

Medical Rehabilitation Block Course

Semmelweis University, Faculty of Medicine, 5th Year

1. Course description

The 4 major categories of health care services are prevention, treatment, rehabilitation and chronic care. In recent decades, the practical importance of rehabilitation has increased, and at the same time it has undergone significant development. Today, basic knowledge of rehabilitation medicine is an integral part of our general medical knowledge. In 2008, the European Union of Medical Specialists decided to insert rehabilitation medicine into the curriculum of medical universities. The subject was launched as an optional course at Semmelweis University in 2009. The Department of Physical Medicine and Rehabilitation was established in 2019, and the education reached its current form with the start of the mandatory one-week block course. Medical rehabilitation is a medical service (diagnostics, therapy, prevention, care) provided to disabled people (according to WHO data, 10% of the population has some form of disability) to regain some or all of their independence by improving their functions, in order to reintegrate them into family, work and society. The aim of the education is to provide modern rehabilitation knowledge to students, focused on the following areas: interpretation of disability, epidemiology, institutional system of rehabilitation, the rehabilitation team and how it works, the role of the doctor in the rehabilitation team, the place of rehabilitation in the health care system, limitation in the activities of daily living (ADLs), assessment of functions: movement, self-care, communication, behavior, most important interventions in rehabilitation, rehabilitation goals, preparing a rehabilitation plan, application of advanced technology, rehabilitation of posttraumatic and orthopedic disorders, rehabilitation of amputee patients, neurological rehabilitation. During the training, students can also get acquainted with the Pető method, which was named after Dr. András Pető. The basic idea of this unique method (conductive education) was that our nervous system has the ability to build new connections despite the injuries, and this process can be promoted by the implementation of an appropriate learningteaching process. The mission of András Pető Faculty is to improve the quality of life of people of all ages through conductive education, who have disabilities mainly due to central nervous system injury.

2. Important information about the course

- According to university regulations, **only 10% absence is allowed.**
- Students should **bring and wear they own white robes** at the Clinic.
- **Students should read and acquire the lecture about Occupational- and Fire Safety along with Environmental Protection prior to the course begin**, and certify this with their signature at the course. The lecture is available at Moodle (pdf).
- The updated schedule of the course will be sent via Neptun one week prior to the course begin.

2.1 Timetable

Monday – Rehabilitation Clinic, lecture hall - theoretical education

08:30	Registration	Signing attendance sheet, presentation os the weekly schedule
09:00	Lecture 1.	Basic Philosophy of Rehabilitation
09:45	Lecture 2.	Patient Assessment in Rehabilitation Medicine
10:30	Break	
10:45	Lecture 3.	So.. Why Rehab?
11:30	Lecture 4.	Interventions in Rehabilitation Medicine
12:15	Lunch break	
12:45	Introduction of the Institutute	Short presentation about the Institute. Visiting sport hall, swim hall, occupational therapy and robot therapy.
13.15	Lecture 5.	Institutions in Rehabilitation, Patient Pathways, Areas in Rehabilitation

Tuesday – Rehabilitation Clinic - practical education

08:45	Meeting at the main hall, afterwards allocation of students into departments
09:15	Getting familiar with the work of the departments
11:00	Occupational therapy: for students at ARO, SRO, VEMO, Outpatient Rehab. Dpt. Robot therapy: for students at SzMRO, OTRO, GRO, ABRO
11:30	Sport therapy: for students at ARO, SRO, VEMO, Outpatient Rehab. Dpt. Hydrotherapy: for students at SzMRO, OTRO, GRO, ABRO
12:00	Lunch break
13:00	Continuing with the work at the departments
15:00	Pulmonary rehabilitation practice. Address: Semmelweis University Department of Pulmonology (1083. Budapest, Tömő u. 25-29) Tutor: Dr. habil. János Varga Tamás. Participation is recommended. If you want to participate, please apply to this part of the practice via email (janosvargaster@gmail.com) latest until 08:00 of this day.

Wednesday - Semmelweis University Pető András Faculty - theoretical and practical education

Meeting at 08:30 at the Faculty building (1125 Budapest, Kútvölgyi út 8.).

Thursday – Rehabilitation Clinic - practical education and exam

08:45	Meeting at the main hall, afterwards allocation of students into departments
09:15	Getting familiar with the work of the departments
11:00	Occupational therapy: for students at ARO, SRO, VEMO, Outpatient Rehab. Dpt. Robot therapy: for students at SzMRO, OTRO, GRO, ABRO
11:30	sport therapy: for students at ARO, SRO, VEMO, Outpatient Rehab. Dpt. hydrotherapy: for students at SzMRO, OTRO, GRO, ABRO
12:00	lunch break
13:00	continuing with the work at the departments, afterwards oral exam

Friday – day off

2.2 Other important information

- Students will be allocated into Departments of the Institute during practical education.
- We kindly ask the students to wait for each other and enter the departments or therapeutic units in groups (not one by one). Please, don't be late!
- Lectures are also available at Moodle.

2.3 Course acceptance requirements

- 1.) Participation in the course. This will be confirmed by signing the collective attendance sheets in the morning and the attendance sheets later at the departments. 10% absence from classes is allowed in order to obtain a signature.
- 2.) Successful **oral exam**. The exam will take place at the departments, at the end of Thursday's training day. We have completed a series of questions from the lectures and practical days for helping to prepare.
- 3.) After finishing the block course, students have to write a short **essay** (around 1/2 A4 page) about their experiences at the Institute. The essay should be sent via email to the chief physician of the department (where the students spent their practice on Thursday), and to Gabriella Tápay (g.tapay@rehabint.hu), not later than one week after finishing the course. The email addresses of the chief physicians are shown below, at the contact details.

2.4 Exam questions

1. The four main fields of health sciences
2. Definition of rehabilitation
3. Components of the comprehensive rehabilitation
4. Definition and most frequent types of disability
5. What are the main differences between acute care and rehabilitation?
6. What does functional approach mean?
7. Teamwork in rehabilitation
8. Types of rehabilitation depending on their timely implementation
9. Criteria of admission to a rehabilitation programme
10. What is functioning and disability and how can it be influenced?

11. When is a rehabilitation assessment needed, what are its goals, and who is doing it?
12. Levels of mobility and mobilization
13. What do we examine during rehabilitation assessment besides body structures?
14. Methods for measuring muscle strength
15. What is ICF and what do we use it for?
16. What do we mean by self-care in rehabilitation medicine? What factors are we looking at?
17. What do we mean by social participation?
18. What kind of factors affect disability?
19. What do we mean by quality of life?
20. What are the most common places for pressure ulcers (bedsores, decubitus ulcers)?
21. Most common consequences of a spinal cord injury
22. Alternatives for urethral catheterization
23. Methods of thrombosis prophylaxis
24. What is monoparesis, hemiparesis, paraparesis, tetraparesis/plegia?
25. What are the differences between a standard and an active wheelchair?
26. Most common causes of spinal cord injury?
27. What is occupational therapy (ergotherapy)?
28. What are orthoses? What are their characteristics?
29. What are prostheses? What are their characteristics?
30. What are the different types of rehabilitation services?
31. What characterizes proper rehabilitation care and what conditions are necessary for it?
32. Consequences of stroke
33. Why do we have to rehabilitate someone after stroke?
34. What are secondary complications, and how do we prevent them?
35. Team members involved in stroke rehabilitation and their task
36. What are the characteristics of an arthrosis, and what kind of functional limitations do they cause?
37. What is the importance and the task of rehabilitation in arthrosis?
38. What is mono-, poly- and multitrauma? What are their rehabilitation needs?
39. Musculoskeletal complications in a polytraumatized patient
40. How is the rehabilitation of a total hip arthroplasty and a fractured hip different?

3. Contacts

Semmelweis University, Rehabilitation Clinic (former Országos Orvosi Rehabilitációs Intézet, OORI / National Institute of Medical Rehabilitation), seat of the **Department of Physical Medicine and Rehabilitation, Semmelweis University**, 1121. Budapest, Szanatórium utca 19.

Tel: +361-3911903

Head of Department: Dr. PhD. Zoltán Dénes, z.denes@rehabint.hu

Faculty members: Gabriella Tápay (g.tapay@rehabint.hu), Dr. Orsolya Masát (o.masat@rehabint.hu), Dr. Mihály Fórián-Szabó (m.forian@rehabint.hu)

Semmelweis Egyetem Pető András Kar (SE PAK) / **Semmelweis University Pető András Faculty**, 1125. Budapest, Kútvölgyi út 6.

Abbrev.	Name of the department	Chief physician of the dpt.	Chief physician's email
GRO 0. Floor	Rehab. Dpt. of Spinal Cord Injuries	Dr. Péter Cserhádi	p.cserhati@rehabint.hu
SZMRO 1. Floor	Rehab. Dpt. of Septic Bone and Joint Disorders	Dr. Péter Farkas	pfarkas@rehabint.hu
OTRO 1. Floor	Dpt. of Orthopedic and Posttraumatic Rehabilitation	Dr. Szabó Dávid	d.szabo@rehabint.hu
SRO 2. Floor	Dpt. of Stroke Rehabilitation	Dr. Gábor Fazekas	g.tapay@rehabint.hu
ARO 2. Floor	Rehabilitation Dpt. of Brain Injuries	Dr. Zoltán Dénes	z.denes@rehabint.hu
VEMO 3. Floor	Rhb. Dpt. of Mixed Musculoskeletal Disorders	Dr. Erzsébet Boros	e.boros@rehabint.hu
ABRO Bldg. J	Amputee Rehabilitation Department	Dr. Márta Boldis	m.boldis@rehabint.hu
Nappali Bldg. N	Outpatient Rehabilitation Department	Dr. Beáta Szögi	b.szogi@rehabint.hu

4. Recommended literature:

Physical and Rehabilitation Medicine for Medical Students, editor: M. G. Ceravolo, N. Christodoulou, publisher: Edi.Ermes, digital edition, 2018