

FEDERAL STATE BUDGET EDUCATIONAL INSTITUTION  
OF HIGHER EDUCATION  
"ROSTOV STATE MEDICAL UNIVERSITY"  
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION

Faculty of Education of foreign students, residents and postgraduates



CONFIRM

Supervisor  
educational program

/ E.S. Belousova /  
(signature) (FULL NAME.)

2023

**DISCIPLINE WORKING PROGRAM**

**MEDICAL REHABILITATION, MEDICAL AND SOCIAL EXPERTISE**

Speciality 31.05.01 General medicine

Form of education full-time

Rostov-on-Don  
2023

## I. GOALS AND OBJECTIVES OF MASTERING THE DISCIPLINE

- 1.1. The purpose of mastering the discipline is to develop in students an understanding of the basics of medical rehabilitation, medical and social expertise, and the necessary amount of knowledge about rehabilitation technologies; formation in patients and their relatives of behavior aimed at maintaining and increasing the level of health, motivation to lead a healthy lifestyle.
- 1.2. **Z Objectives of studying the discipline:** While studying the discipline, students draw up rehabilitation programs for patients with various pathologies, independently study literature on medical rehabilitation, medical and social examination, perform functional tests, assess the state of the body according to the ICF, make a rehabilitation diagnosis, assess the rehabilitation potential of patients, give clinical and physiological justifying the prescription of medical rehabilitation methods, assessing the effectiveness of rehabilitation methods.

## II. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

The study of the discipline is aimed at developing competencies in accordance with the Federal State Educational Standard of Higher Education and the EP of Higher Education in this specialty:

- 2.1. Universal:  
2.2. General professional:  
2.3. Professional: PC-7, PC-14

## III. THE PLACE OF DISCIPLINE IN THE STRUCTURE OF EP VO

- 3.1. Discipline is a mandatory part formed by participants in educational relations and is basic.

## IV. CONTENT AND STRUCTURE OF DISCIPLINE

**Labor intensity of the discipline in 3 hours - 108**

### 4.1. Sections of the discipline studied in the 12 semester

No. section	Section name	Number of hours					SRS
		Total	Contact Job				
			L	WI TH	ET C	LR	
1	Theoretical foundations of medical rehabilitation	12	4	-	-	-	8
2	Medical rehabilitation in clinical practice	60	6	thirt y	-	-	24
3	Medical and social examination	36	6	18	-	-	12
Total by discipline		108	16	48	-	-	44

Interim certification form (test/test with assessment/exam)	test
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SRS- independent work of students

L- lectures

WITH– seminars

LR –laboratory works

ETC- practical lessons

#### 4.2. Contact work

#### Lectures

No. section	No. lectures	Lecture topics	Number of hours
Semester 12			
1	1	Theoretical and organizational foundations of medical rehabilitation. Stages of medical rehabilitation.	2
1	2	The place of physical therapy and physiotherapy in the system of medical rehabilitation.	2
3	3	National policy of the Russian Federation in the field of social protection of disabled people. Organizational and legal foundations of medical and social examination.	2
3	4	Theoretical and methodological foundations of medical and social examination. Classifications and criteria used when conducting medical and social examination. Medical and social examination of major diseases and injuries.	2
3	5	Organizational, legal and methodological foundations of rehabilitation and habilitation of disabled people. The procedure for forming an individual rehabilitation and	2
2	6	Methods of medical rehabilitation for cardiovascular diseases.	2
2	7	Methods of medical rehabilitation for diseases of the nervous system.	2
2	8	Methods of medical rehabilitation for diseases of the respiratory system and musculoskeletal system	2
<i>Total hours discipline:</i>			16

### Practical lessons

No. section	No. PR seminar	Topics with seminars, practical work	Number of hours	Forms of current control
Semester 12				
1	1	Methods of medical rehabilitation for oncological diseases	2	Testing, Interview
2	2	Methods of medical rehabilitation for cardiovascular diseases. Rehabilitation for CHF, ACS. Stages of rehabilitation. Rehabilitation programs.	3	Testing, Interview
2	3	Methods of medical rehabilitation for respiratory diseases. Rehabilitation for bronchial asthma, pneumonia. Breathing exercises.	3	Testing, Interview
2	4	Methods of medical rehabilitation for diseases of the central nervous system. Rehabilitation of post-stroke patients at different stages. Diseases of the peripheral nervous system. Rehabilitation for osteochondrosis, neuropathy.	6	Testing, Interview
2	5	Methods of medical rehabilitation for diseases of the musculoskeletal system. Rehabilitation during knee and hip arthroplasty at different stages. Arthritis and arthrosis.	2	Testing, Interview

No. section	No. PR seminar	Topics with seminars, practical work	Number of hours	Forms of current control
2	6	Rehabilitation in pediatrics. Organization of rehabilitation assistance for children. Basic aspects and principles of medical rehabilitation minors. Stages of medical rehabilitation. Basic methods of physical therapy, physiotherapy, massage, reflexology, oxygen therapy. Speech therapy service. Alternative methods of rehabilitation.	3	Testing, Interview, Tasks
2	7	Rehabilitation in geriatrics. Senile asthenia. Exercise therapy for the elderly.	2	Interview
2	8	Psychological rehabilitation. Tasks. Methods of psychological rehabilitation. Psychological rehabilitation scheme. Particular issues of psychological rehabilitation.	2	Testing, Interview, oral questioning
2	9	Applied methods in rehabilitation. Manual therapy. Massage. Kinesiotherapy. Mechanotherapy. Taping.	3	Testing, Interview
2	10	Nutritionology and metabolic correction nutrition in the medical rehabilitation system. Metabolic correction of nutrition in cases of disturbances in carbohydrate, protein and lipid metabolism.	2	Testing, Interview, oral questioning

No. section	No. PR seminar	Topics with seminars, practical work	Number of hours	Forms of current control
3	eleven	Sports rehabilitation	2	Interview
3	12	Basic normative legal acts on medical and social examination. Organization of activities of medical and social examination institutions.	3	Testing, Interview
3	13	Classifications and criteria used when conducting medical and social examination. Determination of the degree of loss of professional ability to work as a percentage.	3	Testing, Interview, oral questioning
3	14	Organizational, legal and methodological foundations of rehabilitation and habilitation of disabled people. Main directions and types of rehabilitation measures. Individual rehabilitation or habilitation program for a disabled person.	3	Testing, Interview
3	15	The procedure for providing disabled people with technical means of rehabilitation. Rehabilitation of victims of industrial accidents and occupational diseases. Victim rehabilitation program.	3	Testing, Interview

No. section	No. PR seminar	Topics with seminars, practical work	Number of hours	Forms of current control
3	16	Particular issues of medical and social examination of adults. Medical and social examination of citizens over 18 years of age with various nosological forms. Modern methods of rehabilitation expert diagnostics.	3	Testing, Interview, oral questioning
3	17	Particular issues of medical and social examination of children. Medical and social examination of minors for various nosological forms.	3	Testing, Interview
<i>Total hours discipline:</i>			48	

#### 4.3. Independent work of students

No. section	Type of independent work of students	Number of hours	Forms of current control
Semester 12			
2	Methods of medical rehabilitation in surgery	5	Presentation
2	Methods of medical rehabilitation for infectious diseases	5	Essay
3	Technical means of rehabilitation of disabled people.	5	Essay
3	Fundamentals of organizing rehabilitation of disabled people.	5	Essay

No. section	Type of independent work of students	Number of hours	Forms of current control
3	Organizational and legal issues of rehabilitation of disabled people.	5	Essay
1	Physiotherapeutic methods (PTM) in the system of medical rehabilitation	6	Essay
2	Methods of medical rehabilitation in oncology	5	Essay
2	Medical rehabilitation for sports injuries	5	Essay
1	Manual therapy, acupuncture	3	Essay
<i>Total hours discipline:</i>		44	

**V. ASSESSMENT MATERIALS FOR CURRENT CONTROL AND INTERMEDIATE CERTIFICATION**  
(are an appendix to the work program).

**VI. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE**

**6.1. Printed publications**

1. Medical rehabilitation:[Electronic resource]: textbook: [rec. GBOU VPO "First Moscow. state honey. University named after THEM. Sechenov"]: for university students / ed. A.V. Epifanova, E.E. Achkasova, V.A. Epifanova. – M.: GEOTAR-Media, 2015. – 668 p. – Access from the EBS “Student Consultant”.
2. Shishikina, M.A. Integral medicine. Fundamentals of preventive and rehabilitation medicine. Introduction to nutritionology / M.A. Shishikina. – Rostov n/a: Azov region, 2013. – 95 p.
3. Puzin S.N., Medical and social activities: [Electronic resource]: / ed. S.N. Puzina, M.A. Rychkova - M.: GEOTAR-Media, 2017. - 416 p. - ISBN 978-5-9704-4103-9 – Access from the EBS “Student Consultant”.
4. Viktorova I.A., Examination of temporary disability and medical and social examination in outpatient practice: [Electronic resource]: textbook. manual / I. A. Viktorova, I. A. Grischechkina. - M.: GEOTAR-Media, 2015. - 144 p. – Access from the EBS “Student Consultant”.



5. Starovoitova I.M., Medical examination: examination of temporary disability, medical and social, military medical: [Electronic resource]: / Starovoitova I.M., Sarkisov K.A., Potekhin N.P. - 2nd ed., revised. and additional - M.: GEOTAR-Media, 2010. - 688 p. – Access from the EBS “Student Consultant”.

## 6.2. Internet resources

	<b>ELECTRONIC EDUCATIONAL RESOURCES</b>	<b>Access to the resource</b>
	<b>Digital library</b> RostSMU. – URL: <a href="http://109.195.230.156:9080/opacg/">http://109.195.230.156:9080/opacg/</a>	Access is not limited
	<b>Student Advisor</b> [Kits: “Medicine. Healthcare. IN”; “Medicine. Healthcare. SPO”; “Psychological Sciences”]: Electronic library system. – Moscow: Politekhresurs LLC. - URL: <a href="https://www.studentlibrary.ru">https://www.studentlibrary.ru</a> + opportunities for inclusive education	Access is not limited
	<b>Doctor's consultant. Electronic medical library</b> : Electronic library system. – Moscow: LLC “Higher School of Organization and Management of Healthcare. Comprehensive medical consulting.” - URL: <a href="http://www.rosmedlib.ru">http://www.rosmedlib.ru</a> + opportunities for inclusive education	Access is not limited
	<b>Scientific electronic library eLIBRARY</b> . - URL: <a href="http://elibrary.ru">http://elibrary.ru</a>	Open access
	<b>National Electronic Library</b> . - URL: <a href="http://neb.rf/">http://neb.rf/</a>	Access from library computers
	<b>Federal Center for Electronic Educational Resources</b> . - URL: <a href="http://srtv.fcior.edu.ru/">http://srtv.fcior.edu.ru/</a>	Open access
	<b>Electronic Library of the Russian Foundation for Basic Research (RFBR)</b> . - URL: <a href="http://www.rfbr.ru/rffi/ru/library">http://www.rfbr.ru/rffi/ru/library</a>	Open access
	<b>Federal Electronic Medical Library of the Russian Ministry of Health</b> . - URL: <a href="https://femb.ru/femb/">https://femb.ru/femb/</a>	Open access
	<b>Cochrane Library</b> : official website ; “Open Access” section. - URL: <a href="https://cochranelibrary.com/about/open-access">https://cochranelibrary.com/about/open-access</a>	Open access content
	<b>Cochrane Russia</b> : Russian branch of the Cochrane Collaboration / RMANPO. – URL: <a href="https://russia.cochrane.org/">https://russia.cochrane.org/</a>	Open access content
	<b>Webmedinfo.ru</b> : website [open information and educational medical resource]. - Moscow. - URL: <a href="https://webmedinfo.ru/">https://webmedinfo.ru/</a>	Open access
	<b>Univadis from Medscape</b> : international honey. portal. - URL: <a href="https://www.univadis.com/">https://www.univadis.com/</a> [Regularly updated database of unique information and educational medical resources].	Free registration
	<b>Med-Edu.ru</b> : medical educational video portal. - URL: <a href="http://www.med-edu.ru/">http://www.med-edu.ru/</a> . Free registration.	Open access
	<b>Doctor's world</b> : professional portal [information resource for doctors and students]. - URL: <a href="https://mirvracha.ru">https://mirvracha.ru</a> .	Free registration
	<b>DoctorSPB.ru</b> : information-reference portal about medicine [for students and doctors]. - URL: <a href="http://doctorspb.ru/">http://doctorspb.ru/</a>	Open access
	<b>BEARWEST</b> : Russian doctor portal [library, knowledge base]. - URL: <a href="https://medvestnik.ru">https://medvestnik.ru</a>	Open access
	<b>PubMed</b> : electronic search engine [on biomedical research of the	Open

National Center for Biotechnology Information (NCBI, USA)]. - URL: <a href="https://pubmed.ncbi.nlm.nih.gov/">https://pubmed.ncbi.nlm.nih.gov/</a>	access
<b>Cyberleninka Open Science Hub</b> : open scientific electronic library of publications in foreign languages. – URL: <a href="https://cyberleninka.org/">https://cyberleninka.org/</a>	Open access content
<b>Ministry of Health of the Russian Federation</b> : official website. - URL: <a href="https://minzdrav.gov.ru">https://minzdrav.gov.ru</a>	Open access
<b>Federal Service for Supervision</b> in the field of healthcare: official website. - URL: <a href="https://roszdravnadzor.gov.ru/">https://roszdravnadzor.gov.ru/</a>	Open access
<b>World Health Organization</b> : official website.- URL: <a href="http://who.int/ru/">http://who.int/ru/</a>	Open access
<b>Ministry of Science and higher education</b> Russian Federation: official website.-URL: <a href="http://minobrnauki.gov.ru/(Yandex_search_engine)">http://minobrnauki.gov.ru/(Yandex search engine)</a>	Open access
<b>Modern problems of science and education</b> : electron. magazine. Online publication. - URL: <a href="http://www.science-education.ru/ru/issue/index">http://www.science-education.ru/ru/issue/index</a>	Open access
<b>Other</b> Open resources can be found at: <a href="http://rostgmu.ru">http://rostgmu.ru</a> → Library → Electronic catalog → Open Internet resources → further by keyword...	

### 6.3. Guidelines for students on mastering the discipline

Studying the discipline should culminate in mastering the necessary professional knowledge, skills and abilities. This result can be achieved only after very significant efforts, and not only effort and ability will be important, but also a well-thought-out organization of educational activities, including the correct organization of time.

First of all, it is necessary in a timely manner - at the very beginning of the semester - to familiarize yourself with this work program, which indicates how much information should be learned, what skills to acquire to successfully master the discipline, what tasks to complete in order to get a decent grade. All types of classes are distributed throughout the semester systematically, taking into account the necessary time expenditure.

One of the main components of successful mastery of the discipline is regular attendance at lectures and practical classes.

At the lecture, the teacher informs students about new achievements in medical science, about the main provisions of the academic discipline, reveals the features of each specific topic, and introduces the problems in this section of science; orients in the sequence of development of theories, views, ideas, explains basic scientific concepts, reveals the meaning of terms - that is, educational information has already been processed by the teacher and becomes more adapted and easier for students to understand.

The development of practical skills and abilities takes place in practical classes, where students have the opportunity to apply the knowledge they have already acquired in practice, to

practice practical skills and abilities.

You should prepare for the practical lesson in advance using the recommended literature and educational films, and during the practical lessons you can directly contact the teacher if you have difficulties understanding some of the issues on the topics being studied.

An important part of a student's work is reading and taking notes of scientific papers and preparing abstracts. Note-taking work should be done after first studying the practical lesson plans, section topics, and interview questions.

A systematic approach to the study of a subject involves not only a thorough study of specialized literature, but also reference to additional sources - reference books, encyclopedias, dictionaries. These sources are an important aid in the student's independent work, since a deep study of such materials will allow the student to confidently "recognize" and then independently operate with scientific categories and concepts, and therefore master professional scientific terminology.

Independent work of students includes performing various kinds of tasks that are focused on a deeper assimilation of the material of the discipline being studied. For each topic of the academic discipline, students are offered a list of tasks in the form of a presentation for independent work. The following requirements apply to completing assignments for independent work: assignments must be completed independently and submitted within the established deadline, as well as meet the established formatting requirements.

In preparation for the test it is necessary to simultaneously study the relevant theoretical and practical sections of the discipline.

The recommendations given above will allow you to complete all assignments in a timely manner, obtain the necessary professional skills and abilities, as well as a decent grade, and avoid the need to waste time on retraining and retaking the subject.

## **VII. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (table)**

### **7.1. Educational and laboratory equipment.**

The training rooms are located at the main bases of the department: State Budgetary Institution RO "CSCH" - department of medical rehabilitation, State Budgetary Institution RO OKB2 - department of medical rehabilitation, medical center "Kinesio", Federal Public Institution "GB ITU for the Rostov Region" of the Ministry of Labor of the Russian Federation, simulation class of Rostov State Medical University. The classrooms are equipped with stands, information and measurement systems, visual aids, and mock-ups for conducting practical classes.

### **7.2. Technical and electronic means.**

Lectures and practical classes in the discipline are conducted in new multimedia classrooms using interactive whiteboards, projection and multimedia equipment. All lectures are provided with sets of presentations and a set of demonstration films.

