

Course description

Part 1

Informacje ogólne o przedmiocie			
1. Major of study: Physiotherapy 2. Study profile: general academic	3. Study level: unified MSc 4. Form of study: intramural 5. Study cycle: cycle 2026-2031		
6. Year: III	7. Semester: V		
8. Course name: Physiotherapy in internal diseases in geriatrics			
9. Course status: required			
10. Course contents and assigned learning outcomes: To familiarize students with the basics of functional assessment of geriatric patients. To familiarize students with the skills of selecting and implementing therapeutic exercises and physical treatments appropriate to the clinical and functional status of elderly patients. Learning outcomes/reference to learning outcomes included in (underline as appropriate): education standards (Regulation of the Minister of Science and Higher Education)/ <u>SUM Senate Resolution</u> (provide definitions included in the education standards/symbols of outcomes approved by the SUM Senate Resolution): in terms of knowledge, the student knows and understands: D.W3, D.W4, D.W6, D.W12, D.W13, D.W16 in terms of skills, the student is able to: D.U7, D.U44, D.U45, D.U47, D.U48 in terms of social competences, the student is ready to: OK_K05, OK_K06			
11. Number of hours per subject: (contact/including communication hours*/self-study*)	36/-/-	12. Number of ECTS points for the course:	2
13. Form of passing the course: integrated exam			
14. Ways to verify and evaluate learning outcomes:			
Learning outcomes	Methods of verification ***	Assessment methods**/ passing***	
In terms of knowledge	Written test	*	
In terms of skills	Observation of skills acquired by the student during practical classes, verification of the correctness of performing physiotherapy procedures	*	
In terms of competence	Observation of skills acquired by the student during practical classes	*	

* if required by the educational standard

**in the case of an exam/credit assessment, the grade is assumed to be at the level of:

*** in accordance with the course regulations

Very good (5,0) – the assumed learning outcomes have been achieved and significantly exceed the required level

Better than good (4,5) – the assumed learning outcomes have been achieved and slightly exceed the required level

Good (4,0) – the assumed learning outcomes have been achieved at the required level

Better than satisfactory (3,5) – the assumed learning outcomes have been achieved at the average required level

Satisfactory (3,0) – the assumed learning outcomes have been achieved at the minimum required level

Unsatisfactory (2,0) – the assumed learning outcomes have not been achieved

Course description

Part 2

Other useful information about the course		
15. Name of Department, mailing address, e-mail: Department of Rehabilitation School of Health Sciences in Katowice Medical University of Silesia in Katowice, Ziołowa street 45/47 40-635 Katowice Phone number 32 252 43 70, 32 359 82 41/ dolko@sum.edu.pl		
16. Name and surname of the person responsible for the course / course coordinator: Katarzyna Gwizdek MSc, PT, kgwizdek@sum.edu.pl		
17. Prerequisites for knowledge, skills and other competencies: Basics of normal and functional anatomy, human physiology, and general pathology. Knowledge of the clinical foundations of physiotherapy in geriatrics.		
18. Number of students in groups	In accordance with the Order of the Rector of the Medical University of Silesia	
19. Study materials / teaching resources	Medical clothing, change of footwear, stethoscope, blood pressure monitor, reflex hammer, measuring tape, goniometer, clock with a second hand (or stopwatch)	
20. Location of classes	Department of Rehabilitation School of Health Sciences in Katowice Medical University of Silesia in Katowice, Ziołowa street 45/47 40-635 Katowice	
21. Location and time for contact hours	according to the schedule on the notice board of the Department and Clinic of Rehabilitation at the Faculty of Rehabilitation and Rehabilitation Medicine at the Silesian Medical University in Katowice	
22. Learning outcomes:		
Number of the course learning outcome	Course learning outcomes	Reference to the learning outcomes contained in (underline as appropriate): educational standards/ <u>approved by the Senate of SUM</u>
C_K01	Student knows the etiology, pathomechanism, symptoms and course of the most common diseases in the field of surgery, to the extent that allows the rational use of physiotherapy measures.	D.W3
C_K02	Student knows the basics of diagnostics, the basic rules of conduct in the most common diseases in the field of surgery at a level that allows the practical use of physiotherapy measures.	D.W4
C_K03	Student knows the basic principles of subjective and subject research in the field of geriatrics.	D.W6
C_K04	Student knows the physiology of the aging process and the principles of care and physiotherapy in people of geriatric age.	D.W12
C_K05	Student knows the risks associated with the hospitalization of the elderly and the effects of hypokinesia.	D.W13
C_K06	The student knows the assumptions and principles of the ICF used in the process of physiotherapy in surgically treated patients.	D.W16

C_S01	The student is able to instruct patients undergoing surgical treatment, as well as their caregivers, on how to perform safe exercises, including those performed at home.	D.U7
C_S02	The student is able to perform and interpret COG results.	D.U44
C_S03	The student is able to select and perform geriatric physiotherapy treatments as well as indicate appropriately selected exercises to be performed at home and adapted forms of recreation for a person of geriatric age.	D.U45
C_S04	The student is able to apply the principles of proper communication with the patient and is also able to communicate properly with other members of the therapeutic team.	D.U47
C_S05	The student is able to explain what actions can be taken to improve the quality of life of an elderly person, especially a terminally ill patient, using rehabilitation equipment.	D.U48
C_C01	The student is ready to recognize and recognize their own limitations, self-assess their deficits and educational needs in the field of physiotherapy in surgery, especially in the development of new surgical treatment methods.	OK_K05
C_C02	The student is ready to use objective sources of scientific information.	OK_K06
23. Teaching methods: Traditional teaching methods, expository methods (lectures, bibliography work), Activating methods (discussions, brainstorming, situational methods, role-playing, and engagement-supporting methods), Practical methods (practical and clinical sessions).		
24. Forms and topics of classes: **		Number of hours (contact):
24.1. Lectures		12
Fundamentals of the physiology of aging, including the etiology, pathomechanism, symptoms, and course of the most common diseases in the elderly. The role of physiotherapy in frailty. Causes and effects of hypokinesia/akinesia in the elderly, and mechanisms of organ and systemic compensation. Goals of geriatric rehabilitation. Medical devices used in older adults. Current guidelines for the rehabilitation and care of elderly patients – a review of the scientific literature. Risks associated with the implementation of physiotherapy in a hospital setting.		6
The effects of rehabilitation in the elderly and the organization of geriatric rehabilitation.		2
Selected physiotherapy methods used in the elderly – kinesiotherapy, physical therapy, and occupational therapy – illustrated by models used in various countries. A Comprehensive Geriatric Assessment (GCA) and selected functional diagnostic techniques necessary for physiotherapy in seniors.		4
24.2. Seminars		6
Forms, conditions, and course of rehabilitation programs for the elderly. Functional assessment of older adults. Rehabilitation program for senile osteoporosis.		1,5
Selection of appropriate physiotherapeutic methods for geriatric patients with internal organ diseases - adapted to their clinical and functional condition, conditions, and location.		1,5
Exercises and physical treatments for seniors with diseases of internal organs - adapted to their clinical and functional condition.		1

Examination and testing necessary for the selection of physiotherapy measures for geriatric patients with internal organ diseases. COG principles. Instructing patients and their caregivers in the use of physiotherapy measures.	2
24.3. Exercises	-
-	-
24.4. Clinical exercises	-
-	-
24.5. Practical classes	18
Physiotherapy techniques used in the elderly – kinesiotherapy, physical therapy, and occupational therapy. Working in a team caring for the elderly. Medical devices and their selection in seniors. Principles of physiotherapy for terminally ill older adults.	5
Selecting the form, implementation conditions, and course of rehabilitation programs for the elderly. Individualizing rehabilitation programs, taking into account comorbidities and COG.	5
Rehabilitation for balance and coordination disorders, and rehabilitation for senile osteoporosis.	5
Factors disrupting the rehabilitation process in the elderly. Home-based rehabilitation, taking into account the recommendations of home-based medical training, and psychological and social rehabilitation of older adults.	3
24.6. Low fidelity simulations	-
-	-
24.7. High fidelity simulations	-
-	-
24.8. Self-study *	-
25. Balance of ECTS points:**	2
ACTIVITY	NUMBER OF HOURS/ STUDENT WORKLOAD
Class hours according to the schedule with the teacher (contact)	36
Preparation for various forms of classes	-
Participation in consultations	-
Time for project/documentation/self-education	-
Self-education*	-
Preparation for the exam	-
Participation in the exam	-
Practical Classes	18
Professional internships	-
TOTAL HOURS	-
TOTAL NUMBER OF ECTS POINTS	2
26. Readings:	
1. Kwolek A. (red). Rehabilitacja medyczna. T.2 Elsevier Urban & Partner, Wrocław, 2013	
2. Rosławski A. Wybrane zagadnienia z geriatry. Wyd. AWF, Wrocław, 2001.	
3. Wieczorkowska-Tobis K., Kostka T., Borowicz A., Józwiak A., Kostka J. Fizjoterapia w geriatry. PZWL, Warszawa 2011.	
4. Olszewski J. (red.). Fizjoterapia w wybranych dziedzinach medycyny. Kompendium. PZWL, Warszawa 2011.	
5. Kasprzak W. (red.). Fizjoterapia kliniczna. PZWL, Warszawa 2011.	
6. Gąsienica-Szostak A. Muzykoterapia w rehabilitacji i profilaktyce. PZWL, Warszawa, 2007.	
7. Grochmal S. (red.). Ćwiczenia relaksowo-koncentrujące. PZWL, Warszawa, 1993.	
8. Rosławski A. Fizjoterapia oddechowa. Wyd. AWF, Wrocław, 2001.	
9. Hager K. Krause O. Geriatria. Edra Urban & Partner, copyright 2018	

10. Abrams M.B., et al. Podręcznik geriatry. MSD Urban&Partner, Wrocław 1999.
11. Guccione, Andrew A. Fizjoterapia kliniczna w geriatry. Wyd. 1 pol. / pod red. Marka Żaka i Zbigniewa Śliwińskiego. Elsevier Urban&Partner, Wrocław 2014.
12. Nowaka A., Wybrane problemy osób starszych. Oficyna Wydaw. Impuls, Kraków 2006.
13. Jaworek J., Gaździk T., Fizjoterapia w geriatry. Wydawnictwo Uniwersytetu Jagiellońskiego, cop. 2018
14. Skrzek A., Wieczorowska-Tobis K., Fizjoterapia w geriatry: podstawy i nowe trendy. PZWL, Warszawa 2019.

27. Detail evaluation criteria:

In accordance with the recommendations of the inspection bodies

Completion of the course – student has achieved the assumed learning outcomes

Detail criteria for completion and evaluation of the course are specified in the course regulations.

* if required by the educational standard, the content of the self-study is provided by the instructor **
complete the appropriate sections in accordance with the instructions of the Council/Curriculum
Committee for the given field of study after approval by the Dean.