

**Information sheet for the course**  
**Fundamentals of Rehabilitation in Nursing**  
**Compulsory Subject**

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>					
<b>Faculty:</b> <i>Faculty of Health Care</i>					
<b>Course unit code:</b> ZakRehOse/d			<b>Course unit title:</b> Fundamentals of Rehabilitation in Nursing		
<b>Type of course unit:</b> <i>compulsory</i>					
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 1 hours weekly/13 hours per semester of study; full-time</i>					
<b>Number of credits:</b> 2					
<b>Recommended semester:</b> <i>4<sup>th</sup> semester in the 2<sup>nd</sup> year (full-time)</i>					
<b>Degree of study:</b> <i>I (bachelor)</i>					
<b>Course prerequisites:</b> none					
<b>Assessment methods:</b> The student will acquire 50 points per semester written exam ( 50 points ) to obtain the user and must be obtained at least 48 points , to obtain user B at least 44 points to score at least 41 points C , D to score at least 38 points and score at least 35 E points.					
<b>Learning outcomes of the course unit:</b> Student studying the subject comes into theoretical and practical skills in the field concerned . Know the principles of respiratory and vascular gymnastics, controlling different types of positioning the patient knows kinestetiky principles and can apply them in handling patients during verticalization , controlled walking with crutches by German and French , the basis of tests for assessing the functional status of the patient and also the basics of the application most commonly used forms of physical therapy .					
<b>Course contents:</b>					
<ol style="list-style-type: none"> <li>1. Positioning of the patient ( antalgic , antispasmodic ) .</li> <li>2. Fundamentals of respiratory and vascular gymnastics , prevention of postoperative complications.</li> <li>3. Verticalization of patients and sitting.Positioning and ( specifications in orthopedics , traumatology and neurology ) .</li> <li>4. Practice walking with crutches German and French ( walking on the flat, and the stairs ) .</li> <li>5. Exercise the splint and Motomed.</li> <li>6. Training handling corset , back school and work loads .</li> <li>7. Soft techniques for postoperative scar .</li> <li>8. Basic measurements in physiotherapy ( SFTR , length and girth of the extremities, spine dynamic tests ) .</li> <li>9. Examination of hypermobility .</li> <li>10. Test of self-service ( FIM ,ADL ) .</li> <li>11. The application of the physical therapy ( biolamp , Rebox , ultrasound , paraffin , cryotherapy).</li> <li>12. Mobility, immobility, prevention of complications of imobility.</li> <li>13. Basics kinestetics .</li> </ol>					
<b>Recommended of required reading:</b>					
<ol style="list-style-type: none"> <li>1. GÚTH, A. 2012. <i>Rehabilitácia pre medicínske, pedagogické a ošetrovateľské odbory</i>. Bratislava: Liečreh Gúth, 2012. ISBN 80-88932-23-8.</li> <li>2. KOCIOVÁ, K. 2013. <i>Základy fyzioterapie</i>. Martin: Osveta, 2013. ISBN 978-80-8063-389-9.</li> </ol>					
<b>Language:</b> Slovak					
<b>Remarks:</b>					
<b>Evaluation history:</b> <i>Number of evaluated students</i>					
A	B	C	D	E	FX
<b>Lectures:</b> doc. MUDr. Juraj Čelko, PhD. Mgr. Patrícia Baňárová					

Bc. Iveta Jarábková
<b>Last modification:</b> 22.04.2014
<b>Supervisor:</b> doc. PhDr. Dagmar Mastiliaková, PhD.