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Khanty-Mansiysk Autonomous Okrug -Ugra
«Surgut State University»

Approved by
Deputy Rector for Academic Affairs

_____ E.V. Konovalova

11 June 2026 г., Record No. 5

Medical rehabilitation Syllabus

Department	Internal diseases
Curriculum	s310501-ЛечДело-26-6.plx Speciality 31.05.01: General Medicine
Qualification	General Practitioner
Form of education	Full-time
Total (of credits)	3
Total academic hours	108
including:	Control: Credit term 12
Classes	64
Self-study	44

Course outline in terms

Academic year (Term)	12 (6.2)		Total	
	УП	ПП	УП	ПП
Weeks	19 1/6			
Type of classes	УП	ПП	УП	ПП
Lectures	16	16	16	16
Practical	48	48	48	48
Self-study	64	64	64	64
Control hours	64	64	64	64
Total	44	44	44	44
Weeks	108	108	108	108

УП: s310501-ЛечДелоИн-25-6.plx

The Syllabus is compiled by:

PhD in Medical Sciences, Associate Professor, Matveeva A.M.

The Syllabus

Medical rehabilitation

Developed in accordance with Federal State Education Standard:

Federal State Education Standard of higher education in the speciality 31.05.01. General Medicine (Order of the Ministry of Education and Science of Russian Federation on February 12.08.2020 г. № 988)

Based on the Curriculum:

31.05.01 GENERAL MEDICINE

Specialization General Medicine

Approved by the academic Council of Surgut State University, 11 June 2026, Record No 5.

The Syllabus was approved by the department

Internal diseases

Head of Department, Doctor of Medicine, Professor Ariamkina O.L.

1. COURSE OBJECTIVES

1.1. **The aim** of the course “Medical rehabilitation” is to study the effects of natural and artificial therapeutic physical factors, climatic factors, and physical exercises on patients’ bodies, and also to give students specific knowledge and practical skills of using evidence-based rehabilitation methods to restore or compensate for impaired functions.

1.2. **The objectives** of the discipline "Medical Rehabilitation" are:

- to study the fundamental principles of the rehabilitation process (phasing, complexity, individuality, etc.);
- to study the characteristics, mechanisms of the therapeutic effect, indications, contraindications, methods of physical therapy, massage, manual therapy, reflex therapy, physiotherapy, climatotherapy in the form of a single set of medical rehabilitation facilities;
- to teach the definition of the rehabilitation potential of patients undergoing somatic diseases, injuries

2. COURSE OVERVIEW

Assumed background:

Anatomy

Physics, Mathematics

Hominal Physiology

General Pathophysiology

Clinical Pathophysiology

General Pathologic Anatomy

Clinical Pathologic Anatomy

Post requisite courses and practice:

Practical Obstetrics and Gynecology

Hospital Surgery, Paediatric Surgery

Hospital Therapy, Endocrinology

Ambulatory Therapy

Oncology, X-Ray Therapy

Clinical Surgery

3. COMPETENCES UPON COMPLETION OF THE COURSE (MODULE)

GC-9.1: Has an understanding of the principles of non-discriminatory interaction in communication in various spheres of life, taking into account the socio-psychological characteristics of persons with disabilities.

GC-9.2: Creates conditions for equal communication, social and professional self-realization of persons with disabilities within the framework of his/her professional activities.

GC-9.3: Interacts with persons with disabilities or invalidity in the social and professional sphere.

GPC-1.1: Demonstrates knowledge of the legislation of the Russian Federation on the rights and obligations of citizens in the healthcare sector (Constitution of the Russian Federation with amendments of 2020, No. 323-FZ) and is able to implement legal norms, ethical and deontological principles of professional activity.

GPC-2.3: Demonstrates knowledge in the implementation of a set of measures aimed at preserving and strengthening health, including the formation of a healthy lifestyle, prevention of the occurrence and/or spread of diseases, their early diagnosis, identification of the causes and conditions of their occurrence and development, as well as measures aimed at eliminating the harmful influence of environmental factors on human health.

GPC-8.1: Assesses the patient's ability to work, the patient's loss of ability to work at all stages of medical care, and conducts a medical-social examination assessing temporary or permanent disability.

GPC-8.2: Demonstrates the ability to implement and monitor the effectiveness of the patient's medical rehabilitation, including in the implementation of individual rehabilitation and habilitation programs for persons with disabilities.

GPC-8.3: Determines the need for the use of natural therapeutic factors, pharmacological and non-pharmacological therapy, and other methods in patients requiring medical rehabilitation and sanatorium-and-spa treatment.

GPC-8.4: Teaches patients and their relatives the basic hygienic health-promoting measures, skills of self-monitoring of basic physiological indicators that contribute to the preservation and strengthening of health, and disease prevention.

PC-3.1: Examines the patient (collects and analyzes the patient's complaints, medical history data, physical examination findings, determines the necessary examination plan, evaluates the parameters of laboratory, instrumental, pathological-anatomical and other research methods for the purpose of disease diagnosis, assesses the prognosis (short-, medium- and long-term) of the disease course and its outcomes).

PC-3.4: Carries out patient routing and management based on current legislation (standards, procedures for medical care, Clinical Guidelines).

PC-6.1: Assesses signs of loss of ability to work (temporary, permanent) in the patient.

PC-6.3: Assesses the patient's ability to undergo medical rehabilitation and habilitation, and refers the patient in need of medical rehabilitation to a specialist physician for the implementation of medical rehabilitation/habilitation in accordance with current procedures for medical care, standards and clinical guidelines (treatment protocols).

PC-6.5: Evaluates the effectiveness and safety of the patient's medical rehabilitation measures in accordance with current legislation.

PC-8.2: Maintains medical records, including in electronic form.

By the end of the course students must:

3.1	know:
3.1.1	- basic concepts and medical rehabilitation of patients;
3.1.2	- methods for determining the health physical and functional levels;
3.1.3	-clinical and functional characteristics of medical physical culture;
3.1.4	- indications and contraindications to various types of physical rehabilitation of patients with diseases of internal organs;
3.1.5	- the mechanism of the therapeutic physical culture, indications and contraindications, the features of doing exercises;
3.1.6	- basic concepts, methods of doing medical massage, mechanotherapy;
3.1.7	- the mechanism of affecting natural and artificial therapeutic physical factors on the body of a healthy and sick person;
3.1.8	- general indications and contraindications for physiotherapy.
3.2	be able to:
3.2.1	- conduct a comprehensive examination of patients to prescribe physical therapy exercises;
3.2.2	- conduct and evaluate functional tests and tests with the physical activity to study the body functional capabilities of a healthy and sick person;
3.2.3	- identify the clinical signs of the underlying disease, changes and abnormalities in the organs that limit physical performance and physical activity of patients, give a medical opinion and outline a plan for correcting disorders in physical development using physical rehabilitation tools;
3.2.4	- substantiate and prescribe a rational motor regime plan to patients at the hospital and after hospital stages of treatment;
3.2.5	- examine patients (evaluate physical development, range of motion, muscle tone, functional condition) to prescribe remedial physical therapy, physiotherapy, massage, manual therapy, sanatorium-resort treatment at all stages of medical rehabilitation for the following diseases: - myocardial infarction; - arterial hypertension; - chronic heart failure; - pneumonia; - chronic obstructive pulmonary disease; - bronchial asthma; - diseases of the gastrointestinal tract (gastric ulcer and duodenal ulcer, irritable bowel syndrome); - obesity; - diabetes.

4. STRUCTURE AND CONTENTS OF THE COURSE (MODULE)

Class code	Topics /Class type	Term / Academic year	Academic hours	Competences	Literature	Inter-active	Notes
	General issues of medical rehabilitation						
1.1.	Organizational and methodological foundations of medical rehabilitation / Lec /	12	2	GC-9.1 GC- 9.2 GC-9.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
1.2.	Organizational and methodological foundations of medical rehabilitation / Pr/	12	4	GC-9.1 GC- 9.2 GC-9.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
1.3.	Organizational and methodological foundations of medical rehabilitation / Self-study/	12	8	GPC-1.1 GPC-2.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.1.	Therapeutic physical training in the system of medical rehabilitation / Lec/	12	2	GPC-8.1 GPC-8.2 GPC-8.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.2.	Therapeutic physical training in the system of medical rehabilitation / Pr/	12	4	GPC-8.1 GPC-8.2 GPC-8.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
2.3.	Therapeutic physical training in the system of medical rehabilitation / Self-study/	12	8	GPC-8.1 GPC-8.2 GPC-8.3	L 1.1, L 2.1, L 3.1, L 3.2	0	

3.1.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Lec /	12	2	GPC-8.3 GPC-8.4	L 1.1, L 2.1, L 3.1, L 3.2	0	
3.2.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Pr/	12	4	GPC-8.3 PC-6.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
3.3.	Physiotherapy in the system of medical rehabilitation. The basics of the therapeutic use of physical factors. Types of physiotherapy treatment: electrotherapy, phototherapy, hydrotherapy /Self-study /	12	8	GPC-8.3 PC-6.3	L 1.1, L 2.1, L 3.1, L 3.2	0	
4.1.	Types of physiotherapy treatment: heat and cold treatment, mud therapy. Basics of spa treatment. /Pr/	12	4	GPC-8.3 PC- 3.4	L 1.1, L 2.1, L 3.1, L 3.2	0	
5.1.	Climatotherapy. Sanatorium-and-spa treatment /Pr/	12	4	GPC-8.3 PC- 3.4	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.1.	Medical control in medical rehabilitation /Lec /	12	2	PC-3.1 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.2.	Medical control in medical rehabilitation / / Pr/	12	4	PC-3.1 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
6.3.	Medical control in medical rehabilitation. /Self-study/	12	8	PC-3.1 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
7.1	Medical rehabilitation of patients with cardiovascular diseases / Lec/	12	2	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
8.1.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Lec/	12	2	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.1.	Medical rehabilitation in surgery, traumatology and orthopedics /Lec/	12	2	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
10.1.	Medical rehabilitation in neurology /Lec/	12	2	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	

	Private issues of medical rehabilitation						
7.2.	Medical rehabilitation of patients with cardiovascular diseases / Pr/	12	4	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
7.3.	Medical rehabilitation of patients with cardiovascular diseases / Self-study/	12	8	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
8.2.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Pr/	12	4	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
8.3.	Medical rehabilitation of patients with respiratory diseases, gastrointestinal diseases and metabolism /Self-study /	12	8	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.2.	Medical rehabilitation in surgery, traumatology and orthopedics /Pr/	12	4	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
9.3.	Medical rehabilitation in surgery, traumatology and orthopedics /Self-study /	12	8	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
10.2.	Medical rehabilitation in neurology /Pr /	12	6	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.1.	Medical rehabilitation in pediatrics, obstetrics and gynecology /Pr/	12	4	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.2.	Medical rehabilitation in pediatrics, obstetrics and gynecology / Self-study/	12	8	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2	0	
11.3	Control work /Control/	12	0	PC-3.1 PC- 3.4 PC-6.1 PC-6.3 PC- 6.5 PC-8.2	L 1.1, L 2.1, L 3.1, L 3.2		
12.	Credit	12	2	GC-9.1 GC-9.2 GC-9.3 GPC-1.1 GPC-2.3 GPC-8.1	L 1.1, L 2.1, L 3.1, L 3.2		

				GPC-8.2 GPC-8.3 GPC-8.4 PC-3.1 PC-3.4 PC-6.1 PC-6.3 PC-6.5 PC-8.2			
ASSESSMENT TOOLS							
5.1. Tests and tasks							
Supplement							
5.2. Assessment tools							
Supplement							
6. COURSE (MODULE) RESOURCES							
6.1. Recommended Literature							
6.1.1. Core							
	Authors	Title	Publish., year	Quantity			
L 1.1	Ed. A.V. Epifanova, E.E. Achkasova, V.A. Epifanova	Medical rehabilitation. Textbook	2022, electronic resource	1			
6.1.2. Supplementary							
	Authors	Title	Publish., year	Quantity			
L 2.1	A. V. Kruchkova, Yu. V. Kondusova, I. A. Poletayeva and others; edited by A. V. Kruchkova.	Care for Surgical Patients	2020, electronic resource	1			
6.1.3. Methodical development							
	Authors	Title	Publish., year	Quantity			
L 3.1	Kostsova N.G., Badretdinova A.I., Tigai Zh.G. [etc.]	Basics of Nursing Care in Surgery	2020, electronic resource	1			
L 3.2	Oslopov V.N., Bogoyavlenskaya O.V.	General Care of a Patient	2019, electronic resource	1			
6.2. Internet resources							
6.3.1 Software							
6.3.1.1	Operational system Microsoft, applied programs pack Microsoft Office						
6.3.1.2	Internet access (Wi-Fi)						
6.3.2 Information Referral systems							
6.3.2.1	E-data bases: ПГБ, Orbicon, Medline.						
6.3.2.2	Student Consultant http://www.studmedlib.ru						
7. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE (MODULE)							
Classrooms for lectures, seminars (practical classes), group and individual consultations, formative and summative control are equipped with typical educational furniture, technical teaching aids for the presentation of educational information							
Practical classes, individual consultations, formative and summative control are held in the classroom of the Department of Internal Diseases of the Medical Institute.							
Simulation center.							