



COURSE UNIT DESCRIPTION

Course unit title	Code
Geriatric rehabilitation	

Annotation
Geriatric rehabilitation – a course related to specific changes of biopsychosocial functions and peculiarities of rehabilitation in old age.

Lecturer(s)	Department, Faculty
Coordinating: Assistant professor Asta Mastavičiūtė Other:-	Institute of Health Sciences, Department of Rehabilitation, Physical and Sports Medicine, Faculty of Medicine

Study cycle	Type of the course unit
Second	Compulsory

Mode of delivery	Semester or period when it is delivered	Language of instruction
Face to face	II semester	Lithuanian

Requisites	
Prerequisites: A student must have completed the following courses: Biopsychosocial access to rehabilitation, Rehabilitation in multiple pathologies	Co-requisites (if relevant): None

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
5	135	52	83

Purpose of the course unit: programme competences to be developed
Purpose – to provide knowledge about assessment criteria of biopsychosocial functions and peculiarities of methods used in geriatric rehabilitation, as well as to develop skills for management of older people in rehabilitation.

Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
Know and are able to critically evaluate ageing theories, holistic geriatric concept of rehabilitation, its methods features. Apply knowledge of the older adults health care and rehabilitation implementation of strategic provisions in the European Union and Lithuanian aspects of politics.	Presentation of information and discussion during the lecture. Presentation of an individual task, case studies in the seminar. Workshops: Learning to apply specific geriatric questionnaires. Search for information, selection of suitable literature sources.	Exam (see assessment criteria below). Discussion and formative evaluation will be done during seminars.
They are able to comprehensively assess the disorders of biopsychosocial functions of the older adults in order to select adequate measures for their recovery, support and compensation.	Preparing a report by individual task, its oral presentation with a PowerPoint presentation and discussing it.	Evaluation of the report and its presentation (see assessment criteria below).
They are able to accurately and reasonably convey their thoughts and the results of research/papers on geriatric rehabilitation.		

They are able to objectively reflect on themselves and others students study achievements and anticipate prospects for professional development.	Analysis and discussion of the report prepared by colleagues.	
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Course content: breakdown of the topics	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship/work	Contact hours,	Individual work	Assignments
1. Policy of geriatric health care and rehabilitation in Lithuania and in the European Union. Management of geriatric rehabilitation. Principles of management of geriatric rehabilitation.	1		6	2			9	14	Analysis of policy legislation on the older adults health in Lithuania and in the European Union.
2. Theories of ageing and their critical appraisal. Holistic concept of geriatric (older adults) rehabilitation. Application of gerontology scientific achievements in rehabilitation.	1		6	2			9	16	Studying of scientific literature on theories of ageing and holistic concept of rehabilitation.
3. Integrated analysis of relationship between involuntional changes and pathological conditions in rehabilitation. Methods of assessment of biopsychosocial functions in old age. Comprehensive geriatric assessment.	2		10	2			14	21	Search for information about involuntional changes and pathological conditions, geriatric syndromes. Studying of methods of assessment of the older adults.
4. The characteristics of geriatric rehabilitation and critical assessment of rehabilitation methods in the most common geriatric syndromes (disorders of cognitive functions, depression in older adults, mobility disorders, stroke, falls, nutrition disorders, frailty syndrome).	4		10	6			20	32	Report (overview) on the assessment of biopsychosocial functions and the effectiveness of the rehabilitation methods (according to an individual task). Presentation of a ready-made report (with a PowerPoint presentation).
Total	8		32	12			52	83	

Assessment strategy	Weight %	Deadline	Assessment criteria
Assessment of a report and an oral presentation on Power Point slides (X)	40	During a semester	<p>The report and its presentation are evaluated on a 10-point scale. Evaluation criteria and maximum scores:</p> <ul style="list-style-type: none"> • selection and completeness of the sources under consideration in the disclosure of the topic (1 point); • ability from the chosen point of view, adequately analyze scientific, informative literature, various documents (2 points); • the ability to express thoughts clearly and consistently, summarise and base conclusions on arguments (2 points); • the culture of the written language, the appropriate references sources (2 points); • accurate visual presentation of material by multimedia, time management (2 points);

			Total score of presentation is calculated by summing up all the points of assessment areas. The maximal score is 10 points.
Final exam (Only those students, who scored positive on the report and Power Point presentation, are allowed to take an exam) (Y)	60	On the session	Final evaluation – examination (test). The test is made of closed type questions with several possible answers, one of the answers is correct. A test result is calculated as follows: $\text{Test score} = \sum_{i=1}^n \left(\frac{t^i}{m^i} \right) * 10/n$ t^i – is a number of correctly checked answers to the question i ; m^i – indicates a number of all correct answers to the question i ; n – number of questions. Maximal score of the test is 10 points.
Cumulative assessment grades: $A = 0.4 * X + 0.6 * Y$			

Author	Year of publication	Title	No of periodical or vol. of publication	Publication place and publisher or Internet link
Required reading				
Sudarė V. Lesauskaitė	2017	Geriatrija. (vadovėlis medicinos specialybių studentams) <i>Geriatrics (handbook for medical students, in Lithuanian)</i>		LSMU leidybos namai, Kaunas
Oliver D, Foot C, Humphries R.	2014	Making our health and care systems fit for an ageing population		http://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/making-health-care-systems-fit-ageing-population-oliver-foot-humphries-mar14.pdf
Padilla R, Byers-Connon S, Lohman H.	2011	Occupational therapy with Elders		Mosby
Chun A. (Editor).	2020	Geriatric Practice. A Competency Based Approach to Caring for Older Adult		SBN 978-3-030-19624-0 ISBN 978-3-030-19625-7 (eBook) https://doi.org/10.1007/978-3-030-19625-7
Guccione AA, Wong RA, Avers D.	2012	Geriatric Physical Therapy		VU MF: 50869 Elsevier Mosby ISBN: 978-0-323-02948-3
Lusardi MM, Jorge M, Nielsen CC.	2013	Orthotics and Prosthetics in Rehabilitation, 3 edition		Elsevier
Additional reading				
Tamulaitienė M.	2001	Osteoporoziniai slankstelių lūžiai. Diagnostika, gydymas ir reabilitacija (mokomoji knyga)		„Gilija“, Vilnius

		<i>Fragility vertebral fractures. Diagnostics, treatment and rehabilitation (handbook, in Lithuanian)</i>		
Bryant DP, Bryant BR.	2012	Assistive Technology for People with Disabilities	2nd Edition	Pearson Education (US)
Professional associations for physical activity, Sweden	2010	Physical Activity in the Prevention and Treatment of Disease		http://www.fyss.se/wp-content/uploads/2011/02/fyss_2010_english.pdf
Mastavičiūtė A, Tamulaitienė M, Aleksa V.	2011	Kūno sandaros tyrimo metodai <i>Methods of examination of body composition (in Lithuanian)</i>	Gerontologija. 2011;12(3):17 7-186	http://www.gerontologija.lt/files/edit_files/File/pdf/2011/nr_3/2011_177_186.pdf