

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fizioterapija za krepitev mentalnega zdravja
Course title	Physiotherapy for Enhancing Mental Health

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / I. stopnja	Ni smeri študija	3. letnik	6.
Physiotherapy / 1 st Cycle	No study field	3 rd year	6 th

Vrsta predmeta/Course type modularni/module

Univerzitetna koda predmeta/University course code FTH 3 M2 UN I

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45		30			75	5

Nosilec predmeta/Lecturer:

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

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

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • <i>Fizioterapevtsko diagnosticiranje.</i> Postavljanje fizioterapevtske ocene, ciljev, planov in dokumentiranje. Ocenjevanje funkcije gibalnega sistema pri različnih populacijah in različnih obolenjih. • <i>Fizikalna in rehabilitacijska medicina oseb s spremenjenim mentalnim zdravjem.</i> Rehabilitacija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva. • <i>Posebnosti rehabilitacije pri osebah s spremenjenim mentalnim zdravjem.</i> 	<ul style="list-style-type: none"> • <i>Physiotherapeutic diagnostics.</i> Setting a physiotherapeutic assessment, goals, plans and documenting. Assessing the function of locomotor system in different populations and various diseases. • <i>Physical and rehabilitation medicine in people with mental health problems.</i> Rehabilitation on all levels of primary, secondary and tertiary health care. • <i>Special features of rehabilitation in people with mental health problems.</i>

<p>Rehabilitacija oseb z različnimi zdravstvenimi in mentalnimi simptomi, s psihiatričnimi in psihosomatskimi bolniki.</p> <ul style="list-style-type: none"> • Vloga fizioterapije v rehabilitaciji oseb s spremenjenim mentalnim zdravjem. Vloga fizioterapevta kot zdravstvenega promotorja pri posamezniku oz. v skupini, v preventivi ali v rehabilitaciji. • Vloga fizioterapevta pri opolnomočenju bolnika. • Fizioterapija pri osebah z motnjami hranjenja. • Fizioterapija pri osebah s shizofrenijo. • Fizioterapija pri osebah s kroničnimi in dolgo trajajočimi mišično skeletnimi težavami. • Fizioterapija s poudarkom na kakovosti gibanja ob zavedanju in zaznavanju giba. • Komunikacija s pacientom. • Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. Spremljanje ambulantne, hospitalne in zdraviliške rehabilitacije. 	<p>Rehabilitation of people with various health and mental health symptoms, with psychiatric and psychosomatic patients.</p> <ul style="list-style-type: none"> • The role of physiotherapy in the rehabilitation of people with mental health problems. The role of a physiotherapist as a health promoter in an individual, in the group, in prevention or rehabilitation. • The role of a physiotherapist in empowering the patient. • Physiotherapy in people with eating disorders. • Physiotherapy in people with schizophrenia. • Physiotherapy in people with chronic and long-standing musculoskeletal problems. • Physiotherapy with an emphasis on the quality of motion by being aware of and detecting movement. • Communication with the patient. • Communication with other health professionals in the rehabilitation team. Monitoring rehabilitation in ambulatory care clinics, hospitals and health resorts.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Budd, M. A., Hough, S., Wegener, S. T. in Stiers, W. (2017). *Practical Psychology in Medical Rehabilitation 1st edition*. Springer.
- Porter, S. (2017). *Psychologically Informed Physiotherapy. 1st edition*. Phyladelphia: Elsevier.
- Probst, M. in Skjaerven, L. (2017). *Physiotherapy in Mental Health and Psychiatry*. Phyladelphia: Elsevier.

Priporočljiva literatura/Recommended literature

- Benedik, E. (2014). *Osebnost med zdravjem in boleznijo: psihološko razumevanje, ocenjevanje in zdravljenje motenj osebnosti*. Lesce: Samozaložba.
- Frith, C. (1992). *Cognitive Neuropsychology of Schizophrenia*. Hove: Lawrence Erlbaum.
- Musek, J. (2005). *Psihološke in kognitivne študije osebnosti*. Ljubljana: ZIFF.

Cilji in kompetence:

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

Objectives and competences:

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

<ul style="list-style-type: none"> • uporaba teoretičnega in praktičnega znanja pri organizaciji, načrtovanju in izvajanju dela, • planiranje kakovosti lastnega dela z uporabo zanke kakovosti (Demingov krog), • avtonomnost pri strokovnem delu in sprejemanju odločitev, • prepoznavanje in upoštevanje zdravstvene zakonodaje, spoštovanje moralnih načel in vrednot ter etično ravnanje, • zaznavanje potreb po spremembah v praksi, razvojanje in kritično uvajanje novih pristopov, ki temeljijo na z dokazi podprti praksi, • prepoznavanje glavnih simptomov in na podlagi ocenjevalnih metod, funkcijskih stopenj, zmožnost samostojno postavljanje fizioterapevtske diagnoze, • zmožnost izvajanja in uporaba različnih pristopov in tehnik, • razumevanje terapevtskih učinkov in fizioloških temeljev fizioterapije s pomočjo katerih je mogoče na podlagi indikacij in kontraindikacij, ob upoštevanju z dokazi podprtih raziskav, izbrati in uporabiti ustrezen pristop, • razvoj veščin in spretnosti za izvajanje terapije pri posameznih primerih, • sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem, • upoštevanje in uporaba principov Kodeksa etike fizioterapevtov Slovenije. 	<ul style="list-style-type: none"> • using theoretical and practical knowledge in organisation, planning and implementation of activities, • evaluating personal work quality by using the quality loop (the Deming Cycle), • autonomy in professional work and decision making, • knowledge and consideration of healthcare legislation, respect for moral principles and values, and ethical behaviour, • identifying needs for changes in practice, developing and critically introducing new approaches, based on the evidence-based practice, • identification of the main symptoms and the ability to independently set a physiotherapeutic diagnosis on the basis of assessment methods, functional stages, • the ability to implement and use various approaches and techniques, • understanding therapeutic and physiological grounds of physiotherapy, using them to select and apply the appropriate approach based on indications and contraindications, and considering evidence-based researches, • development of skills and expertise for applying therapy in individual cases, • the ability to communicate, document and interpret information, attitudes and problems, and solutions to other professional and non-professional associates, • using and implementing the principles of the Code of Ethics for Physiotherapists in Slovenia.
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Predvideni študijski rezultati:

Študent/študentka:

- pozna posebnosti rehabilitacije pri osebah s spremenjenim mentalnim zdravjem,
- razume posebnosti oseb s spremenjenim mentalnim zdravjem,
- razvije veščine in spretnosti za izvajanje fizioterapije pri osebah s spremenjenim

Intended learning outcomes:

Students:

- know the special features of rehabilitation in people with mental health problems,
- understand the special features of people with mental health problems,
- develop skills for performing physiotherapy in people with mental

<p>mentalnim zdravjem in z različnimi sistemskimi okvarami,</p> <ul style="list-style-type: none"> • je sposoben izbrati ustrezni fizioterapevtski pristop, ob upoštevanju indikacij in kontraindikacij in pacientove odklonitve, • razvije zmožnost izvajanja fizioterapije pri osebah s spremenjenim mentalnim zdravjem in s posameznih obolenji, • se usposobi za razumevanje terapevtskih učinkov in fizioloških temeljev fizioterapije pri osebah s spremenjenim mentalnim zdravjem, • zna vrednotiti učinke fizioterapije, • razvije sposobnost sporazumevanja, dokumentiranja in zagovarjanja informacij, stališč in težav ter rešitev ostalim strokovnim in laičnim sodelavcem, • upošteva in uporablja principe Kodeksa etike fizioterapevtov Slovenije. 	<p>health problems and with various systemic dysfunctions,</p> <ul style="list-style-type: none"> • are able to choose the appropriate physiotherapeutic approach, taking into account the indications, contraindications, and the patient's refusals • develop the ability for performing physiotherapy in people with mental health problems and individual illnesses, • are able to understand the therapeutic effects and physiological foundations of physiotherapy in people with mental health problems, • know how to evaluate the effects of physiotherapy, • develop the ability to communicate, document and defend information, points of view, as well as problems and solutions to other professionals and non-professionals, • consider and apply the principles of the Code of Ethics for Physiotherapists in Slovenia.
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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.

Načini ocenjevanja:

Način:

- izpit
- kolokvij

Ocenjevalna lestvica: ECTS.

Delež (v %)

Weight (in %)

80 %

20 %

Assessment:

Types:

- exam
- preliminary exam

Grading scheme: ECTS.