

**Thematic plan of the lectures**  
**in the discipline "Medical rehabilitation"**  
**for students**  
**specialty "General medicine"**  
**in the 7th semester of the 2023-2024 academic year**

№	The topics of the lecture type	Hours (Acad.)
1	<p><b>Organizational and methodological bases of medical rehabilitation.</b> Subject and objectives of medical rehabilitation. Structure and form of medical rehabilitation. The definition of "rehabilitation". Types of rehabilitation. Assessment of the consequences of the disease (illness, injury, defect-functional disorders – life restrictions – social insufficiency – disability). Category of persons in need of rehabilitation. Stages of medical rehabilitation. Basic principles of rehabilitation. Medical personnel of rehabilitation institutions.</p>	2
2	<p><b>Organizational and methodological bases of medical rehabilitation. Features of the work of the staff of a multidisciplinary team during the medical rehabilitation of a patient.</b></p> <p>The definition of "rehabilitation". Types of rehabilitation. Assessment of the consequences of the disease (illness, injury, defect-functional disorders – life restrictions – social insufficiency – disability). Category of persons in need of rehabilitation. Stages of medical rehabilitation. Basic principles of rehabilitation. Medical personnel of rehabilitation institutions. Multi-disciplinary teams. The main tasks of healthcare at the present stage. Relevance of medical rehabilitation at the present time. Preservation and restoration of health as priority directions. The role of medical rehabilitation in preventing disability and increasing life expectancy.</p>	2
3	<p><b>Organizational and methodological foundations of medical rehabilitation: international classification of functioning, disability and health.</b></p> <p>The conceptual basis of medical rehabilitation at the present time. Biopsychosocial model of the disease, which is reflected in the "International classification of functioning, disability and health" - abbreviated ICF.</p> <p>Difference between ICF and ICD-10, their joint use. Goals and objectives of the ICF. The concept of ICF. The content of the ICF. Overview of ICF. ICF codes. Examples of using ICF. Ethical recommendations. The value of ICF in the system of medical rehabilitation. The relevance of the use of ICF. Advantages of using ICF. The role of ICF in preserving and restoring health as priority areas in medical rehabilitation.</p>	2
4	<p><b>Organizational and methodological foundations of medical rehabilitation: functional diagnostics in medical rehabilitation.</b></p> <p>Concept of functional diagnostics. Functional tests. Functional test. Functional diagnostics of the cardio-respiratory system. Functional diagnostics of the musculoskeletal system.</p>	2
5	<p><b>Means of medical rehabilitation. Therapeutic exercise. Physiotherapy.</b></p> <p>Basic means of medical rehabilitation: basic (medical, surgical) treatment, physical</p>	2

	<p>therapy, physiotherapy, technical means of rehabilitation, psychological and pedagogical means of rehabilitation.</p> <p>Basic (medical, surgical) treatment. Medicinal means of rehabilitation. Surgical interventions that help to increase the level of functional capabilities of the rehabilitated.</p> <p>Therapeutic physical culture. Basic means and forms of therapeutic physical culture. Tasks of physical therapy. Means of physical therapy: natural factors of nature, physical exercises, massage, hygienic regime, motor mode, mechanotherapy, ergotherapy. Indications and contraindications. Motor load modes. Complexes of therapeutic gymnastics taking into account the motor mode and the patient's health status. Physical activity of the patient in various motor modes. Basic principles of selection and dosage of exercises. Scheme of construction of therapeutic gymnastics classes. Physiotherapy. Methods of therapeutic application of physiotherapy factors: electrotherapy, ultrasound therapy, inhalation therapy, light therapy, heat treatment. Indications and contraindications. Features of patient preparation for procedures, the approximate basis of actions when releasing procedures. Health resort.</p>	
6	<p><b>Aspects of medical rehabilitation in various diseases. Part I.</b></p> <p>Mechanisms of recovery and compensation of functions in ischemic heart disease, myocardial infarction. Physiological bases of physical training of patients with cardiovascular diseases. Use of exercise tests for coronary heart disease. Physical therapy for myocardial infarction. Clinical and physiological justification of the use of therapeutic physical education in patients with acute myocardial infarction, hypertension, heart disease, neurocirculatory dystonia. Motor modes in acute myocardial infarction, hypertension, heart disease, neurocirculatory dystonia, justification of their expansion. Features of the method of early rehabilitation of patients with myocardial infarction. Load tests in the justification of the permissible load in therapeutic gymnastics classes and in the appointment of physical rehabilitation programs. Classes of severity of patients with myocardial infarction, functional classes. Terms of appointment of therapeutic gymnastics. Contraindications to the appointment of therapeutic gymnastics. Justification of the choice of physical rehabilitation programs. Methods of dynamic control over the adequacy of rehabilitation measures at various stages of patient activation. Massage in diseases of the cardiovascular system.</p>	2
7	<p><b>Aspects of medical rehabilitation in various diseases. Part II.</b></p> <p>Physiology and pathophysiology of respiratory organs. Mechanisms of recovery and compensation of functions in lung diseases. Examination of the patient for the purpose of prescribing physical therapy and physiotherapy, indications, contraindications. Basic techniques (tools, forms and methods) of medical rehabilitation for respiratory diseases. Justification of the choice of therapeutic techniques: passive, active. Criteria for the effectiveness of medical rehabilitation measures. Clinical analysis of patients with respiratory diseases. Indications for the appointment of therapeutic massage for respiratory diseases, types of massage used. Combination of physical therapy with other means of medical rehabilitation.</p>	2
8	<p><b>Aspects of medical rehabilitation in various diseases. Part III .</b></p> <p>Physiology and pathophysiology of the nervous system. Basic principles of physical therapy and physiotherapy for Central and peripheral nervous system disorders.</p>	2

	Indications and contraindications to the appointment of therapeutic physical training and physiotherapy. Criteria for the effectiveness of physical therapy and physiotherapy. Clinical and physiological justification of the use of physical therapy and physiotherapy in patients with stroke, spinal cord lesions, facial neuritis. Combination of physical therapy with other means of medical rehabilitation.	
9	<b>Aspects of medical rehabilitation in various diseases. Part IV.</b> Physiology and pathophysiology of the musculoskeletal system. Physical therapy and physiotherapy for posture disorders and spinal deformities. Correction and stabilization of the spine with the help of physical therapy. Methods of treatment by means of physical therapy of osteochondrosis of the spine. Methods of physical therapy and physiotherapy in the prevention and treatment of scoliosis of the spine. Physical therapy and physiotherapy for injuries of bones and joints of various origins. Contractures and their treatment by means of physical therapy and physiotherapy. Correction of various types of foot deformities. Evaluation of the effectiveness of physical therapy. Combination of physical therapy with other means of medical rehabilitation.	2
10	<b>Aspects of medical rehabilitation in various diseases. Part V.</b> Basic principles and tasks of therapeutic gymnastics in the preoperative, early and late postoperative periods during operations on the abdominal and thoracic cavities. Means of physical therapy and physiotherapy in the intensive care unit.  Criteria for the effectiveness of physical therapy and physiotherapy. Combination of physical therapy with other means of medical rehabilitation. in surgeon.	2
11	<b>Aspects of medical rehabilitation in various diseases. Part VI.</b> Basic principles and tasks of therapeutic gymnastics for injuries of various origins (bone fractures, dislocation, subluxation of joints). Criteria for the effectiveness of physical therapy and physiotherapy. Combination of physical therapy with other means of medical rehabilitation. Demonstration of therapeutic gymnastics procedures for operations, injuries and injuries of the chest and abdominal organs at various stages of medical rehabilitation. Basic physiotherapy measures to strengthen the body, temper, prevent and prevent the development of a number of diseases and complications. Means of physical therapy and physiotherapy in Pediatrics. Indications and contraindications to the appointment of therapeutic physical training and physiotherapy.  Clinical and physiological justification of the use of physical therapy in Pediatrics	1
	<b>Total</b>	<b>21</b>

Discussed at the meeting of  
of" 26 " may 2023

Head of department



the Department Protocol No. 12

E.G. Vershinin