

Course description

Part 1

General information about the course		
1. Major of study: physiotherapy	2. Study level: unified MSc	
	3. Form of study: intramural	
4. Year: III cycle 2021-2026	5. Semester: V	
6. Course name: Physiotherapy in internal medicine in geriatrics		
7. Course status: required		
8. Course contents and assigned learning outcomes		
Basics of human aging physiology		
Aim of the course:		
-acquainting students with functional diagnostics of geriatric patients		
-to acquaint students with the ability to select and perform therapeutic exercises and physical treatments according to the clinical and functional condition of elderly patients.		
Learning outcomes / reference to learning outcomes indicated in the standards		
For knowledge – student knows and understands: DW3, DW4, DW6, DW12, DW13		
For skills student can do: DU7, DU44, DU45, DU47, DU48		
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		36
10. Number of ECTS points for the course		2
11. Methods of verification and evaluation of learning outcomes		
Learning outcomes	Methods of verification	Methods of evaluation*
Knowledge	Written test	*
Skills	Observation of skills acquired by the student during practical classes, verification of the correctness of performing physiotherapy procedures	*
Competencies	Observation of skills acquired by the student 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 information about the course		
12. Name of Department, mailing address, e-mail: Department of Rehabilitation, Faculty of Health Science in Katowice, Medical University of Silesia in Katowice, Ziołowa street 45/47 40-635 Katowice. Phone number (32) 252 43 70 / dolko@sum.edu.pl		
13. Name of the course coordinator: Katarzyna Gwizdek MSc, PT, kgwizdek@sum.edu.pl		
14. Prerequisites for knowledge, skills and other competencies: Basics of human aging physiology		
15. Number of students in groups	In accordance with the Senate Resolution	
16. Study materials	Medical clothing, variable footwear, stethoscope, blood pressure monitor, neurological hammer, centimeter tape, goniometer	
17. Location of classes	Department of Rehabilitation, Faculty of Health Science in Katowice, Medical University of Silesia in Katowice, Ziołowa street 45/47 40-635 Katowice	
18. Location and time for contact hours	Department of Rehabilitation, Faculty of Health Science in Katowice, Medical University of Silesia in Katowice, Ziołowa street 45/47 40-635 Katowice fixed hours according to the report available at the Cathedral's secretariat.	
19. Learning outcomes		
Number of the course learning outcome	Course learning outcomes	Reference to learning outcomes indicated in the standards
P_W01	The student knows the etiology, pathomechanism, symptoms and course of the most common diseases in the field of: cardiology and cardiac surgery, pulmonology, surgery, gynecology and obstetrics, geriatrics, psychiatry, intensive therapy, oncology and palliative medicine, to the extent that allows rational use of physiotherapy	DW3
P_W02	The student knows the principles of diagnosis and general principles and methods of treatment in the most common diseases in the field of: cardiology and cardiac surgery, pulmonology, surgery, gynecology and obstetrics, geriatrics, psychiatry, intensive therapy, oncology and palliative medicine, to the extent that allows the rational use of physiotherapy	DW4
P_W03	The student knows the general principles of subjective and	DW6

	objective cardiological, neurological, orthopedic and geriatric examination	
P_W04	The student knows the physiology of the aging process and the principles of geriatric care and physiotherapy	DW12
P_W05	The student knows the risks associated with hospitalization of the elderly	DW13
P_U01	The student is able to instruct patients or their carers in the field of performing exercises and medical training at home, how to use medical devices and use everyday objects for therapeutic purposes	DU7
P_U02	The student is able to carry out a comprehensive geriatric assessment and interpret its results	DU44
P_U03	The student knows how to choose and perform geriatric physiotherapy procedures and instruct the elderly in performing exercises at home and the use of various forms of recreation	DU45
P_U04	The student is able to apply the principles of proper communication with the patient and communicate with other members of the therapeutic team	DU47
P_U05	The student is able to take actions to improve the quality of life of the patient, including the patient in the terminal period, using rehabilitation equipment	DU48

20. Forms and topics of classes		Number of hours
20.1. Lectures		12
Causes and effects of elderly people's hypokinesia / akinesia as well as organ and systemic compensation mechanisms. Goals of geriatric rehabilitation. Medical devices used in the elderly. Current guidelines for geriatric rehabilitation - a review of the literature.		6
The effects of rehabilitation in old age and the organization of geriatric rehabilitation.		2
Potrafi wskazać formy oddziaływania usprawniającego w wieku podeszłym - kinezyterapia, fizykoterapia, terapia zajęciowa.		4
20.2. Seminars		6
Forms and conditions of implementation and course of the rehabilitation program for the elderly. Functional assessment of the elderly. Rehabilitation program for senile osteoporosis.		1,5
Selection of appropriate physiotherapeutic methods in people with diseases of internal organs - application to their clinical and functional condition.		1,5
Exercises and physical treatments in people with diseases of internal organs - application to their clinical and functional condition.		1
Research and tests necessary for the selection of physiotherapy in people with diseases of internal organs.		2

20.3. Practical classes	18
Forms of improving impact in the elderly - kinesitherapy, physical therapy, occupational therapy	5
Selection of forms, implementation conditions and the course of the rehabilitation program for the elderly. Individualisation of improvement programs.	5
Rehabilitation in disorders of balance and motor coordination as well as rehabilitation in senile osteoporosis.	5
Czynniki zaburzające proces rehabilitacji osób w wieku podeszłym. Rehabilitacja w warunkach domowych oraz rehabilitacja psychologiczna i społeczna osób starszych.	3
20.4 Without a teacher	14
Etiology, pathomechanism, symptoms and course of the most common geriatric diseases	5
Functional diagnostics in geriatric physiotherapy	4
The process of physiotherapy in geriatrics	5
21. Readings	
1. Kwolek A. (red). Rehabilitacja medyczna. T.2 Elsevier Urban & Partner, Wrocław, 2013 2. Rośławski A. Wybrane zagadnienia z geriatrici. Wyd. AWF, Wrocław, 2001. 3. Wieczorkowska-Tobis K., Kostka T., Borowicz A., Jóźwiak A., Kostka J. Fizjoterapia w geriatrici. 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. Rośławski A. Fizjoterapia oddechowa. Wyd. AWF, Wrocław, 2001. 9. Hager K. Krause O. Geriatricia. Edra Urban & Partner, copyright 2018 10. Abrams M.B., at all. Podręcznik geriatrici. MSD Urban&Partner, Wrocław 1999. 11. Guccione, Andrew A. Fizjoterapia kliniczna w geriatrici. 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 geriatrici. Wydawnictwo Uniwersytetu Jagiellońskiego, cop. 2018 14. Skrzek A., Wieczorkowska-Tobis K., Fizjoterapia w geriatrici: podstawy i nowe trendy. PZWL, Warszawa 2019.	
22. 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