

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

Goals mastering the discipline: developing in students an understanding of the basics of medical rehabilitation, medical and social expertise, and the required 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.

Tasks: While studying the discipline, students independently study the literature on medical rehabilitation, medical and social examination, perform functional tests, anthropometry, somatoscopy, assess the physical development and functional state of the body, conduct clinical and physiological justification for the prescription of medical rehabilitation methods.

II. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

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

professional (PC):

- readiness to participate in medical and social examination (PC-7);
- readiness to determine the need to use natural healing factors, drug, non-drug therapy and other methods in patients in need of medical rehabilitation and sanatorium treatment (PC-14);
- readiness to teach patients and their relatives basic hygienic measures of a health-improving nature, self-monitoring skills of basic physiological indicators that contribute to the preservation and strengthening of health, and disease prevention (PC-15);
- readiness for educational activities to eliminate risk factors and develop healthy lifestyle skills (PC-16).

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

3.1. Academic discipline "Medical rehabilitation" medical and social examination" is a basic discipline.

3.2. The formation of the above competencies is facilitated by the study of the following previous disciplines:

- Neurology, medical genetics, neurosurgery
- Psychiatry, medical psychology
- Otorhinolaryngology
- Ophthalmology
- obstetrics and gynecology
- Pediatrics
- Facultytherapy
- Hospital surgery, urology
- Endocrinology
- Infectious diseases
- Outpatient therapy
- Facultysurgery,
- Pediatric surgery
- Oncology, radiation therapy
- Traumatology, orthopedics
- Transplantology
- Propaedeutics of internal diseases
- General surgery.

3.3. Discipline "Medical rehabilitation, medical and social expertise" creates the prerequisites for the formation of the specified competencies for residency training:

- Therapy
- Traumatologyand orthopedics
- Surgery
- Neurology
- Endocrinology
- Medical and socialexpertise
- Medical rehabilitation.

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 name	Total	ContactJob			
			L	ETC	SRS	LR
1	Theoretical basics of medicalrehabilitation	12	4	-	8	-
2	Medical rehabilitation in clinical practice	60	6	thirty	24	-
3	Medical and social expertise	36	6	18	12	-
4	<i>Total:</i>	108	16	48	44	

Interim certification form (test) SRS–

independent work of students L – lectures

ETC- practical lessons

4.2. Contact work

Lectures

No. section	No. lectures	Lecture topics	Qty 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 for major	2
3	5	Organizational, legal and methodological foundations rehabilitation and rehabilitation of disabled people. Orderformation of an individual rehabilitation program	2
2	6	Methods of medical rehabilitation for cordially-vascular diseases.	2
2	7	Methods of medical rehabilitation for diseases nervous system.	2
2	8	Methods of medical rehabilitation for diseases of the respiratory system and musculoskeletal system	2

Practical lessons

Section number	No. PR seminar	Topics of seminars, practical work	Qty hours	Formcurrent control
Semester 12				
1	1	Medical rehabilitation methods for oncological diseases	2	Test control Interview
2	2	Medical rehabilitation methods at cardiovascular diseases. Rehabilitation for CHF, ACS. Stages of rehabilitation. Rehabilitation programs.	3	Test control Interview Solving clinical problems
2	3	Methods of medical rehabilitation for respiratory diseases. Rehabilitation for bronchial asthma, pneumonia. Respiratory exercises.	3	Test control Interview Solving clinical problems

Section number	Seminar number PR	Topics of seminars, practical work	Qt yhours	Formcurrent control
2	4	<p>Methods of medical rehabilitation for diseases of the central nervous system. Rehabilitation post-strokepatients at different stages.Diseases peripheralnervous system. Rehabilitation for osteochondrosis, neuropathy.</p>	6	Interview Clinical problem solving
2	5	<p>Methods of medical rehabilitation for musculoskeletal diseasesmotor apparatus. Rehabilitation endoprosthesis of knee and hip joints at different stages. Arthritis and arthrosis.</p>	2	Interview Clinical problem solving
2	6	<p>Rehabilitation in pediatrics. Organization of rehabilitation assistance for children. Key aspects andprinciples medicalrehabilitation of minors. Stages of medical rehabilitation. Basic treatment methodsphysical education, physiotherapy,massage, reflexology,oxygen therapy. Speech therapy service. Alternative methods of rehabilitation.</p>	3	Interview Clinical problem solving
2	7	<p>Rehabilitation geriatrics.Senile asthenia. Exercise therapy For elderly.</p>	2	Interview

Section number	Seminar number PR	Topics of seminars, practical work	Qty hours	Form current control
2	8	Psychological rehabilitation. Tasks. Methods of psychological rehabilitation. Schemepsychological rehabilitation. Particular issues of psychological rehabilitation.	2	Interview Clinical problem solving
2	9	Applied methods Vrehabilitation. Manual therapy.Massage. Kinesiotherapy.Mechanotherapy. Taping.	3	Interview
2	10	Nutritionology and metabolic correction of nutrition in the systemmedical rehabilitation.Metabolic correction of nutrition in case of carbohydrate imbalance, protein and lipid metabolism.	2	Interview Clinical problem solving
3	eleven	Sports rehabilitation	2	Interview
3	12	Basic regulatory legal acts on medical and socialexamination. Organizationactivities of medical and social examination institutions.	3	Test controlInterview
3	13	Classifications criteria,used for carrying outmedical and social examination.Definition of degree lossprofessional work capacity as a percentage.	3	Interview Clinical problem solving

Section number	Seminar number PR	Topics of seminars, practical work	Qty hours	Form current control
3	14	<p>Organizational and legal</p> <p>And methodological foundations of rehabilitation and habilitation of disabled people. Basic directions</p> <p>kinds rehabilitation activities. Individual</p> <p>program rehabilitation or habilitation of a disabled person.</p>	3	<p>Test control</p> <p>Interview</p>
3	15	<p>The procedure for providing for disabled people technical means rehabilitation.</p> <p>Rehabilitation injured as a result of an industrial accident or occupational disease. Program rehabilitation the victim.</p>	3	<p>Test control Interview</p> <p>Solving clinical problems</p>
3	16	<p>Particular issues of medical and social examination of adults. Medical and social</p> <p>expertise citizens over 18 years of age with various nosological forms. Modern</p> <p>methods rehabilitation expert</p>	3	<p>Test control Interview</p> <p>Solving clinical problems</p>
3	17	<p>Particular issues of medical and social examination of children. Medical and social</p> <p>expertise seminars with various</p>	3	<p>Test control Interview</p> <p>Solving clinical problems</p>

		nosological forms.		
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4.3. Independent work of students

No. section	Type of independent work of students	Qty hours	Shapes of the current control
Semester 12			
2	Methods of medical rehabilitation in surgery	5	Presentation
2	Methods of medical rehabilitation for infectious diseases	5	Presentation
3	Technical means for rehabilitation of disabled people	5	Presentation
3	Fundamentals of organizing rehabilitation of disabled people.	5	Presentation
3	Organizational and legal issues of rehabilitation.	5	Presentation
1	Physiotherapeutic methods (PTL) in the system medical rehabilitation	6	Presentation
2	Methods of medical rehabilitation in oncology	5	Presentation
2	Medical rehabilitation for sports injuries	5	Presentation
1	Manual therapy, acupuncture	3	Presentation

V. ASSESSMENT FUND FOR CURRENT CONTROL AND INTERMEDIATE CERTIFICATION

The fund of assessment tools for determining the level of development of competencies as a result of mastering the discipline is an appendix to the work program.

VI. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE

6.1. Main literature.

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

EBS “Student Consultant”.

6.2. Additional literature.

1. 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.
2. 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”.
3. Viktorova I.A., Examination of temporary disability and medical and social examination in outpatient practice: [Electronic resource]: textbook. manual / I. A. Viktorova, I. A. Grishechkina. - M.: GEOTAR-Media, 2015. - 144 p. – Access from EBS "Student Advisor"
4. 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”.

6.3. Internet resources

	ELECTRONIC EDUCATIONAL RESOURCES	Access to resource
1.	Electronic library Rost State Medical University .– URL: http://109.195.230.156:9080/opacg/	Unlimited access
2.	Student Advisor: EBS. – Moscow: LLC“IPUZ.”- URL: http://www.studmedlib.ru	Unlimited access
3.	UpToDate: DB / Wolters Kluwer Health. – URL: www.uptodate.com	Unlimited access
4.	Consultant Plus :reference legal system.- URL: http://www.consultant.ru	Access from university computers
5.	Scientific electronic library eLIBRARY. - URL: http://elibrary.ru	Open access
6.	National Electronic Library. - URL: http://neb.rf/	Access from library computers
7.	Scopus/ Elsevier Inc., Reed Elsevier. – Philadelphia: Elsevier BV, PA. – URL: http://www.scopus.com/ (<i>National project</i>)	Unlimited access
8.	Web of Science /ClarivateAnalytics.- URL: http://apps.webofknowledge.com (<i>National project</i>)	Unlimited access
9.	MEDLINE Complete EBSCO /EBSCO.–URL: http://search.ebscohost.com (<i>National project</i>)	Unlimited access
10.	ScienceDirect.FreedomCollection /Elsevier.– URL:	Access

	www.sciencedirect.com by IP addresses of RostSMU. (National project)	is not limited
elev en.	Springer Nature database. - URL: http://link.springer.com/ by IP addresses of RostSMU. (National project)	Unlimited access
12.	WileyOnlineLibrary/ JohnWiley&Sons.- URL: http://onlinelibrary.wiley.com by IP addresses of RostSMU. (National project)	Access from university computers
13.	Single window of access to information resources. - URL: http://window.edu.ru/	Open access
14.	Russian education. Federal educational portal. - URL: http://www.edu.ru/index.php	Open access
15.	ENVOС.RU English vocabulary]: educational site for English learners. language - URL: http://envoc.ru	Open access
16.	Online dictionaries. - URL: http://dic.academic.ru/	Open access
17.	WordReference.com :online language dictionaries.- URL: http://www.wordreference.com/enru/	Open access
18.	History.RF. - URL: https://histrf.ru/	Open access
19.	Legal Russia :federal legal portal. - URL: http://www.law.edu.ru/	Open access
20.	Official Internet portal of legal information. - URL: http://pravo.gov.ru/	Open access
21.	Federal Electronic Medical Library of the Russian Ministry of Health. - URL: http://www.femb.ru/feml/ , http://feml.scsml.rssi.ru	Open access
22.	Medline (PubMed, USA). – URL: https://www.ncbi.nlm.nih.gov/pubmed/	Open access
23.	Free Medical Journals. - URL: http://freemedicaljournals.com	Open access
24.	Free Medical Books. - URL: http://www.freebooks4doctors.com/	Open access
25.	InternationalScientificPublications.– URL: https://www.scientific-publications.net/ru/	Open access
26.	CyberLeninka: scientific electron. beep. - URL: http://cyberleninka.ru/	Open access
27.	Archives of scientific journals/NEICON.- URL: https://archive.neicon.ru/xmlui/	Open access
28.	Open access journals in Russian /EIPub NEICON platform. – URL: https://elpub.ru/	Open access
29.	Medical Bulletin of the South of Russia .- URL: https://www.medicalherald.ru/jour or from the RostSMU website	Open access
thirt y.	World Health Organization. - URL: http://who.int/ru/	Open access
31.	Evrika.ru information and educational portal for doctors. – URL: https://www.evrika.ru/	Open access
32.	Med-Edu.ru: medical video portal. - URL: http://www.med-edu.ru/	Open access
33.	Univadis.ru: international honey. portal. - URL: http://www.univadis.ru/	Open access
34.	DoctorSPB.ru: information - reference portal to medicine - URL: http://doctorspb.ru/	Open access
35.	Modern problems of science and education: electron. magazine. - URL: http://www.science-education.ru/ru/issue/index	Open access

36.	Rubricator of clinical recommendations Ministry of Health of Russia. - URL: http://cr.rosminzdrav.ru/#!/	Open access
37.	Education on Russian: portal / State. Institute of Russian language them. A.S. Pushkin. - URL: https://pushkininstitute.ru/	
	Other Open resources can be found at: http://rostgmu.ru →Library→Electronic catalogue→Open resourcesInternet→further by keyword...	Open access

6.4. 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, 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.

When preparing for the test, it is necessary to simultaneously work through 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. LOGISTICS DISCIPLINES

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.

