Course description

Part 1

General information about the course	
1 Major of study, physiotherapy	2. Study level: unified MSc
1. Major of study: physiotherapy	3. Form of study: intramural
4. Year: II, III/ cycle 2021-2026	5. Semester: IV, V, VI
6. Course name: Physiotherapy in internal diseases in cardiology and cardiosurgery	

7. Course status: required

8. Course contents and assigned learning outcomes

Basics of cardiovascular anatomy and physiology.

To familiarize students with the principles, goals, methods and effects of rehabilitation of patients with cardiovascular disease.

To acquaint students with various physiotherapeutic methods used in the rehabilitation of patients with cardiovascular disease.

To familiarize students with the selection and justification for the use of selected techniques in specific cardiovascular diseases, depending on the patient's health and age.

Learning outcomes / reference to learning outcomes indicated in the standards

For knowledge – student knows and understands: : DW3, DW4, DW6, DW7, DW8

For skills student can do: DU28, DU29, DU30, DU31, DU32, DU47

For social competencies student is ready to: presenting an attitude promoting a healthy lifestyle, promoting and being active creating a healthy lifestyle and health promotion during related activities practicing the profession and determining the level of fitness necessary to practice the profession of physiotherapist

9. Number of hours for the course			68
10. Number of ECTS points for	the course		4
11. Methods of verification and evaluation of learning outcomes			
Learning outcomes	Methods of verification	Methods of evalu	ıation*
Knowledge	Written exam	*	
Skills	Observation acquired by the student skills during practical classes, verification of correctness perform procedures physiotherapy	*	
Competencies	Observation acquired by the student skills during practical classes	*	

^{*} The following evaluation system has been assumed:

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 informa	tion about the o	course	
12. Name of Departn	nent, mailing ad	dress, e-mail:	
<u> </u>		of Health Science in Katowice, Medical University of	
		47 40-635 Katowice. Phone number (32) 252 43 70 /	
dolko@sum.edu.pl	·		
13. Name of the cour	rse coordinator:		
Katarzyna Gwizdek M	ISc, PT		
kgwizdek@sum.edu.p	ol		
•		s and other competencies:	
Basics of cardiovascu	· · · · · · · · · · · · · · · · · · ·		
15. Number of stude	ents in groups	In accordance with the Senate Resolution	
16. Study materials		Medical clothing, stethoscope, sphygmomanometer	
		Department of Rehabilitation, Faculty of Health Scien	
17. Location of class	ses	Katowice, Medical University of Silesia in Katowice, Z	iołowa street
		45/47 40-635 Katowice	
	_	Department of Rehabilitation, Faculty of Health Scien	
18. Location and tin	ne for contact	Katowice, Medical University of Silesia in Katowice, Z	
hours		45/47 40-635 Katowice, fixed hours according to the	report
		available at the Cathedral's secretariat.	
19. Learning outcome	es		
			Reference to
Number of the			learning
course learning		Course learning outcomes	
outcome			
	The student kr	lows etiology, pathomechanism, manifestations and	
		he most prevalent diseases in the area of: cardiology	
C V01	and cardiosugery, pulmonology, surgery, gynaecology and		DW2
C_K01	obstetrics, ger	atrics, psychiatry, intenstive medical care, oncology	DW3
	and palliative r	medicine at the scope ensuring rational use of	
	physiotherapie	PS .	
		lows principles of diagnostics and general rules and	
	management methods in the most prevalent diseases in the area of: cardiology and cardiosurgery, pulmonology, surgery.		
C_K02			DW4
C_R02	· .	d obstetrics, geriatrics, psychiatry, intensive medical	D VV -
		and palliative medical care at the scope ensuring	
	rational use of physiotherapies.		
		lows general principles of physical examination and	
		n cardiology, neurology, orthopaedics, and	DW6
			2440
		lows rules for interpretation of supplementary	
C_K04	_	in diagnostics of circulatory diseases and in	DW7
	cardiological p	hysiotherapy, including: ECG, function tests, clinical	

assessment of the patient's condition in cardiological diseases applying different schemes for the safe use of physiotherapeutic methods. The student results of stress tests in cardiological and pulmonological physiotherapy (bicycle ergometer, treadmill, march tests, spirometry), the NYHA (New York Heart Association) heart failure scale and values of the metabolic equivalent MET. The student carry out the basic functional measurements and tests, observing the safety rules, including the heart rate measurement, the By. the march test the get up and go test, treadmill test following Bruce protocol and the modified Naughton's protocol as well as the cycloergometer effort test. The student plan, select depending on the patient's clinical and functional condition and carry out the physiotherapeutic procedures in patients with heart insufficiency, ischaemic heart failure, hypertension, after myocardial infarction, with heart rate disorders and acquired heart failures. The student plan, select depending on the patient's clinical and functional condition and carry out the physiotherapeutic procedures in patients qualified for heart surgery, after cardiosurgical operations, with heart pacemakers and following intervention cardiological procedures. C_S03 procedures in patients qualified for heart surgery, after cardiosurgical operations, with heart pacemakers and following intervention cardiological procedures. The student instruct the patient about respiratory exercise and relaxation techniques in cardiological physiotherapy. Du31 relaxation techniques in cardiology and physical activity as the form of secondary prevention. The student apply the principles of good communication with the physical exercise at home and physical activity as the form of secondary prevention. The student apply the principles of good communication with the patient and communicate with other members of the therapeutic team. 20. Forms and topics of classes 10. Forms and topics of classes 22. Seminars 5. Objectives and conditions of			
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isometric and dynamic exercises of larger muscle groups, dynamic coordination exercises.	Seated patient reha	abilitation - self-service, deepened breathing and breathing exercises,	0
	isometric and dyna	mic exercises of larger muscle groups, dynamic coordination exercises,	9

loosening exercises.	
Exercises in standing position and walking, dosing the march, attempts to walk up the stairs	
and fully run the patient.	9
20.4 Without a teacher	32
Learning to communicate effectively with the patient.	7
Educating the patient about behaviors in subsequent stages of cardiac surgery rehabilitation.	
Educating the patient on healthy behavior.	10

24. Readings

- 1. Bromboszcz Jacek, Dylewicz Piotr(red.): "Rehabilitacja Kardiologiczna. Stosowanie ćwiczeń fizycznych." ELIPSA-JAIM, Kraków 2005.
- 2. Maciej A. Karolczak: "Wykłady o serce i kardiochirurgii wad wrodzonych". Czelej. Lublin 2008
- 3. Kuch Macej, Janiszewski Marek, Mamcarz Artur: "Rehabilitacja kardiologiczna". Medical Education. Warszawa 2014
- 4. Rosławski Adam:" Wytyczne fizjoterapii kardiologicznej: pytania i odpowiedzi." AWF Wrocław 2001.

25. 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