



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Rheumatologic Rehabilitation							
Course Code		FZ201		Coure Level		Short Cycle (Associate's Degree)			
ECTS Credit	3	Workload	81 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To gain knowledge about the physical therapy and rehabilitation methods for patients who suffer from rheumatologic problems.							
Course Content		Immunity, inflammation and pain, management of patients with rheumatic diseases, basic measurement in rheumatic diseases, , physical therapy in rheumatic diseases: heat, electrotherapy, exercises for patients with rheumatoid arthritis, ankylosing spondylitis and osteoarthritis, , hand rehabilitation in patients with rheumatic diseases, the use of orthotics and walking aidsin rheumatic diseases, health protection of low back and neck, hydrotherapy-balneotherapy in rheumatic diseases, occupational therapy, osteoporosis and exercise.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study					
Name of Lecturer(s)		Ins. Müge DERELİ							

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Physical Medicine and Rehabilitation 1-2, Prof. Dr. Mehmet Beyazova, Prof. Dr. Yeşim Gökçe Kutsal
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Week	Weekly Detailed Course Contents	
1	Theoretical	Immunity
2	Theoretical	Inflammation and pain
3	Theoretical	Approach to the rheumatologic patient
4	Theoretical	Basic measurement in rheumatologic diseases.
5	Theoretical	Physical therapy in rheumatologic diseases: heat, electrotherapy
6	Theoretical	Exercise for patients with rheumatoid arthritis
7	Theoretical	Exercise for patients with ankylosing spondylitis
8	Intermediate Exam	ARA SINAV
9	Theoretical	Exercise for patients with osteoarthritis
10	Theoretical	Hand rehabilitation in rheumatic diseases
11	Theoretical	Usage of orthotics and walking aids in rheumatic diseases
12	Theoretical	Protecting the health of waist, back, neck.
13	Theoretical	Hydrotherapy-balneotherapy in rheumatic diseases
14	Theoretical	Ergotherapy
15	Theoretical	Osteoporosis and exercise

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	0	2	28
Assignment	1	10	0.5	10.5
Individual Work	12	2	0.25	27
Midterm Examination	1	7	1	8
Final Examination	1	7	1	8
Total Workload (Hours)				81
[Total Workload (Hours) / 25*] = ECTS				3

*25 hour workload is accepted as 1 ECTS



Learning Outcomes

1	To get the knowledge of structure and general characteristics musculoskeletal system, joints and to evaluate history of the musculoskeletal diseases
2	To gain knowledge about musculoskeletal diseases, Osteoporosis, Osteoarthritis, Rheumatoid arthritis, ankylosing spondylitis, other rheumatic diseases, mechanical low back and neck pain, disc herniation, and soft tissue disorders and to apply appropriate physiotherapy
3	To know the definition of inflammation
4	Learning the definition of pain
5	Learning physical therapy applications in rheumatologic diseases

Programme Outcomes (Physiotherapy)

1	To be able to recall the information of research methods and statistics so as to follow the developments, monitor and interpret scientific literature
2	To have the appropriate knowledge of basic sciences at the level of interest, to use specific medical terms and terminology of physical therapy
3	To be able to recall knowledge of the general structure and properties of musculoskeletal system and the joints and to evaluate the story of musculoskeletal diseases.
4	To be able to comprehend the methods of measurement of the range of motion of joints and to measure it.
5	To be able implement a general evaluation of posture analysis and gait analysis.
6	To be able to recall the knowledge about general characteristics of musculoskeletal diseases, osteoporosis, osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, especially rheumatic diseases, mechanical low back and neck pain, disc herniation, soft tissue disorders and to apply appropriate physiotherapy.
7	To be able to recall the knowledge and gain skills about the devices and the agents of heater used in physical therapy, indications and contraindications of using, and the necessary information about how to apply on patients.
8	To be able to recall the knowledge of the electromagnetic field.
9	To be able to recall what Elektroakapunktur, Laser, Biofeedback, cervical and lumbar traction systems, pneumatic compression therapy are, and how to apply them, which one is applicable to patients.
10	To be able to recall what manipulation-mobilization is and which patients are suitable for this application.
11	To be able to recall what massage and hydrotherapy treatments are and which patients are suitable for these applications.
12	To be able to gain the professional and ethical awareness, apply gained knowledge and skills in real life situations and transfer gained knowledge to individuals around her/his environment, and improve behavior of life-long learning.
13	To gain knowledge about methods of diagnosis, protection and treatment of diseases
14	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to neurological disorders.
15	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to cardiopulmonary disorders.
16	To be able to recall the knowledge and gain skills about physical therapy and rehabilitation methods to be applied to pediatric patients.
17	To be able to gain knowledge about the effects of fitness and exercise on metabolism and responses of body systems to them.
18	To have knowledge about rehabilitation services
19	To become individuals who can do interdisciplinary team work, with a sense of social responsibility and entrepreneur.
20	To be able to recall the knowledge about Atatürk's Principles and the History of Turkish Revolution.
21	To be able to gain the knowledge and ability to become contemporary individuals who can use Turkish language grammar well and know a foreign language knowledge necessary to follow the developments in the profession.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P6	5	5	5	5	5
P18	5	5	5	5	5

