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Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY
First Vice-Rector
_____ / Trankovskaya L.V./
"9" июня 2025

DISCIPLINE WORK PROGRAM

Б1.В.14 Medical rehabilitation

(name of discipline)

Specialty	**31.05.01 General Medicine for international students (in English)** (code, name)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	Full-time
Period of mastering the BEP	**6 years** (nominal length of study)
Institute	of Clinical Neurology and Medical Rehabilitation

Vladivostok, 2025

Program of the discipline **Б1.В.14 Medical rehabilitation** is based on:
1) Federal State Educational Standard of Higher Education for the specialty approved by the Order No. 988 of Ministry of Science and Higher Education of the Russian Federation dated August 12, 2020.

2) Curriculum for the 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), approved by the Academic Council of FSBEI HE PSMU of the Ministry of Health of Russia, Report No. 8/24-25 dated March 31, 2025.

Work program for the discipline was developed by the writing team of the Institute of Clinical Neurology and Medical Rehabilitation of the FSBEI HE PSMU of the Ministry of Health of Russia, under the guidance of the director of the institute, Candidate of Medical Sciences Shestopalov E.Yu.

Developed by:

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1. GENERAL PROVISIONS

1.1. Purpose and Objectives of Mastering Б1.В.14 Medical rehabilitation

The purpose of mastering the discipline is to acquire knowledge on non-pharmaceutical methods of treating patients with various diseases aimed at full or partial restoration of impaired body functions and/or compensation of lost body functions, as well as prevention and correction of possible disorders; master methods of assessing physical development and functional state of a person.

Objectives of mastering the discipline:

1. Acquiring knowledge and skills necessary to assess the physical development of a person, to identify abnormalities in their condition and disorders;
2. Acquiring knowledge and skills necessary to assess the functional state of a person using functional tests, to identify abnormalities in their condition and disorders;
3. Examine non-pharmaceutical treatment methods used in patient rehabilitation.

2. DISCIPLINE AS PART OF THE BASIC EDUCATIONAL PROGRAM

Discipline **Б1.В.14 Medical rehabilitation** is included in the Part developed by the parties of educational process of the basic educational program for the specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system), and is part of the 9th semester's curriculum.

3. PLANNED LEARNING OUTCOMES OF THE DISCIPLINE

3.1. Mastering the discipline **Б1.В.14 Medical rehabilitation** is aimed at the development of students' competencies. The discipline facilitates the development of students' competencies corresponding to the types of professional activity.

Name of competency category (group) / labor function	**Code and Name of competency of the graduate**	**Competency Indicators**
Universal Competencies		
Inclusive competency	UC-9. Is able to use basic knowledge of defectology in social and professional settings	CI.UC-9_1- determines the necessity of an inclusive approach based on knowledge of defectology in social and professional settings CI.UC-9_2- employs inclusive interaction methods in professional and social settings CI.UC-9_3- evaluates results of inclusive interaction and makes necessary adjustments
Professional Competencies		
A/03.7 Prescribing treatment and monitoring its efficiency and safety	PC-5 Ability and readiness to select patient management tactic with decision on risk factors correction program, plan of pharmacological and non-pharmacological treatment and assessment of their efficiency and safety in patients with diseases of internal organs, taking into account the diagnosis, age of the patient, and clinical picture of the disease in settings including day hospital	CI.PC-5_1- identifies priority areas in risk factor correction programs, pharmacological and non-pharmacological treatment plans based on the diagnosis, taking into account medical guidelines and current procedures for providing medical care; CI.PC-5_2- assesses patient compliance, monitors the effectiveness of the treatment, determines the safety of using medications, and adjusts the prescribed treatment taking into account treatment goals; CI.PC-5_3- identifies the need for personalized therapy in certain categories of patients, including pregnant women, elderly and senile patients, taking into account polymorbidity; determines the need for outpatient or combined treatment at home and in a day hospital

3.2. Types of professional activity corresponding to competencies developed over the course of mastering **Б1.В.14 Medical rehabilitation**:

Types of professional activity objectives

1. *Medical*

Kinds of professional activity objectives

1. *Diagnostics*
2. *Treatment*
3. *Rehabilitation*

3.3. Planned learning outcomes of mastering the discipline are represented by knowledge, skills, abilities and/or experience, characterize the stages of developing competencies and ensure achievement of the planned outcomes of mastering the basic educational program. Learning outcomes of a discipline are correlated with competency indicators.

4. SCOPE AND CONTENT OF THE DISCIPLINE

4.1. Scope of the Discipline and Types of Academic Work

Type of Academic Work		**Total Hours**	**Semesters**
			9
			hours
1		2	3
Classroom hours (total), including:		**54**	**54**
Lectures (L)		10	10
Practical classes (C)		44	44
Independent work of the student (IW), including:		**54**	**54**
Preparing for classes (CP)		30	30
Preparing slides presentation		8	8
Preparing for continuous assessment (CAP)		8	8
Preparation for interim assessment (IAP)		8	8
Type of interim assessment	pass/fail test (T)	T	T
	exam (E)		
TOTAL: TOTAL credit value	hrs.	**108**	**108**
	credits	**3**	**3**

4.2. Contents of the Discipline

4.2.1. Topics of Discipline Lectures and Academic Hours per Semester

No.	**Lecture Topic**	**Hours**
1	2	3
	Semester No. 9	
1.	Rehabilitation: history, main concepts, regulatory framework, principles, stages	2
2.	International Classification of Functioning, Disability and Health (ICF). Diagnosing impaired functioning and disability (functional tests, questionnaires, scores)	2
3.	Medical supervision during rehabilitation. Comprehensive assessment of physical development. Assessment of the functional state of the body	2
4.	Methods and means of medical rehabilitation (physical therapy, massage,	2

	reflexotherapy, rehabilitation equipment)	
5.	Physiotherapy as non-pharmaceutical method of rehabilitation. Integration of medical rehabilitation into health resort treatment	2
	Hours per semester total	**10**

4.2.2. Topics of Discipline Practical Classes and Academic Hours per Semester

No.	Practical Class Topic	Hours
1	2	3
	Semester No. 9	
1	Rehabilitation. Types of rehabilitation. Medical rehabilitation, significance. Goal and objectives of rehabilitation. Main aspects. Main principles, regulatory documents. Stages and setting of medical rehabilitation	4
2	International Classification of Functioning, Disability and Health (ICF). Rehabilitation diagnosis, rehabilitation potential. Multidisciplinary rehabilitation team Simulation training "Patient with a disability" using the Aged Simulation Suit	4
3	Medical supervision. Assessment of physical development. Assessment of the functional state of the body	4
4	Methods of medical supervision: functional tests, questionnaires, scores. Medical assessment report	4
5	Medical rehabilitation. Rehabilitation technologies. Methods and means. Physical therapy and massage. Physiotherapy and health resort treatment. Reflexotherapy	4
6	Medical rehabilitation of patients with cardiovascular diseases	4
7	Medical rehabilitation of patients with respiratory diseases	4
8	Medical rehabilitation of patients with diseases of digestive tract and metabolic diseases	4
9	Medical rehabilitation of patients with diseases and injuries of the central and peripheral nervous systems	4
10	Medical rehabilitation of patients with diseases and injuries of the musculoskeletal system	4
11	Rehabilitation equipment. Types, purpose, principles of choosing correct equipment	4
	Hours per semester total	**44**

4.2.3. Independent Work of the Student

No.	Name of the Discipline Section	Type of IW	Total Hours
1	3	4	5
	Semester No. 9		
1	Theory of medical rehabilitation	Preparing for practical classes, writing a report on select questions of the topic, preparing slides presentations on select questions, preparing for continuous assessment	24
2	Clinical aspects of medical rehabilitation	Preparing for practical classes, writing a report on select questions of the topic, preparing slides presentations on select questions, preparing for continuous assessment	30
	Hours per semester total		**54**

5. REQUIREMENTS FOR IMPLEMENTATION OF DISCIPLINE

5.1. Discipline Requirements for Educational Materials and Provided Information

Essential reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	Медицинская реабилитация : учебник для вузов. [Электронный ресурс]	под ред. В. А. Епифанова, А. Н. Разумова, А. В. Епифанова	- 3-е изд., перераб и доп. - М. : ГЭОТАР- Медиа, 2023. - 688 с. URL: http://studentlibrary.ru	Unlimited access
2	Physical therapy : tutorial guide [Электронный ресурс]	V. A. Epifanov, A. V. Epifanov	- M. : GEOTAR-Media, 2022. - 576 p. : ill. - 576 с. - ЭБС «Консультант студента» URL: http://studentlibrary.ru	Unlimited access
3	Medical rehabilitation : textbook [Электронный ресурс]	/ edited by A. V. Epifanov, E. E. Achkasov, V. A. Epifanov	- M. : GEOTAR-Media, 2022. - 664 p. - ЭБС «Консультант студента» URL: http://studentlibrary.ru	Unlimited access
4	Медицинская реабилитация. Практикум: учебное пособие для вузов. [Электронный ресурс]	И.В. Ильина	2-е изд., перераб. и доп. - М. : Издательство Юрайт, 2024. - 242 с. - URL: https://urait.ru	Unlimited access
5	Медицинская реабилитация: учебник для вузов. [Электронный ресурс]	И.В. Ильина	2-е изд., перераб. и доп. - М. : Издательство Юрайт, 2025. - 333 с. URL: https://urait.ru/	Unlimited access
6	Основы восстановительной медицины и физиотерапии: учеб. пособие [Электронный ресурс]	В. В. Александров, С. А. Демьяненко, В. И. Мизин.	- 2-е изд., доп. - М. : ГЭОТАР-Медиа, 2018. - 208 с. http://www.studentlibrary.ru	Unlimited access

Supplementary reading

No.	Name/Title, Resource Type	Author(s)/Editor	Publisher Imprint, Web Address	Number of Copies (accesses) in the Library and Information Center
1	2	3	4	5
1	Общая физиотерапия: учебник 5-е изд., перераб. и доп. - 368 с. [Электронный ресурс]	Г.Н. Пономаренко	М.: ГЭОТАР-Медиа, 2020. http://www.studentlibrary.ru	Unlimited access

2	Технические средства реабилитации инвалидов и безбарьерная среда : : учеб. пособие [Электронный ресурс]	под ред. Е. Е. Ачкасова, С. Н. Пузина, Е. В. Машковского	М. : ГЭОТАР-Медиа, 2018. - 128 с. URL: http://studentlibrary.ru/	Unlimited access
3	Физическая и реабилитационная медицина: национальное руководство/ [Электронный ресурс]	под ред. Г. Н. Пономаренко	М : ГЭОТАР-Медиа, 2020. - 688 с. http://www.studentlibrary.ru	Unlimited access
4	Медицинская реабилитация : учебник [Электронный ресурс]	Г. Н. Пономаренко	- 2-е изд., перераб. и доп. - М. : ГЭОТАР-Медиа, 2023. - 368 с. URL: http://www.studentlibrary.ru	Unlimited access

Online resources

1. Electronic library system "Student Consultant" http://studmedlib.ru/
2. Electronic library system "University Library Online"http://www.biblioclub.ru/
3. Electronic library system "Urait" https://urait.ru/
4. Electronic library system "BookUp" https://www.books-up.ru/
5. Resources owned by the Library and Information Center of FSBEI HE PSMU of the Ministry of Health of Russia https://tgmu.ru/university/bibliotechno-informacionnyj-centr/resursy-bic/sobstvennye/

Online resources and respective user guides are available on the Library and Information Center website Library and Information Center — PSMU (tgmu.ru)



5.2. Discipline Requirements for Facilities and Resources

Information on the facility and resource availability and requirements of the discipline is available on the Facility and resource availability and requirements. FSBEI HE PSMU of the Ministry of Health of Russia (tgmu.ru)" page of the official website of the university.



5.3. List of Information Technologies, Information and Reference Systems, Licensed and Free Software (Including Domestically-developed Software):

1. PolycomTelepresence M100 Desktop Conferencing Application (Videoconference system)
2. SunRav Software tTester
3. 7-PDF Split & Merge
4. ABBYYFineReader

5. Kaspersky Endpoint Security
6. INDIGO online testing system
7. Microsoft Windows 7
8. Microsoft Office Pro Plus 2013
9. 1C:University
10. GARANT system
11. MOODLE (Modular Object-Oriented Dynamic Learning Environment)

6. ASPECTS OF THE IMPLEMENTATION OF THE DISCIPLINE FOR STUDENTS WITH DISABILITIES AND SPECIAL NEEDS

6.1. Availability of Accessible Environment

For students with disabilities and special needs, if a written application is submitted, lectures and practical classes are carried out taking into account health limitations, individual capabilities and medical status (hereinafter referred to as individual characteristics) of the student. Compliance with the following general requirements is ensured: teaching aids for collective and individual use are provided, required technical assistance is provided by an assistant; buildings and premises where lectures and practical classes are taking place meet accessibility requirements, other arrangements lack of which makes it impossible or difficult to master the discipline are made.

6.2. Ensuring Compliance with General Requirements

When lectures and practical classes are carried out at the written application of the student, the following general requirements are met: lectures and practical classes for students with disabilities and special needs take place at the same location as for students who do not have disabilities, if this does not cause difficulties for students; an assistant (assistants), who provide(s) students with the necessary technical assistance taking into account individual characteristics of the student, is (are) provided; necessary teaching aids are provided, taking into account individual characteristics of the student.

6.3. Availability of the Internal Policies and Procedures of FSBEI HE PSMU of the Ministry of Health of Russia to Students with Disabilities in a Format Accessible to Them.

All internal policies and procedures of FSBEI HE PSMU of the Ministry of Health of Russia concerning the discipline are made available to students with disabilities in a format accessible to them.

6.4. Increase in the Time Limit of Interim Assessment for Students with Disabilities and Special Needs in Relation to the Established duration

Format of the interim assessment of academic performance within the scope of the discipline conducted for students with disabilities and special needs is selected taking into account individual characteristics of the students (orally, by writing on paper, by typing on a computer, as a test, etc.). The duration of the interim assessment in relation to the established duration is increased at the written application of the student with disabilities. Time limit for the student's preparation for the test is increased by at least 0.5 hours.

7. STAFFING REQUIREMENTS OF THE DISCIPLINE

Academic teaching personnel that ensure the implementation of the discipline education process meet the requirements of the Federal State Educational Standard of Higher Education for the 31.05.01 General Medicine specialty; list of the aforementioned personnel is available on the website of the educational organization.



8. TUTORIAL WORK

Type of tutorial work	Forms and approaches to tutorial work	Assessment criteria
Assistance in personal growth	Overt Workshops on medical rehabilitation: 1. Simulation training “Patient with a disability”. An example of International Classification of Functioning, Disability and Health (ICF) application (using the Aged Simulation Suit). 2. Health-improving trigger point therapy (method of Umanskaya A.A.) 3. Trigger point therapy in medical rehabilitation 4. Magnetotherapy as a part of physiotherapy in medical rehabilitation Participation in events aimed at promotion of healthy lifestyle: 1. Filming an educational film on the selected topic, for example: 1.1. Posture. Prevention of postural disorders 1.2. Breathing exercises as proper breathing skills 1.3. Nordic walking as a type of exercise 1.4. Morning exercise. Complex effect on the body Participation in interdepartmental conferences aimed at formation of healthy lifestyle and development of skills necessary to preserve and improve health. Talks and problem-centric debates on ethics and deontology.	Portfolio
	Covert – creating atmosphere and infrastructure. Developing a culture of healthy lifestyle, the ability to preserve and improve health. Creating atmosphere of kindness and respect with a high level of communication during implementation of the discipline.	
Civic position and values	Overt Conducting events that facilitate development of civil culture (roundtable discussions, discussions/debates, and talks). Short discussions on current significant events in case the latter occur.	Portfolio
	Covert Focusing on civic values-oriented position and legal awareness. Cultivating mindful social position during professional activity.	
Social values	Overt Highlighting aspects of organization of healthy lifestyle based on health-preserving technologies. Highlighting ecology-related questions, environmental issues as a factor affecting population health and select population risks.	Portfolio
	Covert Identification in social structure during period of education and in professional activity.	