

1.	Subject	PSYCHOPHYSICAL PREPARATION OF FUTURE PARENTS		
2.	Code	DA – 221		
3.	Study program:	Three-year professional studies for graduate obstetricians		
4.	Conducted by	UKIM – Medical Faculty Department of Physical Medicine and Rehabilitation Institute of Physical Medicine and Rehabilitation Department of Gynecology and Obstetrics University Clinic of Gynecology and Obstetrics		
5.	Degree of education (first or second cycle)	First cycle		
6.	Academic year/semester	II/IV	7. Credits	1.5
8.	Professor	Head of the Department of Physical Medicine and Rehabilitation: Prof. d-r Erieta Nokolikj Dimitrova *the lessons are held by all the professors of the Department: Prof. d-r Erieta Nokolikj Dimitrova Doc. D-r Valentina Koevska Doc. D-r Biljana Mitrevska Doc. D-r Cvetanka Gerakaroska Saveska Head of the Department of Gynecology and Obstetrics Prof. D-r Goran Dimitrov The lessons are head by all the professors of the Department		
9.	Prerequisite			
10.	Goals	The student gains knowledge about the basic use of exercises, breathing exercises, different types of exercises and physical activity recommended during pregnancy, exercises for people suffering from stress incontinence, exercises for people who have undergone a gynecological surgical intervention		
11.	Content summary:	<p>Theoretical lessons (30 lessons of the Department of Physical Medicine and Rehabilitation):</p> <ul style="list-style-type: none"> - Posture and balance during pregnancy - Resources of kinesitherapy, types of exercises - Breathing exercises - Relaxation exercises - Exercises during pregnancy, for every trimester - Stretching exercises, yoga and pregnancy - Exercises with a therapy ball - Kegel exercises - Aquatic exercises (hydrokinesitherapy) - Physical activity during pregnancy and after birth - Kinesitherapy tapes in pregnant women - Massage during pregnancy - Stress incontinence - Kinesitherapy and education of women suffering from stress incontinence - Functional magnetic stimulation for urinary incontinence - Use of physiotherapy after gynecologic surgical intervention - Exercises for pregnant women with disabilities - Orthopedic devices and devices that aid daily activity for pregnant women with disability - Lower back pain during pregnancy 		

	<p>Theoretical lessons (10 lessons from the Department of Gynecology and Obstetrics): Eminent obstetrics – obstetrical care of a patient and her family</p> <ul style="list-style-type: none"> - Antenatal period - Perinatal period - Post natal period - Newborn care - Analysis during pregnancy for determining the condition of the fetus/biophysical profile - Newborn care during delivery - Puerperium and care of the mother - Breastfeeding and complications in the postnatal period - IV birth time - Contraception and family planning counseling - Psychophysical preparation of the mother and the family <p>Practical lessons:</p> <ul style="list-style-type: none"> – Advising pregnant women, with 20 prenatal examinations included – Obstetrical care and care of 25 patients with natural birth, therapy and care – The student must perform 15 deliveries and actively participate in 10 deliveries – Active participation – assisting in case of postpartum complications – Obstetrical care and care of 25 high-risk pregnancies or care in case of postpartum complications in a healthy mother and newborn – Obstetrical care, intrapartum and postpartum of patients with pathological conditions in gynecology and obstetrics – Preparing standards of obstetrical/health care – Professional obstetrical/health care: admission, transfer, discharge of patients, psycho-physical problems because of the admission to a hospital – Participation of the obstetrician in the diagnostic-therapeutic program – Professional preparedness of the obstetrician during the examination of a patient with infection, internal disease or mental health problem. <p>In the practical lessons, the student learns under the hand of a professor, collaborator or a mentor, who helps the student during the evaluation. At first, the student indentify the problems and solve them with someone else and then independently.</p> <p>The students should be able to look into their work as a group in meetings, and should be able to interchange experiences.</p>			
12.	Teaching methods: Interactive lessons (theoretical), practical lessons, seminars, projects and other types of activities determined by the ECTS criteria			
13.	Total classes:	40		
14.	Organization			
15.	Types of teaching activities	15.1	Lessons: theoretical classes	40
		15.2	Training	40
16.	Other types of activities	16.1	Projects	
		16.2	Self-supporting practice	
		16.3	Learning at home	
17.	Knowledge assessment		Points	
	17.1	Tests	2 Mid-term exam 1. Min. 39 – max. 65 points 2. min. 15 – max. 25 points	

			Final exam Complete theory exam – min 30 – max 50 Oral exam – min 18 – max 30
	17.2	Seminars	
	17.3	Active participation	<p>Min. – Max. 6 - 10</p> <p>Theoretical lessons Attending the practical lessons 51-60% - 6 points 61-70% - 7 points 71-80% - 8 points 81-90% - 9 points 91-100% - 10 points</p> <p>The final grade for the subject is formed according to the table for grading, and is based on the sum of the points from all the activities. Part-time studies 40% of the theoretical lessons are held. The exam is during the exam session, and the grade is formed according to the table for grading and is based on the sum of the points of all the activities.</p>
18.	Grading criterion (points/grades)	Up to 59	5 (five) F
		60-68	6 (six) E
		69-76	7 (seven) D
		77-84	8 (eight) C
		85-92	9 (nine) B
		93-100	10 (ten) A
19.	Requirements for obtaining a signature and attending the final examination	<p>To obtain a signature the student must gain minimum points from attending the theoretical lessons and the other mandatory activities.</p> <p>The student must regularly attend the theoretical lessons so that he can attend the mid-term exam. The exam is in the written form.</p> <p>The final grade for the subject is formed according to the table for grading, and is based on the sum of the points from all the activities, mid-term exam and/or final exam. The student must obtain minimum of 60% of the total points on the mid-term exam. If he doesn't, he must attend a complete final exam.</p> <p>Final exam: The exam is in a written form. The final exam is during the exam session (January/February, May/June and August/September)</p>	
20.	Language	Macedonian	
21.	Method of evaluating the quality of the lessons	Students' anonymous evaluation of the subjects, the professors and collaborators who hold the lessons.	
22.	Literature:		
	22.1	Mandatory literature	
		1.	Mladenovikj D. et. Al., Gynecology and Obstetrics,

		Zavod za udzbenike I nastavna sredstva, Belgrade, 2008
	2.	Ristikj, Practical Gynecology, Freemental, Belgrade, 2006
	3.	Ristikj, Practical Obstetrics, Freemental, Belgrade, 2001
	4.	Stojanovska Miroslava, Foundations of Kinestherapy, Pergament 2012 Public, Skopje
	5.	Muftic M., Mehmedbashich S., Education of pregnant women for exercising during pregnancy, Federalno Ministarstvo zdravlja FBiH, Sarajevo 2011
	6.	Radisavljevic M, Antic Lj., Milcev S., Kinesitherapy and use of psychophysical preparation of pregnant women for delivery, SPORT – Nauka I Praksa, Vol.6, no. 1&2, str.87-98, 2016
	7.	Kisner C., therapeutic exercises, Davis Company, Philadelphia, 2002
	8.	Djordjeic A., Physical activity in pregnancy, Sportska medicina, Volumen 5, no. 4, 192-204
22.2	Additional literature	