Federal State Budget Educational Institution
of Higher Education
Pacific State Medical University
of the Ministry of Health of the Russian Federation

APPROVED BY

Director of the Institute
of Clinical Neurology and Medical
Rehabilitation
_____ / Shestopalov E.Yu./
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COLLECTION OF ASSESSMENT TOOLS
Б1.В.14 Medical rehabilitation
of the basic educational program
of Higher Education

Specialty	**31.05.01 General Medicine for international students (in English)** (code, name)
Degree	Specialist's degree
Profile	02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system)
Mode of study	**Full-time**
Period of mastering the BEP	**6 years** (nominal length of study)
Institute	of Clinical Neurology and Medical Rehabilitation

Vladivostok, 2025

1. INTRODUCTION

1.1. Collection of Assessment Tools is a document that regulates the format, content, and types of assessment tools for continuous assessment, interim examination and final (state final) examination, and graded criteria for each type of assessment tools.

1.2. Assessment tools allows to evaluate the development of universal, general professional, and professional competencies (UCs, GPCs and PCs respectively) outlined in Federal State Educational Standard of Higher Education and defined in the basic educational program of higher education for the specialty 31.05.01 General Medicine for international students (in English), profile 02 "Healthcare" (in the field of providing primary health care to the population in medical organizations: polyclinics, outpatient clinics, inpatient/outpatient facilities of the municipal health care system).

(BEP HE for the 31.05.01 General Medicine for international students (in English) specialty, section 3 Learning Outcomes Requirements of the Basic Educational Program of Higher Education)

2. DOCUMENT BODY

2.1. Types of Assessment, Formats of Assessment Tools

No.	Types of assessment	Assessment Tools Format
1	**Continuous assessment**	**Tests**
		Interview Questions
		Checklists
2	**Interim assessment**	**Tests**
		Interview Questions
		Checklists

3. The contents of assessment tools for continuous and interim examination are prepared by the teacher of the course

Assessment tool 1

	Code	Competence description / name of labor function / name of work activity / text
S	31.05.01	General Medicine for international students (in English)
C	UC-9	Is able to use basic knowledge of defectology in social and professional settings
C	PC-5	Ability and readiness to select patient management tactic with decision on risk factors correction program, plan of pharmacological and non-pharmacological treatment and assessment of their efficiency and safety in patients with diseases of internal organs, taking into account the diagnosis, age of the patient, and clinical picture of the disease in settings including day hospital
F	A/03.7	Prescribing treatment and monitoring its efficiency and safety

I		**ANSWER LEVEL 1 TEST QUESTIONS (ONE CORRECT ANSWER)**
		1. Function of an organ, system of organs, or the organism as a whole is assessed using the 1) method of anthropometric standards 2) index method 3) functional tests 4) correlation method **2. Simple functional tests include** 1) squatting submaximal fitness test 2) Maximal Voluntary Inspiratory Breath-Holding Time (MVIBHT) Test 3) Ruffier test 4) Troitsky test **3. Functional tests are conducted and assessed by** 1) a nurse 2) a doctor 3) a member of junior medical personnel 4) an instructor **4. Anthropometric data allows to assess** 1) physical fitness 2) social health 3) mental development 4) overall health **5. Natural physical therapeutic factors include** 1) mineral water soaks (balneation) 2) mechanotherapy 3) magnetotherapy 4) electrotherapy **6. The type of breathing exercises that promotes transportation of bronchial secretion into trachea is called** 1) Airway Clearance Techniques 2) dynamic exercise 3) static exercise 4) mixed exercise **7. Active dynamic exercise is made easier using** 1) exercising in water 2) exercise equipment 3) gymnastic apparatus 4) exercise machines **8. Treatment and disease prevention methods using fresh water are called** 1) hydrotherapy 2) balneation C) thermotherapy D) reflexotherapy

		9. Prolonged hydrotherapy procedures with cold and hot water cause 1) decreased central nervous system stimulation 2) increased central nervous system stimulation 3) suppression of thermoreceptors 4) increased muscle tone **10. Artificial mineral waters are not used for** 1) drinking 2) inhalations 3) baths/soaks 4) washes **11. When walking with a cane, the movement should begin with** 1) the cane 2) the impaired leg 3) the healthy leg 4) either of the above **12. The patient position in a bed with raised head end is called** 1) Fowler's position 2) Sims' position 3) Johnson’s position 4) Henderson’s position **13. A safe and reliable way of holding a patient is** 1) double wrist hold 2) finger hold 3) hand hold 4) hand-in-hand hold **14. A specific movement regimen is prescribed to a patient by** 1) a doctor 2) a ward nurse 3) the patient themselves 4) the head nurse **15. Interventions that facilitate increased mobility of the patients include** 1) regularly changing patient position in bed 2) injections 3) talking with the patient 4) changing bed linen
		ANSWER LEVEL 2 TEST QUESTIONS (MULTIPLE CORRECT ANSWERS)
		1. Anthropometric data is collected using 1) scales 2) stadiometer 3) dynamometer 4) measuring tape

2. Non-pharmaceutic treatment methods include
1) massage
2) physical therapy
3) mineral waters
4) injections

3. Natural therapeutic factors used in health resort treatment include
1) climatotherapy
2) pelotherapy
3) balneation
4) electrotherapy

4. Contraindications for massage therapy include
1) 38°C fever
2) BP 150/90 mmHg
3) purulent processes
4) low muscle tone

5. Movement regimens at the inpatient stage of rehabilitation include
1) strict bed rest
2) semi-strict bed rest
3) moderate physical activity
4) increased physical activity

6. Criteria for transferring a patient from strict bed rest to semi-lying movement regimen
1) positive improvements in the patient's condition
2) positive functional tests
3) patient's request
4) lack of junior medical personnel

7. Rehabilitation equipment for patients with impaired functioning of the musculoskeletal system includes
1) cane
2) crutches
3) biotonic orthotic device
4) seeing-eye dog

8. The choice of crutches is impacted by
1) the patient's age
2) the patient's weight
3) the patient's sex
4) the patient's request

I **ANSWER LEVEL 3 TEST QUESTIONS (MATCHING QUESTIONS)**

1. Match the following

Functional test or an indicator	Methodology of the test or calculation of the indicator
1 Body Mass Index	A) VC in mL per 1 kg of body mass
2 Orthostatic test	B) Breath-holding test
3 Pulmonary capacity-body mass index	C) Functional test with 20 squats in 30 seconds

		4 Maximal Voluntary Inspiratory Breath-Holding Time (MVIBHT) Test	D) Functional test with changing body position
		5 Squatting submaximal fitness test	E) Body mass in grams per 1 cm of height
			F) Reflects the strength of flexors of the hand in kg relative to body mass

2. Match the following

Anthropometric indicator	Equipment
1 VC	A) Dynamometer
2 Muscle strength	B) Spirometer
3 Height	C) Scales
4 Chest circumference	D) Stadiometer
	E) measuring tape

3. Match the following

Muscle contraction type	Physiological changes in the muscle
1 Concentric contraction	A) Muscle stretches/lengthens
2 Eccentric contraction	B) Muscle length remains the same, but muscle strain increases
3 Isometric contraction	C) Muscle shortens

4. Match the following

1 A type of physical therapy	A) Physical exercise
2 A means of physical therapy	B) Morning exercise
3 Adaptation to physical exercise	C) Group exercise
4 Development of complex movement skills	D) Learning to walk with a cane

5. Match the following

Rehabilitation goal	Exercise
1 Preparation for restoration of simple day-to-day skills	A) Sports and applied exercise
2 Restoration of movement skills	B) Exercise in the sphere of daily living (brushing hair, eating, washing one's face)
3 Adaptation to physical exercise	C) Sitting, standing, walking with a walker / walking frame or a cane
4 Development of complex movement skills	D) Walking, running, skiing, swimming

Assessment criteria

"Very good" - more than 91% correct answers of questions of every level
"Good" - 81-90% correct answers of questions of every level
"Satisfactory" - 71-80% correct answers of questions of every level
"Unsatisfactory" - less than 71% correct answers of questions of every level

Assessment tool 2

	Code	**Competence description / name of labor function / name of work activity / text**
S	31.05.01	General Medicine for international students (in English)
C	UC-9	Is able to use basic knowledge of defectology in social and professional settings

C	PC-5	Ability and readiness to select patient management tactic with decision on risk factors correction program, plan of pharmacological and non-pharmacological treatment and assessment of their efficiency and safety in patients with diseases of internal organs, taking into account the diagnosis, age of the patient, and clinical picture of the disease in settings including day hospital
F	A/03.7	Prescribing treatment and monitoring its efficiency and safety
I		**ANSWER THE QUESTIONS**
		1. Health. Definition of health according to the WHO. Factors that form health. 2. Main criteria of health. 3. Four-component health model (physical health, mental health, social health, mental well-being). 4. Complex assessment of physical development (somatoscopy, somatometry). 5. Effect of physical activity on the health of a person. 6. International Classification of Functioning, Disability and Health (ICF). 7. Assessment of the functional state of an organism. Simple functional tests. 8. Exercise tolerance tests. Submaximal fitness tests. Stress-tests. Characteristics of body reactions to physical exercise. 9. Rehabilitation: main concepts, types, principles. 10. Medical rehabilitation. Significance, regulatory documents, stages, and setting of medical rehabilitation. 11. Methods and means of medical rehabilitation. 12. Means of medical rehabilitation (active, passive). 13. Rehabilitation equipment. 14. Physiotherapy as non-pharmaceutical method of rehabilitation. 15. Classification of factors of physiotherapy. Natural factors. 16. Artificial physical factors. Advantages of physiotherapy. 17. Exercise treatment: main concepts, objectives, means. 18. Methods and forms of exercise treatment. 19. Massage and reflexotherapy as a part of non-pharmacological treatment. 20. Natural therapeutic factors: balneation, pelotherapy.

Assessment criteria

“Very good” - more than 91% correct answers of questions of every level
“Good” - 81-90% correct answers of questions of every level
“Satisfactory” - 71-80% correct answers of questions of every level
“Unsatisfactory” - less than 71% correct answers of questions of every level

Assessment tool 3

Practical Skills Assessment Checklist

Practical Skill Name "Measuring blood pressure"

C	UC-9	Is able to use basic knowledge of defectology in social and professional settings
C	PC-5	Ability and readiness to select patient management tactic with decision on risk factors correction program, plan of pharmacological and non-pharmacological treatment and assessment of their efficiency and safety in patients with diseases of internal organs, taking into account the

		diagnosis, age of the patient, and clinical picture of the disease in settings including day hospital		
F	A/03.7	Prescribing treatment and monitoring its efficiency and safety		
	Action		Performed	Not Performed
1.	Offer (help) the patient to get in a comfortable position on the examination couch (lying on one's back, legs straight, arms not flexed)		1 point	0 points
2.	Pull up the patient's sleeve above their elbow, leaving one layer of clothing		1 point	0 points
3.	Place the cuff of the sphygmomanometer on the patient's upper arm		1 point	0 points
4.	Make sure two fingers can fit between the cuff and the surface of the patient's upper arm		1 point	0 points
5.	Make sure that the lower edge of the cuff is 2.5 cm above the patient's cubital fossa		1 point	0 points
6.	Place two fingers of one's left hand on the patient's wrist in order to assess radial pulse		1 point	0 points
7.	Tighten the air valve of the bulb of the sphygmomanometer with one's other hand		1 point	0 points
8.	Inflate the cuff of the sphygmomanometer using the bulb until radial pulse disappears		1 point	0 points
9.	Take note of the measurement on the pressure gauge the moment radial pulse disappears		1 point	0 points
10.	Deflate the sphygmomanometer cuff by loosening the air valve		1 point	0 points
11.	Place the head of the stethoscope diaphragm-down on the projection of the ulnar artery in the patient's cubital fossa, apply light pressure		1 point	0 points
12.	Inflate the sphygmomanometer cuff again until the measurement on the pressure gauge exceeds previous measurement by 30 mmHg		1 point	0 points
13.	Slowly deflate the sphygmomanometer cuff without moving the head of the stethoscope		1 point	0 points
14.	Take note of the measurement on the pressure gauge the moment the first Korotkoff sound appears (systolic blood pressure)		1 point	0 points
15.	Take note of the measurement on the pressure gauge the moment the last clear Korotkoff sound disappears (diastolic blood pressure)		1 point	0 points
16.	Control the disappearance of the sounds by continuing the auscultation until the pressure drops 15-20 mmHg after the last sound		1 point	0 points
17.	Deflate the sphygmomanometer cuff by loosening the air valve		1 point	0 points
18.	Remove the sphygmomanometer cuff from the patient's arm		1 point	0 points
19.	Tell the patient the results of the measurement		1 point	0 points
20.	Write down the result in the patient's medical record		1 point	0 points
	Total		20 points	

Final grade: "Pass" / "Fail"

Assessment criteria:

"Pass" - at least 75% of required actions performed

"Fail" - 74% of required actions or less performed

Practical Skills Assessment Checklist

Practical Skill Name "Posture assessment"

C	UC-9	Is able to use basic knowledge of defectology in social and professional settings
C	PC-5	Ability and readiness to select patient management tactic with decision on risk factors correction program, plan of pharmacological and non-pharmacological treatment and assessment of their efficiency and safety in patients with diseases of internal organs, taking into account the diagnosis, age of the patient, and clinical picture of the disease in settings including day hospital
F	A/03.7	Prescribing treatment and monitoring its efficiency and safety

	Action	Performed	Not Performed
1.	Visual inspection of the person's front relative to the frontal plane		
1.1	Assess the position of the head (upright; slightly tilted forward; raised; level; asymmetrical)	1 point	0 points
1.2	Assess the position of the collarbones (level; asymmetrical)	1 point	0 points
1.3	Assess the symmetry of the coastal arches relative to the center line (symmetrical, asymmetrical)	1 point	0 points
1.4	Assess the position of the iliac crests	1 point	0 points
2.	Visual inspection of the person's back		
2.1	Assess the position of the spinous processes (aligned vertically; displaced to the right; displaced to the left)	1 point	0 points
2.2	Assess the position of the shoulders (level; the left shoulder is raised/lowered; the left shoulder is raised/lowered)	1 point	0 points
2.3	Assess the position of the shoulder blades (angles are level; right/left angle is lowered; right/left angle is raised)	1 point	0 points
2.4	Assess the symmetry of the waist triangles	1 point	0 points
3.	Visual inspection of the person's side relative to the sagittal plane		
3.1	The abdomen (is tucked in (normal); sticks out; sinks in)	1 point	0 points
3.2	Assess the physiological spinal curvature (cervical lordosis and lumbar lordosis; thoracic kyphosis and sacrococcygeal kyphosis)	1 point	0 points
3.3	Visual assessment of the lower limbs (normally legs are straight and angles in the hip and knee joints are approximately 180^{o})	1 point	0 points
3.4	Assess the line that crosses the center of gravity of the person's head, shoulder joint, greater trochanter, head of fibula, outer side of the ankle joint (normally this line is straight)	1 point	0 points
4	Assess the posture	1 point	0 points
5	Write down the result in the patient's medical record	1 point	0 points
	Total	15 points	

Final grade: "Pass" / "Fail"

Assessment criteria:

"Pass" - at least 75% of required actions performed

"Fail" - 74% of required actions or less performed

4. Assessment criteria for learning outcomes

"Pass" is given to a student who has shown a sufficiently strong knowledge of the basic concepts of the subject; is able to complete specific practical tasks outlined in the program with no outside help, use recommended reference material, and correctly evaluate the results.

"Fail" is given to a student who has significant gaps in knowledge of the basic concepts of the subject, is not able reach the correct solution to a specific practical task outlined in the curriculum even with outside help.