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Khanty-Mansiysk Autonomous Okrug -Ugra
«Surgut State University»

Approved by
Deputy Rector for Academic Affairs
_____ E.V. Konovalova

11 June 2025 г., Record No. 5

Medical rehabilitation

Syllabus

Department **Internal diseases**
Curriculum s310501-ЛечДело-25-6.plx
Speciality 31.05.01: General Medicine

Qualification **General Practitioner**
Form of education **Full-time**
Total (of credits) **4**

Total academic hours 144 Control:
including: Credit term 12
Classes 96
Self-study 48

Course outline in terms

Academic year (Term)	11 (6.1)			12 (6.2)			Total
Weeks	17.3			17.5			
Type of classes	Cur	Syl		Cur	Syl	Cur	Syl
Lectures	16	16	-	-	16		16
Practical	32	32	48	48	80		80
Self-study	24	24	24	24	48		48
Control hours	-	-	-	-	-		-
Total	72	172	72	72	144		144

The Syllabus is compiled by:

PhD in Medical Sciences, Associate Professor, Matveeva A.M.

The Syllabus

Medical rehabilitation

Developed in accordance with Federal State
Education Standard:

Federal State Education Standard of higher education in the speciality 31.05.01. General Medicine (Order of the Ministry of Education and Science of Russian Federation on February 9, 2016 No. 95)

Based on the Curriculum:

31.05.01 GENERAL MEDICINE

Specialization General Medicine

Approved by the academic Council of Surgut State University, 11 June 2025, Record No 5.

The Syllabus was approved by the department

Internal diseases

Head of Department, Doctor of Medicine, Professor Ariamkina O.L.

1. COURSE OBJECTIVES

1.1. **The aim** of the course “Medical rehabilitation” is to study the effects of natural and artificial therapeutic physical factors, climatic factors, and physical exercises on patients’ bodies, and also to give students specific knowledge and practical skills of using evidence-based rehabilitation methods to restore or compensate for impaired functions.

1.2. **The objectives** of the discipline "Medical Rehabilitation" are:

- to study the fundamental principles of the rehabilitation process (phasing, complexity, individuality, etc.);
- to study the characteristics, mechanisms of the therapeutic effect, indications, contraindications, methods of physical therapy, massage, manual therapy, reflex therapy, physiotherapy, climatotherapy in the form of a single set of medical rehabilitation facilities;
- to teach the definition of the rehabilitation potential of patients undergoing somatic diseases, injuries

2. COURSE OVERVIEW

Course code (in curriculum)	B1.B.24
	Assumed background:
	Anatomy
	Physics, Mathematics
	Hominal Physiology
	General Pathophysiology
	Clinical Pathophysiology
	General Pathologic Anatomy
	Clinical Pathologic Anatomy
	Post requisite courses and practice:
	Practical Obstetrics and Gynecology
	Hospital Surgery, Paediatric Surgery
	Hospital Therapy, Endocrinology
	Ambulatory Therapy
	Oncology, X-Ray Therapy
	Clinical Surgery

3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)

GPC-9: Demonstrates ability to assess morphological and functional states, physiological states, and pathological processes in the human body for clinical decision-making.

Knowledge:

PC-14: Demonstrates readiness to evaluate the necessity of natural therapeutic resources, medicinal therapy, non-medicinal therapy, and other resources in patients requiring medical rehabilitation and sanatorium treatment.

Knowledge:

Level 1	<ul style="list-style-type: none"> -clinical and functional characteristics of medical physical culture; - indications and contraindications to various types of physical rehabilitation of patients with diseases of internal organs; - the mechanism of therapeutic and physical factors, indications and contraindications, features of doing exercises; - basic concepts, methods of doing medical massage, mechanotherapy; - the mechanism of affecting natural and artificial therapeutic physical factors on the body of a healthy and sick person; - general indications and contraindications for physiotherapy; - the main methods for monitoring and evaluating the effectiveness of the rehabilitation activities being carried out; - the main resort factors; principles of selection and treatment of patients with various forms of pathology in resorts and sanatoriums;
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Abilities:

Level 1	<ul style="list-style-type: none"> - examine patients (assess physical development, range of motion, muscle tone, functional state) to prescribe remedial exercises, physiotherapy, massage, manual therapy, sanatorium-resort treatment at all stages of medical rehabilitation for the following diseases: - acute myocardial infarction; - arterial hypertension; -heart failure; - pneumonia; - COPD; - bronchial asthma; - arthritis, arthrosis, - diseases of the gastrointestinal tract (peptic ulcer of the stomach and duodenum, irritable bowel syndrome); - obesity; - diabetes;
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By the end of the course students must:

3.1	know:
3.1.1	- basic concepts and medical rehabilitation of patients;
3.1.2	- methods for determining the health physical and functional levels;
3.1.3	-clinical and functional characteristics of medical physical culture;
3.1.4	- indications and contraindications to various types of physical rehabilitation of patients with diseases of internal organs;
3.1.5	- the mechanism of the therapeutic physical culture, indications and contraindications, the features of doing exercises;
3.1.6	- basic concepts, methods of doing medical massage, mechanotherapy;
3.1.7	- the mechanism of affecting natural and artificial therapeutic physical factors on the body of a healthy and sick person;
3.1.8	- general indications and contraindications for physiotherapy.
3.2	be able to:
3.2.1	- conduct a comprehensive examination of patients to prescribe physical therapy exercises;
3.2.2	- conduct and evaluate functional tests and tests with the physical activity to study the body functional capabilities of a healthy and sick person;
3.2.3	- identify the clinical signs of the underlying disease, changes and abnormalities in the organs that limit physical performance and physical activity of patients, give a medical opinion and outline a plan for correcting disorders in physical development using physical rehabilitation tools;
3.2.4	- substantiate and prescribe a rational motor regime plan to patients at the hospital and after hospital stages of treatment;
3.2.5	- examine patients (evaluate physical development, range of motion, muscle tone, functional condition) to prescribe remedial physical therapy, physiotherapy, massage, manual therapy, sanatorium-resort treatment at all stages of medical rehabilitation for the following diseases: - myocardial infarction; - arterial hypertension; - chronic heart failure; - pneumonia; - chronic obstructive pulmonary disease; - bronchial asthma; - diseases of the gastrointestinal tract (gastric ulcer and duodenal ulcer, irritable bowel syndrome); - obesity; - diabetes.

4. STRUCTURE AND CONTENTS OF THE COURSE (MODULE)

Class code	Topics /Class type	Term / Academic year	Academic hours	Competences	Literature	Inter-active	Notes
	General issues of medical rehabilitation						
1.1.	Organizational and methodological foundations of medical rehabilitation / Lec /	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
1.2.	Organizational and methodological foundations of medical rehabilitation / Pr/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
1.3.	Organizational and methodological foundations of medical rehabilitation / Self-study/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.1.	Therapeutic physical training in the system of medical rehabilitation / Lec/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.2.	Therapeutic physical training in the system of medical rehabilitation / Pr/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.3.	Therapeutic physical training in the system of medical rehabilitation / Self-study/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	

3.1.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Lec /	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
3.2.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Pr/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
3.3.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Self-study /	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
4.1.	Types of physiotherapy treatment: heat and cold treatment, mud therapy. Basics of spa treatment. /Practical classes/	11	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
5.1.	Climatotherapy. Sanatorium-and-spa treatment /Pr/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.1.	Medical control in medical rehabilitation /Lec /	11	2	GPC-9	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.2.	Medical control in medical rehabilitation / / Pr/	11	6	GPC-9	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.3.	Medical control in medical rehabilitation. /Self-study/	11	6	GPC-9 PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
7.1	Medical rehabilitation of patients with cardiovascular diseases / Lec/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
8.1.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Lec/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.1.	Medical rehabilitation in surgery, traumatology and orthopedics /Lec/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
10.1.	Medical rehabilitation in neurology /Lec/	11	2	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
10.2	Control work /Control/	11	2	GPC-9 PC-14	L 1.1, L 2.1, L 3.1, L 3.2		
	Private issues of medical rehabilitation						
7.2.	Medical rehabilitation of patients with cardiovascular diseases / Pr/	12	12	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
7.3.	Medical rehabilitation of patients with cardiovascular diseases / Self-study/	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	

8.2.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Pr/	12	12	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
8.3.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Self-study /	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.2.	Medical rehabilitation in surgery, traumatology and orthopedics /Pr/	12	12	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.3.	Medical rehabilitation in surgery, traumatology and orthopedics /Self-study /	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
10.2.	Medical rehabilitation in neurology /Pr /	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.1.	Medical rehabilitation in pediatrics, obstetrics and gynecology /Pr/	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.2.	Medical rehabilitation in pediatrics, obstetrics and gynecology / Self-study/	12	6	PC-14	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.3	Control work /Control/	10	0	GPC-9 PC-14	L 1.1, L 2.1, L 3.1, L 3.2		
12.	Credit	12	0	GPC-9 PC-14	L 1.1, L 2.1, L 3.1, L 3.2		

ASSESSMENT TOOLS

5.1. Tests and tasks

Supplement 1

5.2. Topics for written papers

Supplement 1

5.3. Assessment tools

Supplement 1

5.4. Assessment tools

Discussion, tests, essays. Practical skill test.

Credit: oral credit, practical skills test.

6. COURSE (MODULE) RESOURCES

6.1. Recommended Literature

6.1.1. Core

	Authors	Title	Publish., year	Quantity
L 1.1	Radzinskiy V.E., Fuks A.M.	Gynecology: textbook	M.: ГЭОТАР- Медиа, 2020, electronic resource	1

6.1.2. Supplementary

	Authors	Title	Publish., year	Quantity
L 2.1	A. V. Kruchkova, Yu. V. Kondusova, I. A. Poletayeva and others; edited by A. V. Kruchkova.	Care for Surgical Patients	M.: ГЭОТАР- Медиа, 2020, electronic resource	1

6.1.3. Methodical development

	Authors	Title	Publish., year	Quantity
L 3.1	Косцова Н.Г., Бадретдинова А.И., Тигай Ж.Г. [и др.]	Basics of Nursing Care in Surgery	M.: ГЭОТАР- Медиа, 2020, electronic resource	1

L 3.2	Oslopov V.N., Bogoyavlenskaya O.V.	General Care of a Patient	M.: ГЭОТАР- Медиа, 2019, electronic resource	1
6.2. Internet resources				
6.3.1 Software				
6.3.1.1	Operational system Microsoft, applied programs pack Microsoft Office			
6.3.1.2	Internet access (Wi-Fi)			
6.3.2 Information Referral systems				
6.3.2.1	E-data bases: ПФБ, Orbicon, Medline.			
6.3.2.2	Student Consultant http://www.studmedlib.ru			
7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)				
Classrooms for lectures, seminars (practical classes), group and individual consultations, formative and summative control are equipped with typical educational furniture, technical teaching aids for the presentation of educational information				
Practical classes, individual consultations, formative and summative control are held in the classroom of the Department of Internal Diseases of the Medical Institute.				
Simulation center.				