**Unit:** Institute of Physiotherapy – Opole Medical School

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<tr>
<th><strong>Undergraduate studies</strong></th>
<th><strong>Field of study:</strong> Physiotherapy BSc</th>
<th><strong>Speciality (if applicable):</strong> -</th>
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**Course title:** CLINICAL PHYSIOTHERAPY IN CARDIOLOGY AND PULMONOLOGY

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<th><strong>Year of study:</strong> III</th>
<th><strong>The number of hours and the form of classes:</strong></th>
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<td><strong>Semester:</strong> V</td>
<td>Lectures: 15 hours Workshops (practical lessons): 18 hours</td>
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<th><strong>Number of credit points allocated (ECTS):</strong></th>
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**Unit giving the course:** Institute of Physiotherapy

**Name of coordinator:**
- Lecture: Lucyna Slupska PT PhD
- Workshop: Lucyna Slupska PT PhD

**Prerequisites:** course in anatomy, physiology and pathophysiology of cardiovascular and respiratory disease

**Assessment procedures and performance criteria:**
- Lecture: exam (written)
- Workshop: ungraded credit (presence, activity ) and numerical grading

**Objective of the course** (expected learning outcomes and competences to be acquired):
The main learning outcome of the course is to introduce basic procedures of clinical rehabilitation in cardiology. Indications and contraindications to exercises and interventions are described and explained in details. Students acquire knowledge on recognizing acute and chronic conditions in cardiovascular and pulmonary diseases. Models of rehabilitation used in clinical cardiology are presented with special regards to those employed in ischaemic heart disease and chronic heart failure physiotherapy. Practical lessons (workshops) are focused on direct contact with patients of Cardiology Ward. Students work together with their teacher on chosen clinical situations.

**Course contents:**
- Cardiac rehabilitation: definitions, objectives, conditions, application in selected diseases.
- Pulmonary rehabilitation: definitions, objectives, conditions, application in selected diseases.
- The importance of cardiac stress test in the prevention of cardiovascular and respiratory diseases as well as cardio-pulmonary rehabilitation.
- Cardiac rehabilitation of patients after myocardial infarction treated conservatively and invasively.
- Rehabilitation of patients after cardiac surgery.
- Patients qualification with selected cardiovascular and respiratory disease to physiotherapy.
- Methods of physiotherapy (diagnosis, physical examination, indications and contraindications, the objectives of rehabilitation) in ischemic heart disease, myocardial infarction.
- The methodology of exercises for patients with ischemic heart disease and after myocardial infarction.

**Learning outcomes:**
- Student describes the structures of the human organism regarding cardiovascular and pulmonary system; describes the physical basis of physiological and pathophysiological processes; identifies basic concepts related to health education, health promotion, and disability prevention, explains the
mechanisms of action of physical interventions on the human organism, interprets indications, contraindications and side effects of physiotherapy procedure in cardiology and pulmonology, recognizes when to consult experts and is aware of own limitations

**Recommended literature:**
1. AACVPR Cardiac Rehabilitation Resource Manual; AACVPR
2. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs-4th Edition; AACVPR
3. Pathophysiology of Heart Disease: A Collaborative Project of Medical Students and Faculty; Leonard S Lilly
4. Clinical Cardiology Made Ridiculously Simple (Edition 4); Michael Chizner
5. Current European Society Guidelines on Cardiac Rehabilitation and Prevention

**Contact person:** Lucyns Slupska PT PhD