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## Assessment tools for midterm assessment “Medical rehabilitation”

|                     |                           |
|---------------------|---------------------------|
| Curriculum          | 31.05.01 General Medicine |
| Specialty           | General Medicine          |
| Form of education   | Full-time                 |
| Designer Department | Internal diseases         |
| Graduate Department | Internal diseases         |

### Sample tasks for control work (12 term):

#### **Topic 1. Organizational and methodological foundations of medical rehabilitation**

1. The definition of medical rehabilitation.
2. The principle of phasing, i.e. rehabilitation at the hospital, polyclinic, sanatorium-resort stages, rehabilitation at home.
3. The concept of medical and social rehabilitation: social and labor rehabilitation, psychological rehabilitation, occupational therapy.

#### **Topic 2. Physical rehabilitation in the system of medical rehabilitation**

1. Forms and methods of physical exercise therapy.
2. The main types of physical exercises (gymnastic, sports games). Classification of the gymnastic exercises.
3. Musculoskeletal medicine. The prescription of the physical therapy with different musculoskeletal regimes.

#### **Topics 3. Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy**

1. Classification of therapeutic physical factors. Indications and contraindications for physiotherapy treatment.
2. Electrotherapy: galvanization and drug electrophoresis, pulsed therapy, UHF therapy. The definition, the characteristics of each method.
3. Phototherapy: infrared radiation (IR) and radiation of the visible part of the spectrum (VS).
4. Ultraviolet radiation (UV). Characteristics of the light therapy.
5. Ultrasound therapy. Indications and contraindications.

#### **Topics 4-5. Types of physiotherapy treatment: heat and cold treatment, mud therapy. Basics of spa treatment**

1. The place of resorts in the health care system.
2. Classification of resorts.
3. Sanatorium-and-resort treatment. General medical indications for sanatorium-and-resort treatment.
4. General contraindications to sanatorium-and-resort treatment.

#### **Topics 6. Medical control in medical rehabilitation**

1. Goals and objectives of physical testing.
2. Requirements for functional tests. Classification of functional tests.
3. Basic principles and methods for assessing physical performance.

4. Physiological fitness indices. Types of reactions to physical activities.

**Topic 7. Medical rehabilitation of patients with cardiovascular diseases (cardiac rehabilitation)**

1. Medical rehabilitation of patients with stable angina. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.
2. Medical rehabilitation of patients with hypertension. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.
3. Medical rehabilitation of patients with chronic heart failure. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.

**Topic 8. Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism**

1. Medical rehabilitation of patients with bronchial asthma and COPD. Goals and objectives of rehabilitation therapy. Features of application of the therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
2. Medical rehabilitation of patients with pneumonia. Goals and objectives of rehabilitation therapy. Features of application of the therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
3. Medical rehabilitation of patients with pleurisy. Goals and objectives of rehabilitation therapy. Features of application of therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
4. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (peptic ulcer and duodenal ulcer)
5. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (chronic gastritis).
6. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (chronic enteritis and colitis).

**Topic 9. Medical rehabilitation in surgery, traumatology and orthopedics**

1. The basic principles of medical rehabilitation in abdominal surgery. The place of the physical exercise therapy in the phased treatment of surgical patients.
2. Tasks and features of medical rehabilitation in the preoperative, early and late postoperative periods.
3. Development of the program of rehabilitation measures after hernia repair, appendectomy, cholecystectomy.

**Topic 10. Medical rehabilitation in neurology**

1. Neurorehabilitation (definition, concept of early neurorehabilitation)
2. The basic principles of neurorehabilitation
3. Rehabilitation of patients after stroke at the first stage (physiotherapy).
4. Sanatorium-resort treatment of patients after stroke (the third stage of neuro-rehabilitation).

**Topic 11. Medical rehabilitation in obstetrics and gynecology**

1. The value of the physical fitness.
2. The role of physical exercises in the prevention of complications of pregnancy, childbirth and the postpartum period.
3. Tasks, features of the physical exercise therapy, depending on the duration of pregnancy. Restrictions, contraindications to the use of physical factors and exercise therapy during pregnancy.

**Points for midterm assessment (12 (B) term).**

1. The definition of medical rehabilitation.
2. The principle of phasing, i.e. rehabilitation at the hospital, polyclinic,

sanatorium-resort stages, rehabilitation at home.

3. Musculoskeletal medicine. The prescription of the physical therapy with different musculoskeletal regimes
4. General contraindications to sanatorium-and-resort treatment.
5. Requirements for functional tests. Classification of functional tests.
6. Basic principles and methods for assessing physical performance.
7. Medical rehabilitation of patients with stable angina. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.
8. Medical rehabilitation of patients with hypertension. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.
9. Medical rehabilitation of patients with chronic heart failure. Mechanisms of recovery and compensation of functions, rehabilitation possibilities.
10. Medical rehabilitation of patients with bronchial asthma and COPD. Goals and objectives of rehabilitation therapy. Features of application of the therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
11. Medical rehabilitation of patients with pneumonia. Goals and objectives of rehabilitation therapy. Features of application of the therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
12. Medical rehabilitation of patients with pleurisy. Goals and objectives of rehabilitation therapy. Features of application of therapeutic factors (exercise therapy, physiotherapy, climatotherapy). Indications and contraindications.
13. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (peptic ulcer and duodenal ulcer)
14. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (chronic gastritis).
15. Means and methods of medical rehabilitation, especially the dosage of physical exercises for diseases of the gastrointestinal tract (chronic enteritis and colitis).
16. The basic principles of medical rehabilitation in abdominal surgery. The place of the physical exercise therapy in the phased treatment of surgical patients.
17. Tasks and features of medical rehabilitation in the preoperative, early and late postoperative periods.
18. Development of the program of rehabilitation measures after hernia repair, appendectomy, cholecystectomy.
19. Neurorehabilitation (definition, concept of early neurorehabilitation)
20. The basic principles of neurorehabilitation
21. Rehabilitation of patients after stroke at the first stage (physiotherapy).
22. Sanatorium-resort treatment of patients after stroke (the third stage of neuro-rehabilitation).
23. The value of the physical fitness.
24. The role of physical exercises in the prevention of complications of pregnancy, childbirth and the postpartum period.
25. Tasks, features of the physical exercise therapy, depending on the duration of pregnancy. Restrictions, contraindications to the use of physical factors and exercise therapy during pregnancy.

**Sample tests (with keys) for midterm assessment.**

1 variant

*1. What is a contraindication for transferring a patient with myocardial infarction to the next stage of physical activity?*

**1. negative ECG dynamics**

2. positive ECG dynamics
3. no disease complications
4. bad mood
5. excess weight

*2. What is the main type of physical activity used at the sanatorium stage of rehabilitation of patients after myocardial infarction?*

1. outdoor games
2. strength training
3. **metered training walk**
4. occupational therapy
5. occupations on the exercise bike

*3. What is a contraindication to the appointment of different forms of physical therapy in hypertension?*

**1. hypertensive crisis**

2. single extrasystoles
3. blood pressure 180/100 mm Hg.
4. blood pressure 105/75 mm.rt.st.
5. bad mood

*4. What concerns special physical exercises at a hypotonic disease?*

1. **exercises with static and dynamic effort**
2. breathing exercises of static and dynamic nature
3. exercises on the distal limbs
4. relaxation exercises
5. exercises with the subject

*5. What are the contraindications to the appointment of exercise therapy in acute pneumonia?*

1. cough with sputum
2. low-grade fever
3. tachycardia (pulse over 100 beats per minute)
4. sweating
5. poor sleep

2 variant

*1. What motor defect appears after an acute violation of cerebral circulation (stroke)?*

1. flaccid paralysis of the lower limbs

**2. spastic hemiparesis**

3. the presence of tremor

4. decrease in muscle tone

5. difficulty breathing

*2. From what moment is a special physiotherapy prescribed for hemorrhagic stroke?*

1. from the first hours after a stroke

2. before discharge from hospital

**3. after hemodynamic recovery**

4. in a week

5. after discharge from hospital

*3. From what moment do they begin treatment with a hemorrhagic stroke?*

**1. from the first hours after a stroke**

2. after stabilization of the general condition

3. before discharge from hospital

4. after 3 days

5. after discharge from hospital

*4. What are the contraindications for prescribing exercise therapy during pregnancy?*

1. pregnancy 6-12 weeks

**2. The usual miscarriages in history**

3. pregnancy 36-38 weeks

4 pregnancy 12-16 weeks

5. pregnancy 20 weeks

*5. What physical exercises are included in prenatal gymnastics?*

**1. walking with dynamic breathing exercises**

2. simple exercise for limbs from the original position lying on his stomach

3. squats and jumps within the state of the pregnant

4. somersaults

5. pull-ups