

Subject	PHYSIOTHERAPY IN GINECOLOGY AND OBSTETRICS
Study program	Three years professional studies for graduated physiotherapist
Code:	SF -324
Year of study	Third
Semester	Sixth
Total number of classes	40
Credits	2
Type of subject	Obligatory
Preconditions	the conditions for enrolment in the third year of study
Executed by	Chair of Gynaecology and Obstetrics and Chair (Cathedra) for Physical Medicine and Rehabilitation
Responsible teachers	Full Prof. Slavjanka Popovska, M.D., Ph.D Associate Prof. Erieta Nikolicj-Dimitrova, M.D., Ph.D
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Key words	Study for physiotherapist, professional subjects, physiotherapy, gynaecology, obstetrics
Goals of study	Student are gaining a basic knowledge about the role of the physiotherapist and methods of physical therapy in gynaecology and obstetrics
Class descriptions (brief content)	<p>Theoretical instruction (10 lessons):</p> <ul style="list-style-type: none"> - Indications and contraindications for physical training during the pregnancy, - Method of physical training during the pregnancy, - Method for reductions of the difficulties during the pregnancy, - Preparing for childbirth, - Childbirth, - Application of physiotherapeutic methods after normal and/or pathological birth, - Menopause, - Application of physiotherapeutic methods after gynaecological and surgical interventions, - Exercise therapy and educational procedures in stress incontinence, - Prevention and therapy of urinary incontinence. <p>Practical instruction (10 lessons):</p> <ul style="list-style-type: none"> -Respiratory exercise and relaxation before and during the

	<p>birth,</p> <ul style="list-style-type: none"> - Prescriptions for physical training - Exercise for the prophylaxis or removal the urinary and / or intestinal dysfunction <p>Practice – practical training (20 classes): The practice will compulsory and is carried out in gynaecological institution under the guidance of the mentor-teacher and physiotherapist responsible for the department. Student will be obliged to, and are included in all activities of the region of physiotherapy in the course of full time work, when it keeps a diary of his activities.</p>														
Organization	<p>Theoretical instruction: 10 lessons Practical instruction: 10 lessons Practice: 20 classes</p>														
Method of learning	Interactive lectures, practical lessons, practice, practical training														
Provided results of study	<p>Knowledge and understanding; Student will gain the knowledge and understanding physiotherapeutic methods applied in gynaecology and obstetrics</p> <p>Key skills: student will be able to apply the acquired theoretical knowledge in practice</p>														
Specific recommendations for instruction	<p>The student is obligated to take part in all provided activities, including participation in continuous knowledge examinations in order to get a signature.</p> <p>Ranking the student's activities:</p> <table border="1"> <thead> <tr> <th>Type the Activity</th><th>Points</th></tr> </thead> <tbody> <tr> <td>Theoretical instruction *</td><td>7,5 -15</td></tr> <tr> <td>Practical instruction**</td><td>5 -10</td></tr> <tr> <td>Practice***</td><td>7,5 -15</td></tr> <tr> <td>Continuous examinations</td><td>20 -30</td></tr> <tr> <td>Practical Exam</td><td>20 -30</td></tr> <tr> <td>Total:</td><td>60-100</td></tr> </tbody> </table> <p>* The presence of theoretical instruction 51% - 60% - 7.5 points, 61% - 70% - 9.5 points, 71% - 80% - 12 points, 81% - 90% - 13 points, 91% -100% -15 points .</p> <p>** Practical instruction: every practical lesson brings 1 point (10</p>	Type the Activity	Points	Theoretical instruction *	7,5 -15	Practical instruction**	5 -10	Practice***	7,5 -15	Continuous examinations	20 -30	Practical Exam	20 -30	Total:	60-100
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	<p>exercise)</p> <p>presence of - 0.5 points</p> <p>activity on exercise - 0.5 points</p> <p>*** Success of practice:</p> <p>51% - 60% - 7.5 points;</p> <p>61% - 70% - 9.5 points;</p> <p>71% - 80% - 12 points;</p> <p>81% - 90% - 13 points;</p> <p>91% -100% - 15 points.</p> <p>Conditional criteria: Student is necessary to regularly visit theoretical classes, exercises and practice, then approach to continuous checking. Checking the knowledge is written and performed after the theoretical lecture and exercises. Practical part of the exam is carried out after the end of preserving the practice and consists of a review of the practical skills evaluation of the log book kept by the student and evaluate student behaviour and engagement. Rating of the overall exam is obtained according to the table estimates, based on the sum of points from all activities, including ongoing checks and practical part of the exam.</p> <p>The student shall be obliged to win a minimum score of (60%) of continuous checking and practically competent exam, otherwise, it, is appears complete final exam .</p> <p>Complete final exam: is a written and/or practical exam. Consists of continuous checking and/or practical part of the exam that the student did not won minimum points</p>
Learning materials	<p>Basic:</p> <p>Authorized lectures of Cathedra</p>