

Discipline Syllabus «BASICS OF REFLEXOTHERAPY» VB 1.52 2023-2024 academic year	
Name of faculty	Dental
Educational program (industry, specialty, higher education level, a form of education)	22 Healthcare, 222 Medicine, second (master's) level of higher education, full-time
Academic year	2023-2024
Discipline name, code	VB 1.52 «BASICS OF REFLEXOTHERAPY » Dep_medical1@meduniv.Lviv.ua
Department	79010, Lviv, LRCH, Y.Rufa str., 6 tel. +38 (032)2769325, 2368297, 2368397, 2368261, 2368326 Kaf_neurology@meduniv.Lviv.ua
Head of the department (contact e-mail)	Professor, D.Sc. Tetyana Nehrych Kaf_neurology@meduniv.Lviv.ua
Year of study (<i>year on which the study of the discipline is implemented</i>)	4th course, Medical Faculty
Semester (<i>semester in which the study of discipline is implemented</i>)	VII-VIII semester
Discipline/module type (<i>required/ selective</i>)	Custom
Teachers (<i>names, surnames, scientific degrees and titles of teachers who teach discipline, contact-mail</i>)	Maryenko L.B., D.Sc., prof. Vivchar R.Y., ass. prof. Pshyk R.S., PhD, ass. prof.
Erasmus yes/no (<i>availability of discipline for students within erasmus+ program</i>)	
Person in charge of the syllabus (<i>the person to whom comments should be made regarding the syllabus, contact e-mail</i>)	Nataliya Malyarska n.malyarska@gmail.com Kaf_neurology@meduniv.Lviv.ua
Number of ECTS credits	2,0
Number of hours	60 hours – total: 26 hours - classroom work, 34 hours - independent work
Language of study	Ukrainian, English
Information about consultations	according to the consultation schedule
Address, phone number, and regulations of the clinical base	79010, Lviv, LRCH, Y.Rufa str., 6 tel. +38 (032)2769325, 2368297, 2368397, 2368261, 2368326
2. Short abstract to the course	
<p>The organization of the educational process is carried out according to the European credit transfer system ECTS and is intended for students of the 4th year of the School of Medicine (Masters) of specialty 222 "Medicine". 2.0 credits (60 hours) are allocated for the study of the discipline "Fundamentals of reflexotherapy ": 26 hours, of which is classroom training (in the form of practical classes) and 34 hours - independent work of students.</p> <p>The program of the discipline "Basics of reflexotherapy " is a normative discipline, which is taught in the VII-VIII semester and is structured into 2 sections:</p> <ol style="list-style-type: none"> 1. Basics of reflexotherapy . 2. Special reflexotherapy . 	

The program of the discipline consists of:

- Determination of reflexotherapy, its role and place in modern medicine
- The main components of punctual reflexotherapy : place of action, reception and moment of action
- Acupressure. Local barotherapy
- Surface multi-needle acupuncture
- Thermoreflexotherapy
- Electrical reflexotherapy: through the electrical system (CNS), electric, laser therapy.
- Reflexodiagnostics. Microacupuncture systems.
- General provisions of manual reflexotherapy . loads on the vertebrate column and joints.
- Myofascialpain syndrome. Principles of reflex anesthesia
- Features of the use of reflexotherapy in medical practice.

The program involves the integration of the teaching of discipline and the formation of skills in the use of knowledge in reflexotherapy in the process of both further education and professional activity; teaches the use of reflexotherapy and other physical factors in medical practice to ensure the prevention of diseases, as well as for faster restoration of health, improvement of quality of life and performance in patients of various profiles; provides prevention of the development of pathological conditions that occur in the irrational conduct of rehabilitation measures.

3. The purpose and objectives of the course

The course aims to give students a holistic idea of the main theoretical and methodical aspects of reflexotherapy and the acquisition of practical skills in using it in clinical conditions.

The purpose of training is to teach students the general principles of reflexotherapy in diseases of internal organs; to reveal practical aspects of reflexotherapy , ways and methods of using its achievements in clinical practice to prevent diseases, and rehabilitation of patients after disability improve the quality of their lives.

4. Course details

«**Basics of reflexotherapy** » academic discipline:

1. It is based on unconventional methods of rehabilitation, provides methodology and technology for conducting unconventional methods of rehabilitation.
2. It is based on students' study of human anatomy, medical biology, medical chemistry, medical and biological physics, physiology, pathophysiology, hygiene and ecology, pharmacology, propaedeutic of internal medicine, neurology and integrates with these disciplines.
3. It establishes students to create a holistic idea of the main theoretical and methodical aspects of reflexotherapy and the acquisition of practical skills in using it in clinical conditions.
4. Integrates with clinical disciplines (neurology, therapy) to understand and use the general principles of reflexotherapy in diseases of internal organs;
5. Forms an idea of the need for prevention and rehabilitation of neurological and somatic diseases by reflexotherapy .

5. Program learning outcomes

The study of the discipline "**Basics of reflexotherapy** "provides the following program learning outcomes:

- *general:*

- ZK1 - the ability to abstract thinking, analysis and synthesis.
- ZK2 - the ability to learn and master modern knowledge.
- ZK3 - the ability to apply knowledge in practical situations.
- ZK4 - knowledge and understanding of the subject area and understanding of professional activity.
- ZK5 - the ability to adapt and act in a new situation.
- ZK6 - the ability to make informed decisions.
- ZK7 - the ability to work in a team.
- ZK8 - the ability for interpersonal interaction.

ZK10 - the ability to use information and communication technologies.
 ZK11 - the ability to search, process and analyze information from various sources.
 ZK12 - determination and persistence in relation to assigned tasks and assumed responsibilities.
 ZK13 - awareness of equal opportunities and gender issues.
 ZKE14 - the ability to realize one's rights and responsibilities as a member of society, to realize the values of a civil (free democratic) society and the need for its sustainable development, the rule of law, the rights and freedoms of a person and a citizen in Ukraine.
 ZK15 - the ability to preserve and increase the moral, cultural, scientific values and achievements of society based on an understanding of the history and patterns of development of the subject area, its place in the general system of knowledge about nature and society and in the development of society, equipment and technologies, to use various types and forms of motor activities for active recreation and leading a healthy lifestyle
- special (professional, subject-oriented):
 FK1 - ability to collect medical information about the patient and analyze clinical data.
 FK2 - the ability to determine the necessary list of laboratory and instrumental studies and evaluate their results.
 FK3 - the ability to establish a preliminary and clinical diagnosis of the disease.
 FK4 - the ability to determine the necessary mode of work and rest in the treatment and prevention of diseases.
 FK5 - the ability to determine the nature of nutrition in the treatment and prevention of diseases.
 FK6 - the ability to determine the principles and nature of treatment and prevention of diseases.
 FK7 - the ability to diagnose emergency conditions.
 FK8 - the ability to determine tactics and provide emergency medical care.
 FK9 - the ability to carry out medical evacuation measures.
 FK10 - the ability to perform medical manipulations.
 FK11 - the ability to solve medical problems in new or unfamiliar environments in the presence of incomplete or limited information, taking into account aspects of social and ethical responsibility.
 FK16 - the ability to maintain medical documentation, including electronic forms.
 FK21 - to clearly and unambiguously convey one's own knowledge, conclusions and arguments on health care problems and related issues to specialists and non-specialists, in particular to people who are studying.
 FK24 - compliance with ethical principles when working with patients and laboratory animals.
 FK25 - compliance with professional and academic integrity, to be responsible for reliability of the obtained scientific results.

6. Course format and scope

Course format	Full-time	
Type of lesson	Number of hours	Number of groups
Lecture	-	according to the schedule
Practical	26	
Seminars	-	
Independent	34	

7. Subject and content of the course (annex attached)

Explanation, briefing; interactive methods (small group work, brainstorming, project method), simulation and role-playing game, multimedia presentation, illustration, demonstration, discussion, solution of clinical situations, methods of control and self-control, work on phantoms; individual tasks.

8. Verification of training results

The current control is carried out at each practical lesson according to the specific goals of the topic, during the individual work of the teacher with the student for those topics that the student processes independently and they are not part of the structure of the practical training.

<p>Evaluation of current educational activities: When learning each topic for the current educational activity of the student are assessed on a 4-point traditional scale.</p> <p>Evaluation of independent work: Evaluation of students' independent work, provided in the topic along with classroom work, is carried out during the current control of the topic at the appropriate classroom.</p> <p>Form of final control in accordance with the curriculum (scoring).</p>		
Final control		
General Rating System	Participation in work during the semester on a 200-point scale	
Rating Scales	Traditional 4-on-base scale, multi-base (200-global) scale, ECTS rating scale	
Conditions of admission to final control	The student attended all practical classes and received at least 120 points for the current success	
Type of final control	Methodology of final control	Enrollment criteria
Passed	All topics submitted for current control must be counted. Grades from the 4-point scale are converted into points on a multi-point (200-point) scale in accordance with the Regulation "Criteria, rules and procedures for evaluating the results of students' academic activities."	<i>The maximum number of points is 200. Minimum number of points- 120</i>
<p>The assessment is carried out on a 200-point scale.</p> <p>The current control of students' knowledge is carried out at each practical lesson in accordance with the specific goals of the topic, during the individual work of the teacher with the student for those topics that the student processes independently and that are not part of the structure of the practical training.</p> <p>The final control in the form of differential test is carried out after studying all topics in the discipline during the semester session after all practical classes.</p> <p>Students who have visited all the educational classes provided for in the curriculum in the discipline and scored the minimum number of points (not less than 72, which is responsible for the national scale "3") are allowed to the differential test. A student who, for a good reason, had skipping classes, is allowed to work out academic debt to a specific period established. For students who missed training sessions without good reason, the decision to work them out is made individually by the dean of the faculty.</p> <p>Points for differential scoring correspond to the scale: Rating "5" - 80-71 points; Rating "4" - 70-61 points; Rating "3" - 60-50 points.</p> <p>Points for current success and for differential scoring are added. The points received correspond to a fixed rating scale. Rating "5" - 200-180 points; Rating "4" - 179-140 points; Rating "3" - 139-120 points.</p> <p>Evaluation of independent work: Assessment of students' independent work, which is provided in the topic along with classroom work, is carried out during the current control of the topic at the appropriate classroom.</p>		
Criteria for assessing the differential test		
<p>The maximum number of points a student can score for admission to a differentiated test for current</p>		

academic activity is 120 points.

The minimum number of points that a student must score for current academic activity to be admitted to a differentiated test is 72 points.

The calculation of the number of points is carried out based on the grades received by the student on a 4-point (national) scale during the study of the discipline, by calculating the arithmetic average (CA), rounded to two decimal places.

$$x = \frac{CA \times 120}{5}$$

10. Literature

Mandatory:

1. Lecture of the cycle of specialization in reflexotherapy "Application of YIN and YANG theory in traditional Chinese medicine" / Chuprin G.M., Trufanov E.O., Sviridova N.K. [etc.]. - Eastern European Neurological Journal. - 2018, No4(22).- p.26-31.
2. Lecture of the cycle of specialization in reflexotherapy "Use of reflexotherapy as part of complex therapeutic measures in cosmetology" / Sviridova N.K., Chuprin G.M., Parnikoza T.P., Cherednichenko T.V. - Eastern European neurologist. zhurn. -2017.- No2 (14.- p. 4-10.
3. Lecture of the specialization cycle with RT "Practical application of U-Xin theory in traditional Chinese medicine" / Chuprin G.M., Sviridova N.K., Parnikoza T.P. [etc.]. - East-European Neurological Journal. - 2018, No2(20).- P.19-23.
4. Lecture of the specialization cycle with RT "Theoretical and methodological bases of reflexotherapy" / Chuprin G.M., Sviridova N.K., Parnikos T.P. [etc.]. - East-Europe Neurologic Journal. - 2018, No2(20).- P.19-23.
5. Lecture of the cycle of specialization with RT "Cephalalgia: clinic, diagnosis and treatment" / Chuprin G.M., Sviridova N.K., Parnikoza T.P. [etc.]. - East-Europe Journal. - 2018, No2(20) P.12-18.
6. Lecture of the cycle of specialization in reflexotherapy "Theory of YIN-YANG, as a basis for the diagnosis and lycation of diseases" / Chuprin G.M., Sviridova N.K., Parnikoza T.P. - Eastern European Neurological Journal. - 2017, No4(16.- p.30-35.
7. Neurophysiological basis of the use of reflexotherapy methods in the treatment of multiple sclerosis (Clinical Lecture) / Chuprina G.M., Sviridova N.K., Parnikoza T.P. [etc.]. - Eastern European Neurological Journal. - 2018, No1(19).- P.4-8.
8. Reflexology: textbook / [Sviridova N.K., Morozova O.G., Chupryna G.M., etc.]; per ed.. N.I. Sviridova, O.G. Morozova.- K. : LLC SIKGROUP Ukraine, 2017. – T. 1.- 427 p.
9. Reflexology: textbook / [Sviridova N.K., Morozova O.G., Chupryna G.M., etc.]; per ed.. N.I. Sviridova, O.G. Morozova.- K. : LLC SIKGROUP Ukraine, 2017. – T. 2.- 205 p.
10. Reflexology: textbook / [Sviridova N.K., Morozova O.G., Chupryna G.M., etc.]; per ed.. N.I. Sviridova, O.G. Morozova.- K. : LLC SIKGROUP Ukraine, 2017. – T. 3.- 476 p.

Information resources:

1. <http://www.sport-med.com.ua>
2. [http:// www.medicalacupuncture.org](http://www.medicalacupuncture.org)
3. [http:// www.acucouncil.org](http://www.acucouncil.org)
4. [http:// www.acudetox.com](http://www.acudetox.com)

11. Equipment, material, technical and software of the course –

Multimedia projector, personal computer, tools for reflexotherapeutic manipulations.

12. Additional information

79010, Lviv, LRCH, Y.Rufa str., 6, tel. +38 (032)2769325, 2368297, 2368397, 2368261, 2368326

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Head of scientific student group: ass. Prof. Mariya Shorobyra

Responsible for safety at the department: ass. prof Roman Vivchar

Responsible for safety at the department: ass. prof Roman Vivchar

Syllabus laying

Nataliya Malyarska, PhD, assoc. prof.



(Signature)

Head of the department

Tetyana Nehrych MD, D.Sc., Professor



(Signature)

APPENDIX

Scheme of discipline: "**Basics of reflexotherapy**".

Number / date/ H.	Theme, plan, short theses	Form of activity*	Materials	Literature* * (Resources on the Internet).	Task H.	Term of execution
1.	Reflexotherapy, its role and place in modern medicine. (Basic theoretical and methodical aspects of modern non-drug therapy and rehabilitation. Sanogenetic processes, their constituent parts (restitution, regeneration, compensation, immune system activity, microcirculation).	Practical training, 2 hours a day	Multimedia presentation, handouts of educational and methodical materials.			Schedule
2.	Determination of reflexotherapy, its role and place in modern medicine.	Self work, 2 hours	Multimedia presentation, handouts of educational and methodical materials.			
3.	The main components of punctual reflexotherapy: place of action, reception and moment of action. (Three main components of PRT: action (quantitative and qualitative characteristics). General principles of	Practical Classes 2 hours a day	Handouts of educational and methodical materials.			

	main components of PRT: moment of action (time parameters and taking into account the activity of organs and systems). Meridian system as a moment of action. General contraindications to PRT. Segmental AND their functional significance).					
4.	Electroreflexotherapy: intercutaneous electroneurostimulation (ENS), electromyostimulation, laser therapy	Self Work 4 hours a day	Handouts of educational and methodical materials.			
5.	Reflexodiagnostics. Organization of autonomic nervous system. (Organization of vegetative nervous system.) Clinical assessment of the directionality of vegetative manifestations.	Practical Classes 2 hours a day	Multimedia presentation.			
6.	Reflexodiagnostics. Microacupuncture systems. Connection of acupuncture zones.	Self Work 4 hours a day	Multimedia presentation.			
7.	Thermal therapeutic factors in reflexotherapy. Acupressure. Local barotherapy.	Self Work 2 hours a day Self Work 4 hours a day	Multimedia presentation, handouts of educational and methodical materials.			
8.	Principles of reflex anesthesia. (The concept of a nociceptive and anti-nociceptive systems. Endogenous opioids (localization, functions, features of action).	Practical classes, 2 hours a day	Multimedia presentation.			

9.	General provisions of manual reflexotherapy . Acupressure. Local barotherapy.	Practical classes, 2 hours a day	Multimedia presentation.			
10.	Superficial multi-needle acupuncture. Thermoreflexotherapy.	Practical classes, 2 hours a day				
11.	Electroreflexotherapy: intercutaneous electroneurostimulation (ICENS). Electromyostimulation. Laser therapy.	Practical classes, 2 hours a day				
12.	General provisions of manual reflexotherapy . Acupressure. Local barotherapy.	Practical classes, 2 hours a day	Multimedia presentation.			
13.	Principles of reflex anesthesia.	Self Work 4 hours a day	Multimedia presentation, handouts of educational and methodical materials.			
14.	General provisions of manual reflexotherapy . Algorithm of application of manual therapy. (Manual therapy and the scope of its use, types of biomechanical disorders. Therapeutic effects of manual therapy. Features of manual diagnostics, concepts about anatomical and functional barriers.	Self Work 4 hours a day	Multimedia presentation.			
15.	Myofascial pain syndrome. Manual methods of muscle correction. (Manual examination of the condition of muscles. Myofascial trigger points and methods of their activation.	Practical classes, 2 hours a day	Multimedia presentation, handouts of educational and methodical materials.			

16.	Myofascial pain syndrome.	Self Work 4 hours a day	Multimedia presentation,			
17.	Optimization of static-dynamic loads on the vertebrate column and joints. Reflexotherapy as a first aid. Reflexotherapy in complex measures for pain syndromes.	Self Work 4 hours a day	Multimedia presentation, handouts of educational and methodical materials.			
18.	Preparation for practical classes - theoretical training and mastering of practical skills.	Self Work 4 hours a day	Handouts of educational and methodical materials.			
19.	Individual ISW. Self-study of the topic: Reflexotherapy in pediatrics.	Self Work 1 hour	Multimedia presentation,			
20.	Individual ISW. Self-study of the topic: Vegetative dysfunctions.	Self Work 1 hour	Multimedia presentation,			
21.	Final lesson.	Practical Classes 2 hours a day	Computers, test control.			
22.	Preparation for examination.	Self Work 2 hours a day	Computers, test control.			
Total: 60 hours: 26 hours - classroom work, 34 hours - independent work						