
16.	Clinical and physiological justification, indications and contraindications, tasks and features of physiotherapy methods in traumatology.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
17.	Organizational and methodological foundations of medical rehabilitation. International Classification of Functioning (ICF).	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
18.	Organizational and methodological foundations of medical rehabilitation. The concept of medical rehabilitation. Types of medical rehabilitation.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.
19.	Physioprophylaxis. Basic physiotherapy measures for strengthening the body, hardening, preventing and preventing the development of a number of diseases and complications.	UK-9.3.1; OPK-12.1.1; OPK-12.2.1; PC-4.1.1; PC-4.2.1; PC-4.3.1.

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Head of the Department



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