



## STUDY COURSE RHEUMATOLOGY

ACADEMIC YEAR 2023/2024

## ACADEMIC SUBJECT RHEUMATOLOGY

General information	
Year of the course	I – II – III Year
Academic calendar (starting and ending date)	I semester
Credits (CFU/ETCS):	1
SSD	Med 16
Language	ITALIAN
Mode of attendance	Not MANDATORY

Professor/ Lecturer	
Name and Surname	VINCENZO VENERITO
E-mail	Vincenzo.venerito@uniba.it
Telephone	0805592776
Department and address	UO Reumatologia. AOCU Policlinico di Bari
Virtual room	<a href="#">SAMS Reumatologia</a>   <a href="#">General</a>   <a href="#">Microsoft Teams</a>
Office Hours (and modalities: e.g., by appointment, on line, etc.)	Upon request

Work schedule			
Hours			
Total	Lectures	Hands-on (laboratory, workshops, working groups, seminars, field trips)	Out-of-class study hours/ Self-study hours
25	10		15
CFU/ETCS			
1	1		

Learning Objectives
<p>Provide participants with a basic understanding of rheumatic diseases and their impact on physical function and quality of life.</p> <p>Develop skills in the assessment of physical function and exercise capacity in patients with rheumatic diseases, using standardized tests and measures.</p> <p>Teach participants how to design and implement safe and effective exercise programs for patients with rheumatic diseases, taking into account their specific limitations and needs.</p> <p>Provide guidelines for adapting physical activities and sports to the needs of patients with rheumatic diseases, promoting participation and inclusion.</p> <p>Enhance knowledge of pain management strategies and relaxation techniques that can be integrated into exercise programs for rheumatic patients.</p> <p>Promote interdisciplinary collaboration among exercise science professionals, rheumatologists, physiotherapists, and other healthcare workers in the management</p>



	<p>of rheumatic diseases.</p> <p>Raise participants' awareness of the importance of physical activity and exercise in the prevention and management of rheumatic diseases, as well as in promoting overall health.</p> <p>Provide participants with the necessary skills to educate and motivate patients with rheumatic diseases to adopt an active lifestyle and to remain consistent in their exercise practice.</p> <p>Deepen understanding of the effects of exercise on the immune system and the inflammatory process in rheumatic diseases, as well as potential benefits and risks associated.</p> <p>Promote the use of innovative technologies and tools, such as adapted physical activity and tele-rehabilitation, to improve accessibility and adherence to exercise programs for patients with rheumatic diseases.</p>
<b>Course prerequisites</b>	Knowledge of Human Anatomy, Human Physiology

<b>Teaching strategie</b>	
<b>Expected learning outcomes in terms of</b>	
<b>Knowledge and understanding on:</b>	<ul style="list-style-type: none"> <li>○ Knowledge of the main rheumatic diseases and their impact on physical function and quality of life</li> <li>○ - Understand the basic principles of assessing physical function and exercise ability in patients with rheumatic diseases</li> <li>○ - Know the guidelines for designing and implementing safe and effective exercise programs for patients with rheumatic diseases</li> <li>○ - Understand the importance of physical activity and exercise in the prevention and management of rheumatic diseases</li> </ul>
<b>Applying knowledge and understanding on:</b>	<ul style="list-style-type: none"> <li>○ Dublin Descriptor 2: By the end of the course, the student will be able to:</li> <li>○ Assess physical function and exercise capacity in patients with rheumatic diseases using standardized tests and measures</li> <li>○ Design and implement personalized exercise programs for patients with rheumatic diseases, taking into account their limitations and specific needs</li> <li>○ Adapt physical and sports activities to the needs of patients with rheumatic diseases, promoting participation and inclusion</li> <li>○ Educate and motivate patients with rheumatic diseases to adopt an active lifestyle and remain consistent in physical exercise practice</li> <li>○</li> </ul>
<b>Soft skills</b>	<ul style="list-style-type: none"> <li>○ Dublin Descriptor 1:</li> <li>○ Knowing the main rheumatic diseases and their impact on physical function and quality of life</li> <li>○ Understanding the basic principles of assessing physical function and exercise capacity in patients with rheumatic diseases</li> <li>○ Knowing the guidelines for designing and implementing safe and effective exercise programs for patients with rheumatic diseases</li> <li>○ Understanding the importance of physical activity and exercise in the prevention and management of rheumatic diseases</li> <li>○ Dublin Descriptors 3-5: Transversal Competencies Judgment Autonomy: By the end of the course, the student will be able to: <ul style="list-style-type: none"> <li>○ Critically evaluate the impact of rheumatic diseases on the physical function and quality of life of patients</li> <li>○ Select the most appropriate approaches for the assessment and management of patients with rheumatic diseases based on their individual needs</li> <li>○ Reflect on the ethical and social implications related to promoting physical activity and exercise in patients with rheumatic diseases</li> <li>○ Recognize one's own limits of competence and seek the support of other healthcare professionals when necessary</li> </ul> </li> <li>○ Communicative Skills: By the end of the course, the student will be able to: <ul style="list-style-type: none"> <li>○ Communicate clearly and effectively with patients, family members, and other healthcare professionals involved in the management of rheumatic diseases</li> <li>○ Provide</li> </ul> </li> </ul>



	<p>instructions and practical demonstrations on exercise programs tailored to the needs of patients with rheumatic diseases</p> <p>Autonomous Learning Ability: By the end of the course, the student will be able to:</p> <ul style="list-style-type: none"> <li>o Stay updated on new scientific evidence regarding physical activity and exercise in rheumatic diseases</li> <li>o Identify one's own knowledge and competency gaps and take actions to fill them through self-directed learning and continuous education.</li> </ul> <p>o</p>
<b>Syllabus</b>	
<b>Content knowledge</b>	<p><i>Rheumatological Examination</i></p> <p><i>Rheumatoid Arthritis</i></p> <p><i>Spondyloarthritis</i></p> <p><i>Connective Tissue Diseases</i></p> <p><i>Osteoporosis</i></p> <p><i>Osteoarthritis</i></p>
<b>Texts and readings</b>	Rheumatology Secrets – Sterling West
<b>Notes, additional materials</b>	
<b>Repository</b>	Course Slides
<b>Assessment</b>	
<b>Assessment methods</b>	
<b>Assessment criteria</b>	<ul style="list-style-type: none"> <li>• <i>Knowledge and understanding:</i> <i>Basic understanding of rheumatic diseases and their impact on physical function and quality of life.</i></li> <li>• <i>Knowledge and understanding applied:</i> <i>skills in the assessment of physical function and exercise capacity in patients with rheumatic diseases, using standardized tests and measurements.</i></li> <li>• <i>Communication skills:</i> <i>Promote interdisciplinary collaboration between motor science professionals, rheumatologists, physiotherapists and other health professionals in the management of rheumatic diseases.</i></li> </ul>
<b>Final exam and grading criteria</b>	Score on /30, passed exam >= /18
<b>Further information</b>	
	.