

Information sheet for the course Lymphatic Drainage II.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>Lymf2/d</i>	Course unit title: <i>Lymphatic Drainage II.</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>6th semester in the 3rd year (full time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: <i>Lymphatic Drainage I.</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 II, a student acquires knowledge and practical skills from manual lymphatic drainage. A student knows the mechanism of the effect of manual lymph drainage, 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 in the upper extremity lymphoedema.</i> 2. <i>Use of lymphatic drainage set in unilateral (simplex) secondary lymphedema of the upper limb.</i> 3. <i>Use of lymphatic drainage set in mutual lymphedema of the upper limb.</i> 4. <i>The set / unit for the upper limb.</i> 5. <i>The set / unit for the chest.</i> 6. <i>The set / unit for the back.</i> 7. <i>Instrumental lymphatic drainage.</i> 8. <i>Characterisation, application and distribution of instrumental lymphatic drainage according to the goal.</i> 9. <i>Indications and contraindications of instrumental lymphatic drainage.</i> 10. <i>Lymphatic drainage application techniques.</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: *The course is lectured exclusively 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.*

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures:

Mgr. Miroslav Černický

Last modification: *22.04.2014*

Supervisor: *doc. PhDr. Dagmar Mastiliaková, PhD.*