

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Fizioterapija za zdravje žensk
Course title	Physiotherapy for Women's 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	5.
Physiotherapy / 1 st Cycle	No study field	3 rd year	5 th

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 3 UN 3

Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30		30			60	4

Nosilec predmeta/Lecturer: Petra Kotnik, pred.

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>Vloga fizikalne in rehabilitacijske medicine v ginekologiji in porodništvu. Prenatalna, natalna in postnatalna ter pre in postoperativna ginekološka fizioterapija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva.</i> <i>Vloga prenatalne (antenatalne), natalne, perinatalne in postnatalne fizioterapije v rehabilitaciji.</i> <i>Anatomija in fiziologija reproduktivnega in urološkega sistema.</i> 	<ul style="list-style-type: none"> <i>The role of physical and rehabilitation medicine in gynecology and obstetrics. Prenatal, natal, postnatal and pre- and post-operation gynecological physiotherapy on all levels of primary, secondary and tertiary health care.</i> <i>The role of prenatal (antenatal), natal, perinatal and postnatal physiotherapy in rehabilitation.</i> <i>Anatomy and physiology of reproductive and urological system.</i>

<ul style="list-style-type: none"> • Ginekološka in uroginekološka obolenja. • Onkologija v ginekologiji. • Posebnosti rehabilitacije pri nekaterih spremljajočih bolezenskih stanjih v prenatalnem in postnatalnem obdobju: Spinalne poškodbe, živčno-mišične bolezni, osteoporoza. • Disfunkcije hrbtenice in medenice v prenatalnem in postnatalnem obdobju. • Fizioterapevtska ocena v ginekologiji in porodništvu: Anamneza, inspekcija, palpacija, postopki preventivnih in provokativnih testov. • Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. Spremljanje in evalviranje ambulantne, hospitalne in zdraviliške ginekološko porodniške fizioterapije 	<ul style="list-style-type: none"> • Gynecological and urogynecological diseases. • Oncology in gynecology. • The specifics of rehabilitation in some accompanying diseases in prenatal and postnatal period: Spinal injuries, neuro-muscular diseases, osteoporosis. • Spinal and pelvis dysfunctions in prenatal and postnatal period. • Physiotherapy assessment in gynecology and obstetrics: Anamnesis, inspection, palpation, procedures of preventive and provocative tests. • Communication with other health professionals in the rehabilitation team. Monitoring and evaluation of gynaecological and obstetrics physiotherapy in ambulatory care clinics, hospitals and health resorts.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Bo, K. idr. (2015). *Evidence-based Physical Therapy for the pelvic floor. Bridging science and clinical practice.* 2nd Edition. Livingstone: Elsevier.
- Irion, J. M. in Irion G. L. (2010). *Women's health in Physical therapy.* London: Wolters Kluwer/Lippincot Williams&Willkins.

Priporočljiva literatura/Recommended literature

- Lee, D. (2011). *The Pelvic Girdle. The Integration of Clinical Expertise and Research.* 4th Edition. Livingston: Elsevier.
- Wein, A. J. (2012). *Overactive bladder in clinical practice.* London; New York: Springer.

Cilji in kompetence:

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

- uporabo teoretičnega in praktičnega znanja pri organizaciji, načrtovanju in izvajanju dela,
- izvajanje ginekološko porodniške fizioterapije s pomočjo ustreznih fizioterapevtskih metod in tehnik,
- ocenjevanje zdravstvenega stanja bolnice, določitev vrste in obsega funkcionalnih omejitev ginekološko-reproduktivnega sistema, postavljanje fizioterapevtske diagnoze, predlaganje ustrezne

Objectives and competences:

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

- the use of theoretical and practical knowledge of the organization, planning and implementation of work,
- implementation of gynecology and obstetrics physiotherapy using the appropriate physiotherapeutic methods and techniques,
- assessment of the patient's health status, determination of the type and extent of functional restrictions of the gynecological reproductive system,

<p>fizioterapevtske obravnave in vodenje predpisane dokumentacije,</p> <ul style="list-style-type: none"> • evalviranje rezultatov in učinkovitosti terapije (kritična refleksija), • sodelovanje v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu. 	<p>setting up a physiotherapeutic diagnosis, proposing the appropriate physiotherapeutic treatment and managing the relevant documentation,</p> <ul style="list-style-type: none"> • evaluation of results and effectiveness of the therapy (critical reflection), • participation in the physiotherapeutic, interdisciplinary and multidisciplinary team.
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Predvideni študijski rezultati:

Intended learning outcomes:

<p>Študent/študentka:</p> <ul style="list-style-type: none"> • pozna anatomijo in fiziologijo urološkega in reproduktivnega sistema, • prepozna najpogostejša ginekološka obolenja, • pozna vlogo ginekološko-porodniške fizioterapije v procesu obravnave ginekološke bolnice, nosečnice ali porodnice, • razvije sposobnost kritične ocene v primerih uporabe ustreznih postopkov fizioterapije pri bolnicah z onkološkim obolenjem, • se usposobi za predvidevanje, izbor, načrtovanje in izvajanje postopkov fizioterapije v ginekologiji in porodništvu, • se usposobi za evalvacijo in dokumentiranje izvedenih postopkov v ginekologiji in porodništvu, • razvije sposobnost delovanja v multidisciplinarnem zdravstvenem timu. 	<p>Students:</p> <ul style="list-style-type: none"> • know the anatomy and physiology of the urological and reproductive system, • recognize the most common gynecology diseases, • know the role of gynecological and obstetrical physiotherapy in the process of treating patients with gynecological disease, pregnant women or women after the labor, • develop the ability to critically evaluate the use of appropriate physiotherapy procedures in patients with oncological disease, • are qualified for anticipation, selection, planning and implementation of procedures of physiotherapy in gynecology and obstetrics, • Are qualified for the evaluation and documentation of the performed procedures in gynecology and obstetrics, • develop the ability to work in a multidisciplinary healthcare team.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.
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Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: <ul style="list-style-type: none"> • izpit • kolokvij Ocenjevalna lestvica: ECTS.	80 % 20 %	Types: <ul style="list-style-type: none"> • exam • preliminary exam Grading scheme: ECTS.