



Sub.	Course Description – توصيف مقرر دراسي	الموضوع	 كلية المعرفة ALMAAREFA COLLEGE
Date	22/12/2015	التاريخ	

Course Code & No	RSTH 424	تنفسي ٤٢٤	رقم المقرر ورمزه
Course Name	Exercise and Pulmonary Rehabilitation	التأهيل الرئوي	اسم المقرر
Credit Hours	3	3	عدد الساعات المعتمدة
Pre-requisite	RSTH 372 RSTH 323	تنفسي ٣٧٢ تنفسي ٣٢٣	المتطلب السابق

General Description	توصيف عام
A study of pulmonary rehabilitation with an emphasis on basic concept of PR, therapeutic intervention in PR, and special consideration in PR.	

Course Objectives	أهداف المقرر
<ol style="list-style-type: none"> 1. Perform, State the definition and general goals of pulmonary rehabilitation programs. 2. Identify the indications, contraindications, and potential hazards associated with pulmonary rehabilitation. 3. Describe how to evaluate and select patients for pulmonary rehabilitation. 4. Describe pulmonary rehabilitation program design including format and content. 5. List the educational content to be addressed in a pulmonary rehabilitation program. 6. Describe the rationale for exercise conditioning and psychosocial support of patients with chronic pulmonary disease. 7. Describe the implementation of a pulmonary rehabilitation program including staffing, facilities, scheduling, class size, equipment, and costs. 8. Describe the outcome measures that can be used to evaluate pulmonary rehabilitation programs. 	

Course Outlines	مفردات المقرر
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<ol style="list-style-type: none"> 1. Pulmonary Rehabilitation: History and Definition 2. Selection and Assessment of the Patient with COPD 3. Dyspnea: Assessment and Management 4. Education in Pulmonary Rehabilitation 5. Pharmacologic Therapy for COPD 6. Aerosol Therapy 7. Therapeutic Oxygen 8. Exercise in the Rehabilitation of Patients with Respiratory Disease 9. Physical and Respiratory Therapy for the Medical and Surgical Patient 10. Nutritional Assessment and Support 11. Outcome Assessment 	
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References	المراجع
<ol style="list-style-type: none"> 1. Pulmonary Rehabilitation: Guidelines to Success, 4th Edition Hodgkin. ISBN 978-0323045490 2. Guidelines for Pulmonary Rehabilitation Programs, 4th Edition. ISBN 978-0736096539 3. Egan's Fundamentals of Respiratory Care, 10th Edition Stoller. ISBN 978-0323082037 	