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ФИО: Ястребов Олег Александрович
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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
NAMED AFTER PATRICE LUMUMBA
RUDN University
Institute of Medicine**

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

Medical Rehabilitation

course title

Recommended by the Didactic Council for the Education Field of:

31.05.01 General Medicine

field of studies / speciality code and title

The course instruction is implemented within the professional education programme of higher education:

General Medicine

higher education programme profile/specialisation title

1. COURSE GOAL(s)

The discipline "Medical rehabilitation" is included in the specialist program "General Medicine" in the 31.05.01 "General Medicine" and is studied in the 8th semester of the 4th year. The discipline is implemented by the Department of Anesthesiology and Intensive care with a course in medical rehabilitation. The discipline consists of 3 sections and 10 topics and is aimed at studying the basic principles of medical rehabilitation and restorative treatment of patients. The goal of the course «**Medical Rehabilitation**» is to form a concept in students "medical rehabilitation", a complete view of its modern capabilities, an understanding of the basics of medical rehabilitation, concerning the main aspects of planning and conducting rehabilitation measures, studying the theoretical foundations of physiotherapy and exercise therapy, the mechanisms of the therapeutic effect of physical factors, based on the patterns of development of pathological processes, familiarizing students with the basic principles and organizational approaches to medical rehabilitation in clinical practice, training in modern technologies and methods used in restorative treatment and rehabilitation of patients.

2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) «**Medical Rehabilitation**» is aimed at the development of the following competences /competences in part: GPC-3, GPC-8, PC-4.

Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
GPC -3	Capable of counteracting and combating the use of doping in sports	GPC -3.1 Able to interact with specialists, within the framework of work with regulatory acts governing relations in the field of documentation on anti-doping legislation in the Russian Federation; GPC -3.2 Able to analyze biochemical, physicochemical and molecular biological mechanisms of development of pathological processes in the cells of the tissues of the athlete's body, when taking prohibited drugs, determining the principles of the course of biochemical processes when taking prohibited drugs; GPC -3.3 Be able to implement forms and methods of conducting preventive information and practical anti-doping activities;
GPC-8	Capable of implementing and monitoring the effectiveness of medical rehabilitation of the patient, including the implementation of individual rehabilitation and habilitation programs for the disabled, and assessing the patient's ability to perform work activities	GPC -8.1 Able to determine medical indications for carrying out medical rehabilitation measures, including when implementing an individual rehabilitation or habilitation program for disabled people; GPC -8.2 Able to carry out medical rehabilitation measures for a patient in accordance with current procedures for the provision of medical care, clinical recommendations (treatment protocols) on issues of providing medical care, taking into account the standards of medical care; GPC-8.3 Able to identify medical specialists to carry out rehabilitation measures for a patient in need of medical rehabilitation, taking into account the diagnosis and in accordance with the current procedures for the provision of medical care; GPC -8.4 Able to prescribe

		<p>spa treatment patient in need of medical rehabilitation, including when implementing an individual rehabilitation or habilitation program for disabled people;</p> <p>GPC -8.5 Able to monitor the implementation and evaluate the effectiveness and safety of rehabilitation measures, including when implementing an individual rehabilitation or habilitation program for disabled people, taking into account the diagnosis in accordance with the current procedures for providing medical care;</p>
<p>PC-4</p>	<p>Capable of implementing and monitoring the effectiveness of medical rehabilitation of a patient, including the implementation of individual rehabilitation or habilitation programs for disabled people, assessing the patient's ability to perform work activities</p>	<p>PC-4.1 Able to conduct an examination of temporary disability and work as part of a medical commission carrying out an examination of temporary disability;</p> <p>PC-4.2 Able to prepare the necessary medical documentation for carrying out a medical and social examination in federal state institutions of medical and social examination;</p> <p>PC-4.3 Capable of carrying out medical rehabilitation measures for a patient, including when implementing an individual rehabilitation or habilitation program for disabled people, in accordance with current procedures for the provision of medical care, clinical recommendations (treatment protocols) on issues of providing medical care, taking into account the standards of medical care;</p> <p>PC-4.4 Able to refer a patient in need of medical rehabilitation to a specialist doctor for the appointment and implementation of medical rehabilitation measures, including when implementing an individual rehabilitation or habilitation program for disabled people, in accordance with the current procedures for the provision of medical care, clinical recommendations (treatment protocols) on issues of providing medical care, taking into account the standards of medical care;</p> <p>PC-4.5 Able to refer a patient in need of medical rehabilitation to a specialist doctor for the appointment and implementation of spa treatment, including when implementing an individual rehabilitation or habilitation program for disabled people, in accordance with the current procedures for the provision of medical care, clinical recommendations (treatment protocols) on issues of providing medical care, taking into account the standards of medical care;</p> <p>PC-4.6 Able to assess the effectiveness and safety of patient medical rehabilitation measures in accordance with current procedures for the provision of medical care, clinical recommendations (treatment protocols) on issues of providing medical care, taking into account the standards of medical care;</p> <p>PC-4.7 Able to refer a patient with a persistent impairment of body functions caused by diseases, consequences of injuries or defects, to a medical and</p>

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the higher educational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-3	Capable of counteracting and combating the use of doping in sports	Chemistry; Bioorganic chemistry; Pharmacology; Physical education; Applied physical education;	Clinical pharmacology;
GPC-8	Capable of implementing and monitoring the effectiveness of medical rehabilitation of the patient, including the implementation of individual rehabilitation and habilitation programs for the disabled, and assessing the patient's ability carry out work activities	Socially significant projects in medicine;	
PC-4	Capable of implementing and monitoring the effectiveness of medical rehabilitation of a patient, including the implementation of individual rehabilitation or habilitation programs for disabled people, assessing the patient's ability to perform work activities	Public health and healthcare, health economics; Neurology, medical genetics, neurosurgery; Faculty therapy; Faculty surgery; Organization of special care for patients;	General medical practice: assistant physician at an outpatient clinic; Forensic medicine; Outpatient therapy; Temporary disability examination**; Occupational diseases; Hospital therapy; Hospital surgery, pediatric surgery; Endocrinology; Traumatology, orthopedics;

* - filled in in accordance with the competency matrix and the SUP OP VO

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course “Medical Rehabilitation” is 3 credits (108

academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (**full-time training**)*

Type of academic activities	Total academic hours		Semesters/training modules
			8
<i>Contact work, academic hours</i>	60		60
Lectures (LC)	0		0
Lab work (LW)	60		60
Seminars (workshops/tutorials) (S)	0		0
<i>Self-studies</i>	39		39
<i>Evaluation and assessment (exam/passing/failing grade)</i>	9		9
Course workload	academic hours	108	108
	credits	3	3

* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
Section 1 Principles and Organization of Medical Rehabilitation	1.1 Algorithm for forming a rehabilitation diagnosis and rehabilitation goals Definition of rehabilitation potential • Formation of a rehabilitation diagnosis • Setting rehabilitation goals • Clinical planning of rehabilitation	LW
	1.2 Assessment of patient's functional status and rehabilitation effectiveness Application of scales (Barthel, Rankin, FIM, Rivermead) • Interpretation of results • Adjustment of rehabilitation program	LW
	1.3 Organization of multidisciplinary team work Functions of specialists • Patient routing • Interaction within the rehabilitation team	LW
	1.4 Patient management tactics at the early rehabilitation stage Determination of indications • Prevention of complications • Selection of rehabilitation methods • Safety assessment	LW
	1.5 Features of rehabilitation for different age groups Individualization of programs for children and elderly patients • Risk assessment	LW
	2.1 Selection of medical rehabilitation methods depending on clinical situation	LW

Section 2 Methods and Means of Medical Rehabilitation		Substantiation of prescription of physical therapy • Mechanotherapy • Pharmacotherapy • Selection of rehabilitation technical aids	
		2.2 Occupational therapy: restoration of patient's daily activities Assessment of self-care • Exercise selection • Restoration of daily living skills	LW
		2.3 Prescription of physiotherapy and safety monitoring Indications • Contraindications • Method selection • Monitoring of effectiveness and safety	LW
		2.4 Prescription of sanatorium-resort treatment Determination of indications • Selection of resort • Preparation of referral • Evaluation of effectiveness	LW
Section 3	Examination and Social Aspects of Rehabilitation	3.1 Diagnosis of consciousness disorders and determi nation of rehabilitation tactics Assessment of consciousness level • Application of scales • Selection of patient management tactics	LW
		3.2 Evaluation of rehabilitation effectiveness and patient's work capacity Analysis of treatment results • Assessment of function restoration • Decision-making on work capacity	LW
Section 4. Counteraction to Doping Use in Sports		4.1 Anti-doping support in sports Regulatory framework of anti-doping control in Russia • Mechanisms of action of prohibited substances on the body • Algorithms for detection and prevention of doping use • Conducting informational and educational events among patients and athletes	LW

* - to be filled in only for **full**-time training; LC - lectures; LW - lab work; S - seminars.

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)

Lab-work	Classroom for conducting laboratory work, individual consultations, ongoing assessment, and interim certification, equipped with a set of specialized furniture and equipment.	Laboratory, diagnostic, and medical equipment of the department's clinics and hospitals.
Self-studies	A classroom for independent work of students (can be used for conducting seminars and consultations), equipped with a set of specialized furniture and computers with access to the Electronic Information System.	Set of specialized furniture; technical equipment: multimedia projector, laptop, plasma panel, magnetic board, set of mannequins, set of educational videos and presentations, set of analog and digital radiographs, educational posters and tables. Software: Microsoft and Yandex products (operating systems, office software packages including MS Office/Office 365, as well as Yandex services).

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

1. Epifanov AV Medical rehabilitation : textbook : textbook / AV Epifanov, EE Achkasov, VA Epifanov ; Epifanov AV, Achkasov EE, Epifanov VA - Moscow : GEOTAR-Media, 2022.
URL: https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=518490&idb=0
2. Physical Therapy = Therapeutic physical culture: tutorial guide / VA Epifanov, AV Epifanov. - Moscow: GEOTAR-Media, 2020, 2022. - 576 p.: ill. - Book in English.

Additional readings:

1. Practical training in neurology: a textbook / N. V. Nozdryukhina, N. I. Garabova, M. G. Burzhunova [et al.]. - 8th ed., corrected and supplemented; Electronic text data. - M.: RUDN, 2020. - 164 p.: ill.

URL: https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=487641&idb=0

2. Research Anthology on Rehabilitation Practices and Therapy / Edited by Information Resources Management Association. - Электронные текстовые данные. - Medical Information Science Reference, 2021.
[URL:https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=513533&idb=0](https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=513533&idb=0)
3. Outcome Measures and Innovative Approaches in Rehabilitation/Edited by Marco Tramontano and Giovanni Galeoto [Электронный ресурс] 2024. 212 с.
 Издательство: MDPI - Multidisciplinary Digital Publishing Institute. ISBN: 97837258163099783725816293 URL: <https://doi.org/10.3390/books978-3-7258-1629-3>

Resources of the information and telecommunications network "Internet":

1. RUDN University Electronic Library System and third-party electronic library systems to which university students have access based on concluded agreements

- Electronic library system of RUDN - ELS RUDN

<http://lib.rudn.ru/MegaPro/Web>

- Electronic library system "University library online"<http://www.biblioclub.ru>

- EBS Yuraith<http://www.biblio-online.ru>

- Electronic Library System "Student Consultant"www.studentlibrary.ru

- Electronic library system "Troitsky Bridge"

2. Databases and search engines

- electronic fund of legal and normative-technical documentation

<http://docs.cntd.ru/>

- Yandex search engine <https://www.yandex.ru/>

- Google search engine <https://www.google.ru/>

- SCOPUS abstract database

<http://www.elsevierscience.ru/products/scopus/>

Educational and methodological materials for independent work of students mastering the discipline/module:*

1. A course of lectures on the subject "Medical rehabilitation".

* - all educational and methodological materials for independent work of students are posted in accordance with the current procedure on the discipline page in TUIS!

DEVELOPER:

Assistant lecturer of the
Department

Position, BUP

Signature

P. Pradhan

Surname I.O.

Head of the Department:

Head of Department

Position of the BUP

Signature

M.V. Petrova

Surname I.O.

HEAD OF THE HIGHER

EDUCATION PROGRAM:

Head of Department of General
Medical Practice

Position, BUP

Signature

N.V. Sturov

Surname I.O.