

Medicine			
Bachelor	TR-NQF-HE: Level 7	QF-EHEA: Second Cycle	EQF-LLL: Level 7

## Course Introduction and Application Information

Course Code:	TIP509						
Course Name:	Physical Medicine and Rehabilitation						
Semester:	Spring						
Course Credits:	<div>ECTS</div> <div>4</div>						
Language of instruction:	Turkish						
Course Condition:							
Does the Course Require Work Experience?:	No						
Type of course:	Compulsory Courses						
Course Level:	<table> <tr> <td>Bachelor</td><td>TR-NQF-HE:7. Master`s Degree</td><td>QF-EHEA:Second Cycle</td><td>EQF-LLL:7. Master`s Degree</td></tr> </table>			Bachelor	TR-NQF-HE:7. Master`s Degree	QF-EHEA:Second Cycle	EQF-LLL:7. Master`s Degree
Bachelor	TR-NQF-HE:7. Master`s Degree	QF-EHEA:Second Cycle	EQF-LLL:7. Master`s Degree				
Mode of Delivery:	Face to face						
Course Coordinator:	Prof. Dr. HİKMET KOÇAK						
Course Lecturer(s):	Prof. Dr. Bekir Durmuş Doç. Dr. Hülya Şirzai						
Course Assistants:							

## Course Objective and Content

Course Objectives:	<p>During the Physical Medicine and Rehabilitation internship, it is aimed to provide the intern students with the following competencies.</p> <p>At the end of this internship, students;</p> <ol style="list-style-type: none"> <li>1. He can take the correct history from the patients.</li> <li>2. Can perform musculoskeletal and neurological examinations in patients.</li> </ol>
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	<p>3. Make preliminary diagnosis / diagnoses by evaluating the anamnesis and physical examination findings of a patient presenting with musculoskeletal symptoms.</p> <p>4. He / she may request appropriate radiological and laboratory tests in line with the pre-diagnosis / diagnosis of the patient presenting with musculoskeletal symptoms.</p> <p>5. Evaluate the radiological and laboratory results of the patients.</p> <p>6. Can make diagnosis and treatment processes of common FTR related diseases under the guidance of evidence-based medicine practices.</p> <p>7. Can apply basic medical interventions to adults for diagnosis, treatment or prevention.</p> <p>8. It can organize and keep records of health and disease-related data obtained from patients in medical and administrative contexts.</p> <p>9. Evaluate the results of a scientific research in the field of FTR.</p> <p>10. Can fulfill his medical responsibilities in the provision of health services within the framework of ethical principles and legal without discrimination of language, religion, race or gender.</p> <p>11. Can work in teams with colleagues and other healthcare professionals in disease management processes.</p> <p>12. It can endeavor to protect and improve the health of the individual and the society and to provide health services for the benefit of the individuals who make up the society.</p>
Course Content:	<p>Physical medicine and rehabilitation course; The goals of physical medicine and rehabilitation, who is the PTR team and the team's duties, the area they are dealing with, the physical therapy agents used in FTR, rehabilitation methods, therapeutic exercises and the diseases they are used in, Spine Examination, Posture and Gait Analysis, Upper Extremity Pains, Lower Extremity Pains, Spine Pain, Chronic Pain Syndrome, FTR Modalities-Superficial-Deep Heaters</p> <p>FTR Modalities-Analgesic Currents, General Rehabilitation, Drugs Used in FTR-Rational drug use, Drugs Used in FTR Prescription Writing, Examinations in FTR Practice-Which patient is requested and Complementary Medicine Applications in Pain Management.</p>

## Learning Outcomes

The students who have succeeded in this course;

- 1) Recall the anatomy and physiology knowledge about the musculoskeletal and nervous system.
- 2) He / she creates a list of differential diagnosis in musculoskeletal and nervous system diseases with his anamnesis, physical examination and tests by using effective communication methods.
- 3) Considers rheumatic diseases such as gout, rheumatoid arthritis, spondyloarthritis and osteoporosis as a pre-diagnosis with the history and physical examination findings and explains the referral criteria.
- 4) He / she diagnoses diseases related to osteoarthritis, disc herniation, waist, neck and back pain by interpreting the results of the diagnostic tests, provides consultancy and follow-up by explaining the risk factors and explains the measures to reduce their frequency.
- 5) It monitors some musculoskeletal system diseases such as osteoarthritis, low back, neck and back pain at the primary level.
- 6) Makes the diagnosis of diseases such as fibromyalgia, torticollis, tenosynovitis by selecting appropriate diagnostic tests and explains the treatment principles within the scope of the principles of rational drug use.
- 7) With small group presentations or panel arrangements, it explains the principles that should be considered while providing counseling services to the society on osteoporosis, spinal deformities and diseases.
- 8) Understands the importance of multidisciplinary approach in diagnosis and treatment of diseases such as spine

deformities, joint pain and swelling / arthritis, osteoarthritis, fibromyalgia, waist, neck and back pain.

9) Explains the basic principles of rehabilitation of congenital and acquired neurological and orthopedic diseases in adult and pediatric patients.

10) Listens to the patient's complaint and makes the necessary interrogation to make a preliminary diagnosis.

11) Examines the musculoskeletal system (posture, gait) and range of motion of all joints.

12) Makes the most used special tests in musculoskeletal system examination.

13) Examines the central and peripheral nervous system.

14) Understands the importance of using diagnostic methods from simple to complex steps.

15) While providing medical services, observes human and patient rights and adopts the principles of protection of personal data.

16) Defines the concepts of health, illness, quality of life, counts the sociocultural determinants of health and illness.

### Course Flow Plan

Week	Subject	Related Preparation
1)	Theoretical Lectures: Internship Presentation-Introduction to PMR Spine Examination Posture and Gait Analysis Pain in the Upper Extremity Pain in the Lower Extremity Spine Pain Chronic Pain Syndrome PMR Modalities-Superficial-Deep Heaters PMR Modalities- Analgesic Currents Types of Exercise General Rehabilitation Drugs Used in PMR-Rational drug use Drugs Used in PMR-Prescription Writing Examinations in PMR Practice-Which Examination From Which Patient Complementary Medicine Practices in Pain Management Facts and Wrongs I Complementary Medicine Practices in Pain Management Facts and Wrongs II Practical training: Anamnesis and Physical Examination Bedside Training	There is no preparation-course material.
2)	Theoretical Lectures: Case Examples I-II Exam Practical training: Bedside Training	There is no preparation-course material.

### Sources

Course Notes / Textbooks:	Dersin kaynak kitabı bulunmamaktadır. The course does not have a mandatory resource.
References:	Dersin konuları ile ilgili güncel makaleler ve ders slaytları./Articles mentioned in the course related with topics and lecture slides.  Temel Kaynaklar/Basic Sources: 1. Randall L Braddom, et al. Physical Medicine and Rehabilitation. Philadelphia: PA: Saunders/Elsevier, 2011. 2. Hasan Oğuz. Tıbbi Rehabilitasyon. Nobel Tıp Kitabevleri, 2015.

### Course - Program Learning Outcome Relationship

Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Program Outcomes																
1) When Istinye University Faculty of Medicine student is graduated who knows the historical development of medicine, medical practices, and the medical profession and their importance for society.																
2) knows the normal structure and function of the human body at the level of molecules, cells, tissues, organs and systems.																
3) is capable of systematically taking an accurate and effective social and medical history from their patients and make a comprehensive physical examination.																

Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
4) knows the laboratory procedures related to diseases; In primary care, the necessary material (blood, urine, etc.) can be obtained from the patient with appropriate methods and can perform the necessary laboratory procedures for diagnosis and follow-up or request laboratory tests.																
5) can distinguish pathological changes in structure and functions during diseases from physiological changes and can Interpret the patient's history, physical examination, laboratory and imaging findings, and arrive at a pre-diagnosis and diagnosis of the patient's problem.																
6) knows, plans and applies primary care and emergency medical treatment practices, rehabilitation stages.																

Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
7) can keep patient records accurately and efficiently, know the importance of confidentiality of patient information and records, and protects this privacy.																
8) knows the clinical decision-making process, evidence-based medicine practices and current approaches.																
9) knows and applies the basic principles of preventive health measures and the protection of individuals from diseases and improving health, and recognizes the individual and/or society at risk, undertakes the responsibility of the physician in public health problems such as epidemics and pandemics.																
10) knows the biopsychosocial approach, evaluates the causes of diseases by considering the individual and his / her environment.																

Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
11) is capable of having effective oral and/or written communication with patients and their relatives, society and colleagues.																
12) knows the techniques, methods and rules of researching. It contributes to the creation, sharing, implementation and development of new professional knowledge and practices by using science and scientific method within the framework of ethical rules.																
13) can collect health data, analyze them, present them in summary, and prepare forensic reports.																

Course Learning Outcomes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
14) knows the place of physicians as an educator, administrator and researcher in delivery of health care. It takes responsibility for the professional and personal development of own and colleagues in all interdisciplinary teams established to increase the health level of the society.																
15) knows employee health, environment and occupational safety issues and takes responsibility when necessary.																
16) knows health policies and is able to evaluate their effects in the field of application.																
17) keeps medical knowledge up-to-date within the framework of lifelong learning responsibility.																
18) applies own profession by knowing about ethical obligations and legal responsibilities, prioritizing human values and with self-sacrifice throughout own medical life.																



**Course - Learning Outcome Relationship**

No Effect	1 Lowest	2 Average	3 Highest

	Program Outcomes	Level of Contribution
1)	When Istinye University Faculty of Medicine student is graduated who knows the historical development of medicine, medical practices, and the medical profession and their importance for society.	
2)	knows the normal structure and function of the human body at the level of molecules, cells, tissues, organs and systems.	
3)	is capable of systematically taking an accurate and effective social and medical history from their patients and make a comprehensive physical examination.	
4)	knows the laboratory procedures related to diseases; In primary care, the necessary material (blood, urine, etc.) can be obtained from the patient with appropriate methods and can perform the necessary laboratory procedures for diagnosis and follow-up or request laboratory tests.	
5)	can distinguish pathological changes in structure and functions during diseases from physiological changes and can Interpret the patient's history, physical examination, laboratory and imaging findings, and arrive at a pre-diagnosis and diagnosis of the patient's problem.	
6)	knows, plans and applies primary care and emergency medical treatment practices, rehabilitation stages.	
7)	can keep patient records accurately and efficiently, know the importance of confidentiality of patient information and records, and protects this privacy.	
8)	knows the clinical decision-making process, evidence-based medicine practices and current approaches.	
9)	knows and applies the basic principles of preventive health measures and the protection of individuals from diseases and improving health, and recognizes the individual and/or society at risk, undertakes the responsibility of the physician in public health problems such as epidemics and pandemics.	
10)	knows the biopsychosocial approach, evaluates the causes of diseases by considering the individual and his / her environment.	
11)	is capable of having effective oral and/or written communication with patients and their relatives, society and colleagues.	

12)	knows the techniques, methods and rules of researching. It contributes to the creation, sharing, implementation and development of new professional knowledge and practices by using science and scientific method within the framework of ethical rules.	
13)	can collect health data, analyze them, present them in summary, and prepare forensic reports.	
14)	knows the place of physicians as an educator, administrator and researcher in delivery of health care. It takes responsibility for the professional and personal development of own and colleagues in all interdisciplinary teams established to increase the health level of the society.	
15)	knows employee health, environment and occupational safety issues and takes responsibility when necessary.	
16)	knows health policies and is able to evaluate their effects in the field of application.	
17)	keeps medical knowledge up-to-date within the framework of lifelong learning responsibility.	
18)	applies own profession by knowing about ethical obligations and legal responsibilities, prioritizing human values and with self-sacrifice throughout own medical life.	

### Assessment & Grading

Semester Requirements	Number of Activities	Level of Contribution
Final	1	% 65
Final Sözlü	1	% 35
<b>total</b>		<b>% 100</b>
PERCENTAGE OF SEMESTER WORK		% 35
PERCENTAGE OF FINAL WORK		% 65
<b>total</b>		<b>% 100</b>

### Workload and ECTS Credit Calculation

Activities	Number of Activities	Workload
Course Hours	2	19
Application	2	24
Special Course Internship (Work Placement)	2	24
Presentations / Seminar	2	16

Final	1	8
<b>Total Workload</b>		<b>91</b>