

	<b>UCNI NACRT PREDMETA/COURSE SYLLABUS</b>
<b>Predmet</b>	<b>Kardiovaskularna in respiratorna fizioterapija</b>
<b>Course title</b>	<b>Cardiovascular and Pulmonary Physiotherapy</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	2. letnik	3.
Physiotherapy / I <sup>st</sup> Cycle	No study field	2 <sup>nd</sup> year	3 <sup>rd</sup>

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

**Univerzitetna koda predmeta/University course code** FTH 2 UN 7

<b>Predavanja</b> <b>Lectures</b>	<b>Sem. vaje</b> <b>Tutorial</b>	<b>Kab. vaje</b> <b>Cabinet tutorial</b>	<b>Lab. vaje</b> <b>Laboratory work</b>	<b>Teren. vaje</b> <b>Field work</b>	<b>Samost. delo</b> <b>Individ. work</b>	<b>ECTS</b>
45		45			90	6

**Nosilec predmeta/Lecturer:**

<b>Jeziki/ Languages:</b>	<b>Predavanja/Lectures:</b>	slovenski/Slovenian
	<b>Vaje/Tutorial:</b>	slovenski/Slovenian

<b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b>	<b>Prerequisites:</b>
Vpis v drugi letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second year of study.

<b>Vsebina:</b>	<b>Content (Syllabus outline):</b>
<ul style="list-style-type: none"> <li>• Vloga fizikalne in rehabilitacijske medicine v kardiologiji in pulmologiji. Kardiovaskularna in respiratorna fizioterapija na vseh nivojih primarnega, sekundarnega in terciarnega zdravstvenega varstva.</li> <li>• Vloga kardiovaskularne in respiratorne fizioterapije v rehabilitaciji.</li> <li>• Vloga kardiovaskularne in respiratorne fizioterapije v enoti intenzivne nege.</li> <li>• Anatomija in fiziologija kardiovaskularnega in respiratornega sistema.</li> <li>• Kardiovaskularna in respiratorna obolenja.</li> </ul>	<ul style="list-style-type: none"> <li>• The role of physical and rehabilitation medicine in cardiology and pulmonology. Cardiovascular and pulmonary physiotherapy at all levels of primary, secondary and tertiary health care.</li> <li>• The role of cardiovascular and pulmonary physiotherapy in rehabilitation.</li> <li>• The role of cardiovascular and pulmonary physiotherapy in the intensive care unit.</li> <li>• Anatomy and physiology of cardiovascular and pulmonary system.</li> <li>• Cardiovascular and pulmonary diseases.</li> </ul>

<ul style="list-style-type: none"> <li>• Onkologija v kardiologiji in pulmologiji.</li> <li>• Posebnosti kardiovaskularne in respiratorne obravnave pri akutnih in kroničnih srčnih ali pulmonalnih obolenjih.</li> <li>• Posebnosti rehabilitacije pri nekaterih kardioloških in pulmoloških spremljajočih bolezenskih stanjih: Akutni miokardni infarkt, poškodbe glave, spinalne poškodbe, živčno-mišične bolezni, razvojno nevrološka obolenja pri otrocih.</li> <li>• Kardiološka in respiratorna fizioterapevtska ocena: Anamneza, inspekcija, palpacija, postopki merjenja dihalne funkcije, merjenje pljučnih volumnov</li> <li>• Postopki kardiovaskularne in respiratorne fizioterapije. Terapevtske metode predihavanja in čiščenja dihalnih poti, kisikova terapija, mehanska ventilacija.</li> <li>• Komunikacija z drugimi zdravstvenimi delavci v rehabilitacijskem timu. Spremljanje in evalviranje ambulantne, hospitalne in zdraviliške kardiovaskularne in respiratorne fizioterapije.</li> </ul>	<ul style="list-style-type: none"> <li>• Oncology in cardiology and pulmonology.</li> <li>• The specifics of cardiovascular and pulmonary treatment in patients with acute or chronic cardiovascular or pulmonary diseases.</li> <li>• Specific features of rehabilitation in some cardiac and pulmonary accompanying conditions: Acute myocardial infarction, head trauma, spinal injuries, neuromuscular diseases, developmental neurological diseases in children.</li> <li>• Cardiovascular and pulmonary physiotherapy assessment. Anamnesis, inspection, palpation, procedures for measuring the respiratory function and lung volume.</li> <li>• Procedures of cardiovascular and pulmonary physiotherapy. Therapeutic methods for ventilation and cleaning the airways, oxygen therapy and mechanical ventilation.</li> <li>• Communication with other health professionals in the rehabilitation team. Monitoring and evaluation of cardiovascular and pulmonary physiotherapy in ambulatory care clinics, hospitals and health resorts.</li> </ul>
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### Temeljna literatura in viri/Readings:

#### Temeljna literatura/Basic literature

- Frownfelter D. L. in Dean E. W. (2013). *Cardiovascular and Pulmonary Physical Therapy: Evidence and practice*. 5th Edition. St.Louis, USA: Mosby/Elsevier.
- Garrod, R. (2004). *Pulmonary rehabilitation: An interdisciplinary approach*. London: St George's Hospital Medical School and Kingston University.
- Videnšek, S. (2012). *Respiratorna fizioterapija. Učbenik za študente fizioterapije, fizioterapevte ter ostale zdravstvene delavce*. 1.izdaja. Maribor: Znanje s.p.

#### Priporočljiva literatura/Recommended literature

- Moffat, M. in Frownfelter, D. (2007). *Cardiovascular/Pulmonary Essentials. Applying the Preferred Physical Therapist Practice Patterns*. USA: Slack Incorporated.
- Watchie, J. (2010). *Cardiovascular and pulmonary physical therapy. A clinical Manual*. Missouri: Saunders Elsevier.

### 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"> <li>• uporabo teoretičnega in praktičnega znanja pri organizaciji, načrtovanju in izvajanju dela,</li> <li>• izvajanje kardiovaskularne in respiratorne fizioterapije s pomočjo ustreznih fizioterapevtskih metod in tehnik,</li> <li>• ocenjevanje zdravstvenega stanja pacienta, določitev vrste in obsega funkcionalnih omejitev kardiovaskularnega in respiratornega sistema, postavljanje fizioterapevtske diagnoze, predlaganje ustrezne kardiovaskularne in respiratorne fizioterapevtske obravnave in vodenje predpisane dokumentacije,</li> <li>• uporabo naprav in pripomočkov za izvajanje kardiovaskularne in respiratorne fizioterapije,</li> <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>• the use of theoretical and practical knowledge in organization, planning and implementation of work,</li> <li>• performing cardiovascular and pulmonary physiotherapy using the methods and techniques,</li> <li>• assessment of the patient's health status, determination of the type and extent of functional restrictions of the cardiovascular and respiratory system, setting a physiotherapeutic diagnosis, proposing the appropriate cardiovascular and pulmonary physiotherapeutic treatment and documentation management,</li> <li>• the use of devices and tools for implementation of cardiovascular and pulmonary physiotherapy,</li> <li>• evaluation of results and efficacy of therapy (critical reflection),</li> <li>• participation in the physiotherapeutic, interdisciplinary and multidisciplinary team.</li> </ul>
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**Predvideni študijski rezultati:**

**Študent/študentka:**

- pozna anatomijo in fiziologijo kardiorespiratornega sistema,
- prepozna najpogostejša obolenja srčno-žilnega in respiratornega sistema,
- pozna vlogo kardiovaskularne in respiratorne fizioterapije v procesu zdravljenja bolnika s srčno-žilnim ali pljučnim obolenjem,
- razvije sposobnost kritične ocene v primerih uporabe ustreznih postopkov kardiovaskularne in respiratorne fizioterapije pri življenjsko ogroženem bolniku v enoti intenzivne terapije,
- se usposobi za predvidevanje, izbor, načrtovanje in izvajanje postopkov ter uporabo pripomočkov kardiovaskularne in respiratorne fizioterapije,
- se usposobi za evalvacijo in dokumentiranje izvedenih postopkov v terapiji srčnega ali pulmonalnega bolnika,
- Razvije sposobnost delovanja v multidisciplinarnem zdravstvenem timu.

**Intended learning outcomes:**

**Students:**

- know the anatomy and physiology of the cardiorespiratory system,
- recognize the most common diseases of the cardiovascular and respiratory system,
- know the role of cardiovascular and pulmonary physiotherapy in the process of treating the patient with cardiovascular or lung disease,
- develop the ability to critically evaluate the use of appropriate procedures of cardiovascular and pulmonary physiotherapy in dealing with a life-threatening patient in the intensive care unit,
- are qualified for anticipation, selection, planning and implementation of procedures, and the use of cardiovascular and pulmonary physiotherapy equipment,
- are qualified for evaluation and documentation of the performed

	<p>procedures in the treatment of cardiac or pulmonary patients,</p> <ul style="list-style-type: none"> <li>develop the ability to work in a multidisciplinary healthcare team.</li> </ul>
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**Metode poučevanja in učenja:**

**Learning and teaching methods:**

<ul style="list-style-type: none"> <li><i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),</li> <li><i>kabinetne vaje</i>: demonstracija, metoda praktičnih del, delo v parih, študije primera, razgovor, diskusija, simulacija.</li> </ul>	<ul style="list-style-type: none"> <li><i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving),</li> <li><i>cabinet tutorial</i>: demonstration, method of practical work, work in pairs, case studies, conversation, discussion, simulation.</li> </ul>
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**Načini ocenjevanja:**

Delež (v %)

Weight (in %)

**Assessment:**

<p>Načini:</p> <ul style="list-style-type: none"> <li>pisni izpit</li> <li>kolokvij</li> </ul> <p>Ocenjevalna lestvica: ECTS.</p>	<p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> <li>written exam</li> <li>preliminary exam</li> </ul> <p>Grading scheme: ECTS.</p>
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