

THE DISCIPLINE FILE

1. Information regarding the program

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| 1.1 Higher education institution | “VICTOR BABEȘ” UNIVERSITY OF MEDICINE AND PHARMACY TIMIȘOARA |
| 1.2 Faculty | FACULTY OF DENTAL MEDICINE |
| 1.3 Department | XVI- Balneology, Rehabilitation and Rheumatology |
| 1.4 Study domain ¹⁾ | Health |
| 1.5 Study cycle ²⁾ | Licence |
| 1.6 Study program/ Bachelor | Dental medicine |

2. Information regarding the discipline

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|-------------------------|------------------------------------|--------------|-----------|------------------------|-------------|-----------------------|----------------------------|-----------|
| 2.1. Name of discipline | Physiotherapy | | | | | | | |
| 2.2. Course holder | Associate professor Elena Amăricăi | | | | | | | |
| 2.3. Laboratory holder | Assistant professor Virgil Luca | | | | | | | |
| 2.4. Year | 5 | 2.5 Semester | 10 | 2.6 Type of evaluation | Exam | 2.7 Discipline regime | Content ³⁾ | DC |
| | | | | | | | Obligativity ³⁾ | DI |

3. Estimated learning time (didactic hours per semester)

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|--|-----------|-----------------------|-----------|----------------|-----------|
| 3.1 Hours/ week | 2 | 3.2 of which: lecture | 1 | 3.3 laboratory | 1 |
| 3.4 Hours/ learning plan | 28 | 3.5 of which: lecture | 14 | 3.6 laboratory | 14 |
| Distribution of time: | | | | | Hours |
| Study after lecture/ book/ references | | | | | 9 |
| Supplementary learning on line/ library | | | | | 14 |
| Preparation of seminars/ workout/ laboratories | | | | | 7 |
| Tutorship | | | | | 0 |
| Examinations | | | | | 2 |
| Other activities | | | | | |
| 3.7 Number of hours for individual study | 30 | | | | |
| 3.8 Number of hours/ semester | 60 | | | | |
| 3.9 Credits ⁵⁾ | 2 | | | | |

4. Preconditions (if any)

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| 4.1 by curriculum | Knowledge of applied anatomy, pathology, semiology, internal medicine |
| 4.2 by competencies | |

5. Conditions (if any)

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| 5.1 for lecture | Multifunctional room with: <ul style="list-style-type: none"> • Laptop • DVR projector • Tables • Chairs |
| 5.2 for seminar/ laboratory/ workout | <ul style="list-style-type: none"> • Physical therapy room • Electrotherapy room • Manual therapy room • Thermotherapy room |

6. Specific competencies

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| Professional competencies | <ol style="list-style-type: none"> 1. Knowledge of anatomy and pathology of the musculoskeletal system specific for dentistry 2. Knowledge of rehabilitation opportunities that can be applied in dental medicine 3. Evaluation of patients with disorders of oral cavity and temporomandibular joint 4. Appliance of outcome measures |
| Transversal competencies | <ol style="list-style-type: none"> 1. Objective and reasoned theoretical and pragmatic approach of problems for efficient solution, with respect to medical ethical values and principles. 2. Applying efficient transdisciplinary teamwork techniques on various intra-and inter-organizational hierarchical levels. 3. Objective self-evaluation of the need for professional training and identification of the resources and modalities of personal and professional development in order to integrate and adapt to the requirements of the labour market. |

7. Discipline objectives

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| 7.1 Main objective | Presenting the aims and means of physical medicine and rehabilitation |
| 7.2 Specific objective | <p>To know the methods of physiotherapy and rehabilitation medicine: electrotherapy, massage, thermotherapy, occupational therapy, physical exercise</p> <p>To know the rheumatic, neurologic and muscular pathology that have an impact on oral cavity and temporomandibular joint</p> |

8. Content:

| 8.1 Lecture | | Learning methods | Hours | Observations |
|--|--|--|-------|--------------|
| 1. Introduction in physiotherapy and rehabilitation medicine. Approaches to rehabilitation. Goal settings. Outcome measurement | | Lecture in PowerPoint presentation, examples, discussions, debates | 1 | |
| 2. Physiotherapy methods: Electrotherapy | | | 1 | |
| 3. Physiotherapy methods: Massage | | | 1 | |
| 4. Physiotherapy methods: Thermotherapy, Occupational therapy | | | 1 | |
| 5. Physiotherapy methods: Physical exercise | | | 1 | |
| 6. Physiotherapy in the management of pain. | | | 1 | |
| 7. Inflammatory rheumatic diseases: Rheumatoid arthritis (clinical symptoms, diagnosis, TMJ involvement, physiotherapy and rehabilitation) | | | 1 | |
| 8. Sjogren syndrome (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 9. Systemic sclerosis (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 10. Systemic lupus erythematosus. Dermatomyositis (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 11. Temporomandibular joint osteoarthritis (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 12. Osteoporosis (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 13. Facial paralysis (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| 14. Trigeminal neuralgia (clinical symptoms, diagnosis, physiotherapy and rehabilitation) | | | 1 | |
| References (compulsory): | | | | |

1. Dan Nemeş, Roxana Onofrei, Fizioterapia în afecţiunile musculo-scheletale - curs. LITO, Timişoara, 2010.
2. Ionescu Ruxandra, Esenţialul în reumatologie, Editura Amaltea, Bucureşti, 2006

References (facultative):

1. Kraus SL. Clinics in physical therapy: Temporomandibular disorders, second edition. Churchill Livingstone, 1988
2. Frontera W.R. Essentials of physical medicine and rehabilitation. Lippincott Williams-Wilkins Publisher, 2001
3. DeLisa JA et al. Physical medicine and rehabilitation: principles and practice, 4th edition. Lippincott Williams-Wilkins Publisher, 2005
4. Klippel JH, Primer on the rheumatic diseases, thirteenth edition. Springer, New York, 2008
5. Xhardez Yves. Vade-mecum de kinesithérapie et de reeducation fonctionelle. Maloine, 2010

| 8.2 Seminar/ Laboratory /workout/ project | Ways to teach/ learn | Hours | Observations |
|--|---|-------|--------------|
| 1. Introduction in physiotherapy and rehabilitation medicine. Approaches to rehabilitation. Goal settings. Outcome measurement | Lecture, debates, discussions, Illustrations, Clinical case studies / presentations | 1 | |
| 2. Physiotherapy methods: Electrotherapy | | 1 | |
| 3. Physiotherapy methods: Massage | | 1 | |
| 4. Physiotherapy methods: Thermotherapy, Occupational therapy | | 1 | |
| 5. Physiotherapy methods: Physical exercise | | 1 | |
| 6. Physiotherapy in the management of pain- clinical cases | | 1 | |
| 7. Inflammatory rheumatic diseases: Rheumatoid arthritis- clinical cases, physiotherapy and rehabilitation) | | 1 | |
| 8. Sjogren syndrome- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 9. Systemic sclerosis- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 10. Systemic lupus erythematosus. Dermatomyositis- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 11. Temporomandibular joint osteoarthritis- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 12. Osteoporosis- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 13. Facial paralysis- clinical cases, physiotherapy and rehabilitation | | 1 | |
| 14. Trigeminal neuralgia- clinical cases, physiotherapy and rehabilitation | | 1 | |

References (compulsory):

1. Dan Nemeş, Roxana Onofrei, Fizioterapia în afecţiunile musculo-scheletale - curs. LITO, Timişoara, 2010.
2. Ionescu Ruxandra, Esenţialul în reumatologie, Editura Amaltea, Bucureşti, 2006

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1. Kraus SL. Clinics in physical therapy: Temporomandibular disorders, second edition. Churchill Livingstone, 1988
2. Frontera W.R. Essentials of physical medicine and rehabilitation. Lippincott Williams-Wilkins Publisher, 2001
3. DeLisa JA et al. Physical medicine and rehabilitation: principles and practice, 4th edition. Lippincott Williams-Wilkins Publisher, 2005
4. Klippel JH, Primer on the rheumatic diseases, thirteenth edition. Springer, New York, 2008
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9. Corroborating the contents of the discipline with the expectations of the representatives of the epistemic communities, professional associations and representative employers in the field related to the program

Presentation of the notions of physiotherapy in most encountered affections, so that they meet the requirements of PMR health care units. The proposed courses and seminars are topical subjects in fundamental and applicative research in the field of physiotherapy and recovery of patients, and their approach in this discipline is based on the results of specialized theory and practice. The themes of the discipline cover the major concepts relevant to the legislative and organizational framework of the field in the labour market insertion and according to the standards of the professional community.

10. Evaluation

| Activity | 10.1 evaluation criteria | 10.2 evaluation methods | 10.3 final mark |
|--|--|--|-----------------|
| 10.4 Lecture | <i>Knowledge for mark 5:</i> - identification of the main clinical signs involving the oral cavity and temporomandibular joint <i>Knowledge for mark 10:</i> - identification of the main clinical signs involving the oral cavity and temporomandibular joint - proposal of an adequate physiotherapy and rehabilitation medicine treatment for the studied pathology: electrotherapy, massage, thermotherapy, physical exercise. | Final evaluation: grid test with 20 questions (4 questions with 1 correct answer, 16 questions with 2-4 correct answers) and 1 written subject | 50% |
| 10.5 Laboratory /workout | <i>Knowledge for mark 5:</i> - identification of the main clinical signs involving the oral cavity and temporomandibular joint <i>Knowledge for mark 10:</i> - identification of the main clinical signs involving the oral cavity and temporomandibular joint - proposal of an adequate physiotherapy and rehabilitation medicine treatment for the studied pathology: electrotherapy, massage, thermotherapy, physical exercise. | 1 subject (writing exam) | 40% |
| | | Active participation of the student to classes, implication in discussions | 10% |
| 10.6 minimal standard of performance | | | |
| <ul style="list-style-type: none">➤ Knowledge of the methods used in physiotherapy and rehabilitation medicine: electrotherapy, massage, thermotherapy, occupational therapy, physical exercise➤ Knowledge of the main clinical signs and symptoms of inflammatory autoimmune rheumatic diseases that have impact on oral cavity and temporomandibular joint➤ Knowledge of the main clinical signs and symptoms of osteoarthritis with impact on the temporomandibular joint➤ Knowledge of the main clinical signs and symptoms of neuromuscular diseases that have impact on oral cavity and temporomandibular joint➤ The correct indication of physiotherapy and rehabilitation medicine in the above mentioned pathologies. | | | |

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| Date 19.10.2018 | Associate professor Elena Amăricăi, MD, PhD | Coordinator of laboratory/ workout Assistant professor Virgil Luca, MD, PhD |
| Head of discipline Associate professor Elena Amăricăi, MD, PhD | | |
| Date of department internal approbation 19.10.2018 | Head of Department Associate professor Elena Amăricăi, MD, PhD | |