

Information sheet for the course Lymphatic Drainage I.

University: <i>Alexander Dubček University of Trenčín</i>					
Faculty: <i>Faculty of Health Care</i>					
Course unit code: <i>Lymf1/e</i>			Course unit title: <i>Lymphatic Drainage I</i>		
Type of course unit: <i>optional</i>					
Planned types, learning activities and teaching methods: <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>					
Number of credits: <i>1</i>					
Recommended semester: <i>5th semester in the 3rd year part-time</i>					
Degree of study: <i>I (bachelor)</i>					
Course prerequisites: <i>none</i>					
Assessment methods: <i>To score 50 points per semester a student must:</i> <ul style="list-style-type: none"> - <i>Be actively present in the course – students are allowed two (2) free unexcused absences,</i> - <i>Pass a practical examination (50 points),</i> <i>To obtain A, a student must score 47, to obtain B, a student must score 42, to obtain C, a student must score 37 and more, to obtain D, a student must score 32, and to obtain E, a student must score 28. The credits are not granted to the students whose grade point average is 27 or lower.</i>					
Learning outcomes of the course unit: <i>By the completion of the course Lymphatic Drainage I, a student acquires information and practical skills from manual lymphatic drainage. A student knows the mechanism of the effect of manual lymph drainage, he or she knows its physiological and pathophysiological effects on the human body, its indications and contraindications, principles of application and a student can practically demonstrate massage strokes in lymphatic drainage.</i>					
Course contents:					
Exercises: <ol style="list-style-type: none"> 1. <i>Manual lymphatic drainage (its characteristics, objectives and effects).</i> 2. <i>Principles of the applying manual lymphatic drainage.</i> 3. <i>Indications and contraindications of manual lymphatic drainage.</i> 4. <i>The massage strokes and sets / units of manual lymphatic drainage:</i> <ul style="list-style-type: none"> • <i>spiral stroke,</i> • <i>rotatable stroke,</i> • <i>combined stroke.</i> 					
Recommended of required reading: <ol style="list-style-type: none"> 1. <i>KOMAČEKOVÁ, D. a kol.: 2003. Fyzikálna terapia. Martin: Osveta, 2003, ISBN 80-7029-030-7.</i> 2. <i>PLAČKOVÁ, M.: 2009. Liečebná masáž. Martin: Osveta, 2009, ISBN 9788080633196.</i> 3. <i>ČERNICKÝ, M.: 2011. Liečba lymfedému a obmedzenia pohyblivosti hornej končatiny. In: Včasná diagnostika a skrining karcinómu prsníka: Praktická príručka nielen pre mamodiagnostikov, Trenčín: Rádiologická klinika, 2011, ISBN 978-80-970723-5-3, s.169-198.</i> 					
Language: <i>Slovak</i>					
Remarks: <i>The course is lectured only in winter semester, only when minimum of 10 students enrolls to the course. The capacity of the course is restricted to maximum of 20 students.</i>					
Evaluation history: <i>Number of evaluated students</i>					
A	B	C	D	E	FX

Lectures: *Mgr. Miroslav Černický*

Last modification: *22.04.2014*

Supervisor: *doc. MUDr. Juraj Čelko, PhD.*