



WYŻSZA SZKOŁA SPOŁECZNO – PRZYRODNICZA
im. Wincentego Pola W LUBLINIE

VINCENT POL UNIVERSITY
in Lublin

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MSC PHYSIOTHERAPY

CLINICAL TRAINING INCLUDING NEUROPHYSIOLOGICAL METHODS

Master's degree studies - 1 semester (5 weeks, 200 hours)

Student's tasks:

1. Learning health & safety, and fire safety regulations for the workstation.
2. Familiarizing oneself with the functioning and organization of the facility performing rehabilitation of patients with neurological diseases involving neurophysiological methods.
3. Familiarizing oneself with the character of problems of the patients with neurological disorders.
4. Revising and consolidating the diagnostics of the nervous system diseases.
5. Improving and consolidating the functional movement screen of the patient with neurological disorders.
6. Developing and improving particular theoretical and practical skills specified in the education content, aiming to develop optimal, high level of independence, proficiency and competence.
7. Observing the code of professional conduct.
8. Participating in the process of improving the patient's condition with the use of the learned methods and techniques of neurological physiotherapy.
9. Evaluating the results of the performed process of the patient's condition improvement.
10. Participating in performing the tasks of the therapeutic team.
11. Achieving the most desired role model of a future physiotherapist.

Skills and competences acquired during the clinical training:

As a result of completing the clinical training, a student should be able to:

1. Identify the reasons, symptoms, and the methods of the treatment of neurological diseases.
2. Describe the role and responsibilities of a physiotherapist in the process of diagnostics and the treatment.
3. Establish and maintain a therapeutic contact with a patient.
4. Evaluate the functionality of a patient in terms of movements.
5. Keep the patient's register and evaluate results of the performed treatment.

Program content:

1. Improving the skills related to functional examination of a patient with neurological disease.
2. Improving the skill of planning and realizing the plan of the patient's condition improvement.
3. Physiotherapy for patients with diseases and disorders in the area of the peripheral nervous system: palsy and paresis.
4. Improving the condition of patients after neurosurgery treatment.
5. Physiotherapy of patients with diseases and disorders in the area of the central nervous system (e.g. Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis).
6. Physiotherapy of patients with a spinal cord injury.
7. Physiotherapy after craniocerebral trauma.
8. Rehabilitation after stroke.
9. Rehabilitation for children with neurological disorders.

Places suggested for undergoing clinical trainings: health care centers offering physiotherapy services with the use of neurophysiological methods (hospitals, clinics, sanatoriums, physiotherapy centers)

A credit for the clinical training can be given by a person who has completed a course of one of neurophysiological methods, or a neurologist.

While giving the credit, a person supervising the clinical training is requested to enclose the name of the completed course in the clinical training register.



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MSC PHYSIOTHERAPY

PRACTICAL TRAINING IN NATURAL THERAPY AND BIOLOGICAL REGENERATION

Master's degree studies - II semester (5 weeks, 200 hours)

Student's tasks:

1. Learning health & safety, and fire safety regulations for the workstation.
2. Familiarizing oneself with the functioning and organization of a sanatorium, natural therapy center, and biological regeneration center (SPA).
3. Learning the character of problems of patients and clients of the facilities mentioned above.
4. Revising and consolidating the knowledge concerning biological effects of physical factors (natural and artificial ones), and a process of the body revitalization - biological regeneration.
5. Revising and consolidating physiotherapy diagnostic for specific diseases.
6. Improving and consolidating the functional movement screen of patients with cardiological, neurological, pulmonological, orthopaedic trauma, rheumatic, angiological, laryngological, dermatologic, endocrinological, gynecological, nephro-urological, ophthalmological, metabolic, hematopoietic system diseases, and occupational diseases.
7. Developing and improving particular theoretical and practical skills specified in the education content, aiming to develop optimal, high level of independence, proficiency and competence.
8. Observing the code of professional conduct.
9. Participating in the process of improving the patient's condition with the use of the learned methods and techniques of physiotherapy.
10. Evaluating the results of the performed process of the patient's condition improvement.

11. Participating in performing the tasks of the therapeutic team.
12. Achieving the most desired role model of a future physiotherapist.

Skills and competences acquired during the practical training:

As a result of completing the practical training, a student should be able to:

1. Describe the specificity of sanatorium treatment.
2. Describe the role and responsibilities of a physiotherapist in the process of diagnostics and the treatment.
3. Establish and maintain a therapeutic contact with a patient.
4. Evaluate the functionality of a patient in terms of system efficiency.
5. Keep the patient's register and evaluate results of the performed improvement treatment.

Program content:

1. The rules of functioning and equipment for standard natural therapy facilities
2. Standards of qualifying patients for sanatorium treatment
3. Recommendations and contraindications for sanatorium treatment
4. Sanitary regime and health resort reaction
5. Performing hydrotherapy treatments: full body baths, kinesitherapeutic baths, mobile and underwater showers, hip-baths, pearl baths
6. Balneotherapy treatments:
 - a) natural and artificial mineral baths: carbo-acid (CO₂): wet and dry, chloride (brines), sulphate, radon
 - b) drink therapy (crenotherapy)
 - c) peloids: therapeutic muds, parafango
 - d) paraffin wax
7. Inhalation - aerosol therapy
8. Thermotherapy: sauna, steam bath, roman bath
9. Cryotherapy: cryo-sauna, cryo-chamber
10. Climatotherapy
11. The classical, lymphatic, and relaxation massage

Places suggested for undergoing practical trainings: sanatoriums, health resorts, SPA and other physiotherapy centers equipped with medical tools for hydrotherapy of the entire body.



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MSC PHYSIOTHERAPY

CLINICAL TRAINING IN REHABILITATION CENTERS AND FACILITIES

Master's degree studies - III semester (5 weeks, 200 hours)

The aim of the clinical training is to allow students to improve the ability to take complex and cooperative action for the benefit of a person with physical or mental disability. A student should participate actively both in the medical and social process of rehabilitation in its broad sense.

The range of student's duties and tasks to be performed while undergoing the clinical training in rehabilitation facilities is specified by the Institution Clinical training Supervisor.

The student should:

- perform independently treatments according to orders and medical requests, taking into account: valid recommendations and contraindications, results of the performed examinations, the patient's current condition, considering both his or her own and the student's safety
- prepare rooms, apparatus and equipment according to requirements of the performed treatments, following valid health and safety regulations
- prepare a patient according to the requirements of the ordered treatment, taking into account his or her current condition, needs, and abilities
- communicate properly and effectively with all members of a therapeutic team, and particularly inform patients about behaving during the treatment and feelings that may appear while it is performed
- select sets of exercises improving the condition for adults and children, taking into account their current condition, diseases, needs, abilities, recommendations and contraindications concerning particular exercises, and the general purposes of the complex medical improvement process
- perform individual exercises with the use of the known neurophysiological techniques and methods

- conduct group activities: the morning exercises, general fitness exercises in the training room, exercises performed in water, teach to walk
- perform exercises in pulley and weight system, and other exercises (resistance exercises with the use of available equipment)
- select the way of using a specific physical stimulus in terms of dosage, time of the treatment, detailed technique of performing exercises for adults and children, depending on: the type and the stage of the disease advancement, the presence of other diseases, the extent of the neuromuscular system damage, the patient's individual tolerance to the particular stimulus, biological effects of the particular stimulus, the type of a stimulus, its physical and chemical qualities, topography and the place of a treatment, the size of the treatment area, skin condition, the thickness of adipose tissue, the patient's age, the treatment sequence, methods of application of physical factors
- select and perform examinations and measurements for the purpose of kinesiotherapy and physical therapy, interpret and use the obtained results in planning, performing and evaluating the results of the taken actions
- supervise and evaluate the patient's condition during the exercises and treatments (e.g. check skin reaction, skin condition in the treatment area, the patient's general physical and mental state), modify the applied improvement methods and techniques if necessary
- keep documentation required in the workstation concerning the treatment record, individual work record, the clinical training register, with particular focus on the applied parameters, methods, and the treatment sequence.
- organize and coordinate his or her own work, and the work of the other members of a team

Places suggested for undergoing clinical trainings: hospitals, clinics, social care centers, other state and private rehabilitation centers