

Educational Objectives in the Cross-Sectional Subject (Querschnittsfach) „Rehabilitation, Physical Therapy, Naturopathic Therapy“

Rehabilitation

1. Basic concepts Model of illness sequelae (WHO), assessment instruments (e.g. SF-36; ICF), rehabilitation needs, rehabilitation goals, coping with illness, lifestyle change, quality of life/functioning, health-psychological models, evidence of effectiveness
2. Interventions Methods to increase motivation, patient education (general health education, illness- and problem-specific programs), physical training, physiotherapy, ergotherapy, dietetic counselling, psychological counselling, neuropsychological treatment, social counselling, multidisciplinary approach
3. Rehabilitation system Legal background, funding, access, setting (inpatient, outpatient), aftercare; medical, social and vocational rehabilitation
4. Disorders Basic principles of rehabilitation in orthopedic, cardiological, pulmological, metabolic (diabetes mellitus), oncological, neurological, and psychosomatic disorders
5. Rehabilitation science Evaluation, evidence-based medicine

Physical therapy

1. Basic concepts Basic principles, treatment selection, therapy planning
2. Interventions Selected examples: exercise therapy, physiotherapy, manual therapy, acupuncture

Naturopathic therapy

1. Basic concepts Basic principles, areas of application, differentiation from complementary/alternative therapies lacking scientific evidence, motivation to use complementary/alternative therapies, placebo effect
2. Interventions Selected examples: phytotherapy, dietetic treatment