

DISCIPLINE ANNOTATION:

MEDICAL REHABILITATION, PSYCHOLOGY AND PSYCHOTHERAPY OF POST-TRAUMATIC CONDITIONS

THE GOAL OF THE COURSE: to introduce areas of psychological rehabilitation and the particularities of organizing psychological assistance; methods and techniques required to solve practical problems of psychological rehabilitation activities.

Interdisciplinary links. Medical rehabilitation, psychology and psychotherapy of post-traumatic conditions as an academic discipline is based on the study of human anatomy, medical biology, medical chemistry, medical and biological physics, physiology, pathophysiology, hygiene and ecology, pharmacology, propedeutics of internal medicine, propedeutics of pediatrics and is integrated with these disciplines; ensures consistency and interconnection with internal medicine, surgery, traumatology and orthopedics, neurology, pediatrics, obstetrics and gynecology and other subjects of the curriculum, which implies the integration of teaching with these disciplines.

Program learning outcomes: to master the basics of knowledge about modern rehabilitation techniques serving to restore impaired or lost functions caused by injuries or diseases, to preserve and promote human health, to improve the quality of life and ensure active longevity, as well as to restore the health and performance of patients of various profiles more quickly using physical rehabilitation.

Expected learning outcomes:

to know: general principles of organization of medical and psychological rehabilitation; objectives of medical and preventive institutions providing medical and psychological rehabilitation of patients; content and objectives of an individual rehabilitation program; physiotherapy equipment; methods of physiotherapy procedures; equipment of rehabilitation department (room); occupational safety measures, safety rules while working in the rehabilitation room (department); causes of electrical injuries in the physical therapy room; signs of electric shock; requirements for hydrophilic pads, electrodes; basic and special methods

of electrical procedures; special and general methods of light therapy procedures; sequence of switching on and off physiotherapy devices; methods of electrode placement; duties of a physical therapist during hydrotherapy procedures; classification of hydrotherapy procedures; methods of release: therapeutic baths, showers (Charcot, circular, ascending), wrapping, pouring and wiping; basics of psychological rehabilitation; principles of psychological rehabilitation.

to be able to: reasonably apply the means, forms and methods of kinesitherapy in the treatment of various pathological conditions; master the principles of choosing exercise therapy (appropriate physical exercises, a certain type of massage, hardening agents); safely transport the patient / client, give him/her the most appropriate position; use techniques of psychological rehabilitation, methods of restoring individual mental functions; independently develop a strategy for the psychological rehabilitation process; build models of efficient patient behavior in the future; assess the results of rehabilitation.

Content of the academic discipline:

SECTION I. MEDICAL REHABILITATION. Objectives, goals and principles of rehabilitation. Organization of work at physiotherapy departments and rooms. Galvanization. Methods, indications, contraindications. Medicinal electrophoresis. Methods, indications and contraindications. Pulsed currents of low frequency and low voltage. Electrodiagnostics. Indications and contraindications. Electrical stimulation of muscles. Indications and contraindications. Diadynamic therapy. Alternating current (amplitude, darsonvalization, fluctuation). Electric current of high frequency and high voltage. Ultra-high frequency therapy, extra-high frequency therapy. Franklinization. Magnetotherapy. Treatment with ultrasound. Methods of magnetotherapy. Aerosol therapy. Inhalation therapy. Ultrasound therapy. Light therapy. Heat therapy. Hydrotherapy. Mud therapy. Sanatorium treatment.

SECTION II. Psychological rehabilitation. Psychological rehabilitation: principles, objectives, stages. Factors affecting the formation of a psychological state. Basic principles and methods of psychocorrection. Alcoholism. Principles of alcoholism treatment. Drug addiction. The main types of drugs. Principles of drug rehabilitation.