

	<b>UČNI NAČRT PREDMETA/COURSE SYLLABUS</b>
<b>Predmet</b>	<b>Osnove klinične medicine I</b>
<b>Course title</b>	<b>Basics of Clinical Medicine I</b>

<b>Študijski program in stopnja</b> <b>Study programme and level</b>	<b>Študijska smer</b> <b>Study field</b>	<b>Letnik</b> <b>Academic year</b>	<b>Semester</b> <b>Semester</b>
Fizioterapija / I. stopnja	Ni smeri študija	I. letnik	I.
Physiotherapy / I <sup>st</sup> Cycle	No study field	I <sup>st</sup> year	I <sup>st</sup>

**Vrsta predmeta/Course type** obvezni/obligatory

**Univerzitetna koda predmeta/University course code** FTH I UN 6

<b>Predavanja</b>	<b>Sem. vaje</b>	<b>Kab. vaje</b>	<b>Lab. vaje</b>	<b>Teren. vaje</b>	<b>Samost. delo</b>	<b>ECTS</b>
<b>Lectures</b>	<b>Tutorial</b>	<b>Cabinet tutorial</b>	<b>Laboratory work</b>	<b>Field work</b>	<b>Individ. work</b>	
60		15			75	5

**Nosilec predmeta/Lecturer:** izr. prof. dr. Mohsen Hussein

**Jeziki/ Languages:** **Predavanja/Lectures:** slovenski/Slovenian  
**Vaje/Tutorial:** slovenski/Slovenian

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:** **Prerequisites:**  
Vpis v prvi letnik študijskega programa. A prerequisite for inclusion is enrolment in the first year of study.

**Vsebina:** **Content (Syllabus outline):**

<ul style="list-style-type: none"> <li>• <i>Osnove kliničnega pregleda pri boleznih in poškodbah mišično-skeletnega sistema.</i> Anamneza, splošni somatski status, inspekcija, palpacija, meritve. Ugotavljanje nestabilnosti. Orientacijski neurovaskularni status.</li> <li>• <i>Vnetne bolezni mišično-skeletnega sistema.</i> Bakterijske: osteomielitis, gnojni artritis, gnojno vnetje hrbtenice. Nebakterijsko vnetje: revmatoidni artritis, prehodni sinovitis, psoriatični artritis, putika.</li> <li>• <i>Degenerativne bolezni gibal.</i> Epidemiologija. Klinična slika. Diagnostika. Konzervativno in operativno zdravljenje.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Basics of clinical examination in illnesses and injuries of the musculoskeletal system.</i> Medical history, general somatic status, inspection, palpation, measurements. Instability assessment. Neurovascular status.</li> <li>• <i>Inflammatory diseases of the musculoskeletal system.</i> Bacterial diseases: osteomyelitis, purulent arthritis, purulent inflammation of the spine. Non-bacterial inflammation: rheumatoid arthritis, transient synovitis, psoriatic arthritis, gout.</li> <li>• <i>Degenerative diseases of the locomotor system.</i> Epidemiology. Clinical findings.</li> </ul>
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<ul style="list-style-type: none"> <li>• <i>Zlomi v predelu hrbtenice, medenice, dolgih kosti, zlomi kratkih kosti.</i> Konzervativno in operativno zdravljenje zlomov.</li> <li>• <i>Politravma.</i></li> <li>• <i>Športne poškodbe sklepov (gleženj, koleno, kolk, zapestje, komolec, rama).</i> Epidemiologija. Klinična slika. Diagnostika. Konzervativno in operativno zdravljenje.</li> <li>• <i>Športne poškodbe mišic in kit.</i> Epidemiologija. Klinična slika. Diagnostika. Konzervativno in operativno zdravljenje.</li> <li>• <i>Objektivni kriteriji vrnitve poškodovancev k športnim aktivnostim.</i></li> </ul>	<p>Diagnosics. Conservative and operative treatment.</p> <ul style="list-style-type: none"> <li>• <i>Fractures in the area of the spine, pelvis, long and short bones.</i> Conservative and operative treatment of fractures.</li> <li>• <i>Polytrauma.</i></li> <li>• <i>Sports injuries of joints (ankle, knee, hip, wrist, elbow, shoulder).</i> Epidemiology. Clinical findings. Diagnostics. Conservative and operative treatment.</li> <li>• <i>Sports injuries of muscles and tendons.</i> Epidemiology. Clinical findings. Diagnostics. Conservative and operative treatment.</li> <li>• <i>Objective criteria regarding the return of injured persons to sports activities.</i></li> </ul>
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### Temeljna literatura in viri/Readings:

#### Temeljna literatura/Basic literature

- Hussein M.(2021). Ortopedija za fizioterapevte. Novo mesto: Založba Univerza v Novem mestu, Artros in ICRM.
- Antončič J., Smrkolj V., Pivec G., Turčič J., Boh M., Zavrnik C. idr. (2014). *Kirurgija*. Celje: Založba Grafika Gracer.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja ortopedije, travmatologije, fizioterapije in fizioterapije, izbrane internetne strani.

#### Priporočljiva literatura/Recommended literature

- Miller M. in Thompson S. (2014). *DeLee & Drez's Orthopaedic Sports Medicine*. 4th Edition. 2-Volume Set. Philadelphia: Elsevier Saunders.
- Kjær, M., Krogsgaard, M., Magnusson, P., Engebretsen, L., Roos, H., Takala, T. idr. (2008). *Textbook of Sports Medicine. Basic Science and Clinical Aspects of Sports Injury and Physical Activity*. Oxford: Blackwell Publishing.  
Pridobljeno: <http://onlinelibrary.wiley.com/book/10.1002/9780470757277>.
- Raffensperger M. (2020) *Orthopedic Interventions for the Physical Therapist Assistant*. F.A. Davis. Philadelphia.

### Cilji in kompetence:

*Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:*

- avtonomnost pri strokovnem delu in sprejemanju odločitev,
- zaznavanje potreb po spremembah v praksi, razvijanje in kritično uvajanje novih pristopov, ki temeljijo na z dokazi podprti praksi,
- ocenjevanje zdravstvenega stanja pacienta, določitev vrste in obsega

### Objectives and competences:

*The learning unit mainly contributes to the development of the following general and specific competences:*

- autonomy in professional work and decision making,
- identifying needs for changes in practice, developing and critically introducing new approaches, based on the evidence-based practice,

<p>funkcionalnih omejitev lokomotornega sistema, postavljanje fizioterapevtske diagnoze, predlaganje ustrezne fizioterapevtske obravnave in vodenje predpisane dokumentacije,</p> <ul style="list-style-type: none"> <li>• evalviranje rezultatov in učinkovitosti terapije (kritična refleksija),</li> <li>• sodelovanje v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu.</li> </ul>	<ul style="list-style-type: none"> <li>• evaluating the patients' health status, defining types and extent of functional limitations of the locomotor system, delivering the physiotherapeutic diagnosis, suggesting the appropriate physiotherapeutic treatment and keeping record of the required documentation,</li> <li>• evaluating results and effectiveness of the therapy (critical reflexion),</li> <li>• cooperating in physiotherapeutic, interdisciplinary and multidisciplinary teams.</li> </ul>
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### **Predvideni študijski rezultati:**

#### **Študent/študentka:**

- pozna najpogostejše bolezni in poškodbe mišično-skeletnega sistema: patologijo, patofiziologijo, preventivo in zdravljenje,
- razume povezavo med nastankom bolezni mišično-skeletnega sistema, njihov potek in rehabilitacijo med in po zdravljenju,
- razvije sposobnost prepoznavanja bolezni in poškodb,
- se usposobi za kritično presojo zdravstvenega stanja bolnika oziroma poškodovanca, analizo dosedanjega poteka konzervativnega in operativnega zdravljenja in predvidevanje najbolj primerne metode rehabilitacije.

### **Intended learning outcomes:**

#### **Students:**

- know the most common diseases and injuries of the musculoskeletal system: pathology, pathophysiology, preventive and treatment,
- understand the connection between the development of diseases of the musculoskeletal system, their course, and rehabilitation during and after treatment,
- develop the ability of recognizing diseases and injuries,
- become qualified for critical assessment of health condition of the patient or injured person, for the analysis of the previous course of conservative and operative treatment, and for determination of the most appropriate method of rehabilitation.

### **Metode poučevanja in učenja:**

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *kabinetne vaje*: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.

### **Learning and teaching methods:**

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving),
- *cabinet tutorial*: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.

<b>Načini ocenjevanja:</b>	Delež (v %) Weight (in %)	<b>Assessment:</b>
Načini: <ul style="list-style-type: none"> <li>• kolokvij</li> <li>• pisni izpit</li> </ul> Ocenjevalna lestvica: ECTS.	20 % 80 %	Types: <ul style="list-style-type: none"> <li>• preliminary exam</li> <li>• written exam</li> </ul> Grading scheme: ECTS.