

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Ocenjevalne metode v fizioterapiji
Course title	Assessment Methods in Physiotherapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja	Ni smeri študija	1. letnik	2.
Physiotherapy / 1 st Cycle	No study field	1 st year	2 nd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code FTH 1 UN 8

Predavanja	Sem. vaje	Kab. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Tutorial	Cabinet tutorial	Laboratory work	Field work	Individ. work	
60		60			120	8

Nosilec predmeta/Lecturer: dr. Blanka Koščak Tivadar, viš. pred.
Nataša Koprivnik, pred.

Jeziki/ Predavanja/Lectures: slovenski/Slovenian
Languages:
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.
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Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> • <i>Goniometrija:</i> pomen goniometrije, anatomske ravni in osi, delitev sklepov, položaji sklepov, obseg gibljivosti, občutek na koncu giba, merilne naprave, kontraindikacije in previdnosti pri goniometriji, • <i>Tehnika in postopek goniometrije:</i> položaj preiskovanca, položaj preiskovalcev, stabilizacija, izvedba giba, uporaba in nastavitev goniometra, 	<ul style="list-style-type: none"> • <i>Goniometry:</i> the significance of goniometry, anatomical levels and axes, division of joints, positions of joints, the range of motion, feeling at the end of the movement, measuring devices, contraindications and caution in goniometry, • <i>Goniometry technique and procedure:</i> position of the subject, position of the investigators, stabilization, execution of movement, use and adjustment of goniometer,

<p>orientacijske kostnoanatomske točke, odčitavanje in zapisovanje dobljenih vrednosti, zanesljivost in veljavnost goniometrije, postopek goniometrije.</p> <ul style="list-style-type: none"> • <i>Definicija manualnega testiranja mišic.</i> • <i>Terminologija manualnega testiranja mišic.</i> • <i>Uporabnost manualnega testiranja:</i> zanesljivost, veljavnost, objektivnost. • <i>Kontraindikacije in previdnostni ukrepi.</i> • <i>Splošna načela manualnega testiranja.</i> • <i>Dejavniki, ki vplivajo na ocenjevanje mišične zmogljivosti.</i> • <i>Splošen postopek manualnega testiranja mišic.</i> <p><i>Kabinetne vaje:</i></p> <ul style="list-style-type: none"> • <i>Goniometrija zgornjega uda:</i> ramenski sklep, ramenski obroč, komolčni sklep, proksimalni in distalni radioulnarni sklep, zapestni sklep, sklepi palca, sklepi kazalca, sredinca, prstanca in mezinca. • <i>Goniometrija spodnjega uda:</i> kolčni sklep, kolenski sklep, zgornji skočni sklep, spodnji skočni sklep, sklepi palca. • <i>Goniometrija hrbtenice:</i> vratni del hrbtenice, prsni in ledveni del hrbtenice. • <i>Linearne meritve obsegov gibljivosti:</i> fleksija prstov, abdukcija prstov, opozicija palca, lopatica, vratni del hrbtenice, prsni in ledveni del hrbtenice, prsni koš. • <i>Merjenje dolžin udov:</i> merjenje dolžin zgornjega uda, merjenje dolžin spodnjega uda. • <i>Merjenje obsegov udov:</i> merjenje obsegov zgornjega uda, 	<p>orientational bone anatomy points, reading and recording the values obtained, reliability and validity of goniometry, goniometry procedure,</p> <ul style="list-style-type: none"> • <i>Definition of manual muscle testing.</i> • <i>Manual muscle testing terminology.</i> • <i>Usability of manual testing:</i> reliability, validity, objectivity. • <i>Contraindications and precautions,</i> • <i>General principles of manual testing,</i> • <i>Factors influencing the assessment of muscle performance,</i> • <i>A general procedure for manual muscle testing.</i> <p><i>Cabinet tutorial:</i></p> <ul style="list-style-type: none"> • <i>Upper limb goniometry:</i> shoulder joint, shoulder ring, elbow joint, proximal and distal radioulnar joint, wrist joint, joints of the thumb, joints of the pointer, the middle, the ring and the little finger. • <i>Lower limb goniometry:</i> hip joint, knee joint, upper ankle joint, lower ankle joint, joints of the big toe. • <i>Goniometry of the spine:</i> cervical spine, thoracic and lumbar spine. • <i>Linear measurements of mobility ranges:</i> flexion of fingers, abduction of fingers, opposition of the thumb, scapula, cervical spine, thoracic and lumbar spine, chest. • <i>Measurement of limb lengths:</i> measuring the length of the upper limb, measuring the length of the lower limb. • <i>Measurement of limb extent:</i>
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<p>merjenje obsegov spodnjega uda.</p> <ul style="list-style-type: none"> • <i>Manualno testiranje mišic zgornjega uda:</i> mišice ramenskega sklepa, mišice komolčnega sklepa in podlakti, mišice zapestnega sklepa, mišice prstov, mišice palca. • <i>Manualno testiranje lopatice.</i> • <i>Manualno testiranje mišic vratu in trupa.</i> • <i>Manualno testiranje mišic spodnjega uda:</i> mišice kolčnega sklepa, mišice kolenskega sklepa, mišice goleni in stopala, mišice palca in prstov. • <i>Manualno testiranje mišic glave in sprednje strani vratu.</i> 	<p>measurement of the upper limb extent, measurement of the lower limb extent.</p> <ul style="list-style-type: none"> • <i>Manual muscle testing of the upper limb:</i> muscle of the shoulder joint, muscles of the elbow joint and forearm, muscle of the wrist, muscles of the fingers, thumb muscles. • <i>Manual scapula testing.</i> • <i>Manual neck and trunk testing.</i> • <i>Manual testing of lower limb muscles:</i> muscles of the hip joint, knee joint muscles, muscles of the lower leg and foot, muscles of the thumb and fingers. • <i>Manual testing of the head and neck muscles.</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Jakovljević, M. in Hlebš, S. (2015). *Meritve gibljivosti sklepov, obsegov in dolžin udov*. Ljubljana: Zdravstvena fakulteta.
- Jakovljević, M. in Hlebš, S. (2015). *Manualno testiranje mišic*. Ljubljana: Zdravstvena fakulteta.

Priporočljiva literatura/Recommended literature

- Dittmar, S. S. in Gresham, G. E. (2015). *Functional assessment and outcome measures for the rehabilitation health professional*. Austin; Pro ed.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij s področja meritev gibljivosti sklepov, obsegov in dolžin udov, manualnega testiranja mišic, izbrane internetne strani.

Cilji in kompetence:

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

- poznavanje in razumevanje postopkov testiranja in ocenjevanja,
- sposobnost uporabiti teoretično znanje pri praktičnem izvajanju dela,
- sposobnost ocenjevanja zdravstvenega stanja pacienta, določitev vrste in obsega funkcionalnih omejitev lokomotornega sistema,
- sposobnost razlage pomena rezultatov testiranja,
- sposobnost kritično presoditi kakovost lastnega dela,

Objectives and competences:

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

- knowledge and understanding of testing and assessment procedures,
- the ability to use theoretical knowledge in practical work,
- the ability to assess the patient's health status, determine the type and extent of the functional constraints of the locomotor system,
- the ability to interpret the significance of test results,
- the ability of critically assessing the quality of one's own work,

<ul style="list-style-type: none"> • prepoznavanje ključnih ciljev fizioterapevtskega programa, • sposobnost pravilnega dokumentiranja rezultatov testiranja, • sposobnost razviti empatično komunikacijo v interakciji s pacientom pri terapevtski obravnavi, • razvoj veščin in spretnosti za izvajanje fizioterapevtskega programa pri posameznih primerih na področju ocenjevalnih metod v fizioterapiji, • sposobnost zavračanja pristopov, ki so strokovno in empirično neutemeljeni, • sposobnost sodelovanja v fizioterapevtskem, interdisciplinarnem in multidisciplinarnem timu, • sposobnost obnašanja, skladno z načeli in principi Kodeksa etike fizioterapevtov SLO. 	<ul style="list-style-type: none"> • identifying the key goals of the physiotherapy program, • the ability to correctly document the test results, • the ability to develop empathic communication in interaction with patients in the therapeutic treatment, • development of skills and competences for the implementation of a physiotherapeutic program in individual cases in the field of assessment methods in physiotherapy, • the ability to reject approaches that are professional and empirically unfounded, • the ability to participate in a physiotherapeutic, interdisciplinary and multidisciplinary team, • the ability to behave in accordance with the principles of the Code of Ethics for Physiotherapists in Slovenia.
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Predvideni študijski rezultati:

Študent/študentka:

- razume pomen ocenjevalnih metod kot osnovo fizioterapevtskega pregleda pri vseh kliničnih vajah,
- pozna funkcionalne anatomije lokomotorne sistema,
- je sposoben organizirati in opraviti postopek ocenjevanja,
- zna dokumentirati postopke testiranja in ocenjevanja,
- sposoben je podati razlago fizioterapevtskega pregleda,
- pozna razliko med fiziološkimi in patološkimi izidi pri testiranju,
- zna uporabiti ocenjevalne metode kot osnove fizioterapevtskega pregleda,
- usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije zgornjega uda,
- usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije spodnjega uda,
- usposobi se za uporabo veščin in spretnosti pri izvedbi goniometrije hrbtenice,
- usposobi se za uporabo veščin in spretnosti pri linearnih meritvah obsegov gibljivosti,

Intended learning outcomes:

Students:

- understand the importance of assessment methods as the basis of a physiotherapeutic examination in all clinical exercises,
- know the functional anatomy of the locomotor system,
- are able to organize and perform the evaluation process,
- can document the testing and evaluation procedures,
- are able to give an explanation of the physiotherapeutic examination,
- know the difference between the physiological and pathological results of testing,
- can use assessment methods as the basis of a physiotherapeutic examination,
- qualify for the use of skills and competences for performing the upper limb goniometry,
- qualify for the use of skills and competences for performing the lower limb goniometry,
- qualify for the use of skills and competences for performing goniometry of the spine,

<ul style="list-style-type: none"> • usposobi se za uporabo veščin in spretnosti pri merjenju dolžin udov, • usposobi se za uporabo veščin in spretnosti pri merjenju obsegov udov, • usposobi se za uporabo veščin in spretnosti za manualno testiranje mišic zgornjega uda, • usposobi se za uporabo veščin in spretnosti za manualno testiranje lopatice, • usposobi se za uporabo veščin in spretnosti za manualno testiranje vratu in trupa, • usposobi se za uporabo veščin in spretnosti za manualno testiranje mišic spodnjega uda, • usposobi se za uporabo veščin in spretnosti za manualno testiranje glave in mišic sprednjega dela vratu. 	<ul style="list-style-type: none"> • qualify for the use of skills and competences for performing linear measurements of mobility ranges, • qualify for the use of skills and competences for measuring the limb length, • qualify for the use of skills and competences for measuring the limb circumference, • qualify for the use of skills and competences for performing manual muscle testing of the upper limb, • qualify for the use of skills and competences for performing manual muscle scapula testing, • qualify for the use of skills and competences for performing manual neck and trunk testing, • qualify for the use of skills and competences for performing manual testing of lower limb muscles, • qualify for the use of skills and competences for performing manual testing of the head and neck muscles.
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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:

<p>Načini:</p> <ul style="list-style-type: none"> • pisni izpit • kolokvij (kabinetne vaje) <p>Ocenjevalna lestvica: ECTS.</p>	<p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • written exam • preliminary exam (cabinet work) <p>Grading scheme: ECTS.</p>
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