



Clinical Key for Electrical Stimulation in Physiotherapy and Rehabilitation

KA220-VET Cooperation partnerships in vocational education and training

Project No: 2021-1-TR01-KA220-VET-000032970



Dear Reader,

CK4Stim is a 30-month KA220-VET collaborative partnership in a vocational education and training project supported by the Turkish National Agency on the electrical stimulation approach in physiotherapy and rehabilitation science.

The project is being carried under coordination of Pamukkale University (PAU) with the partnership of Hatay Mustafa Kemal University (HMKU - Turkey), Başkent University (BÜ - Turkey), Süleyman Demirel University (SDÜ - Turkey), University of Craiova (UCV - Romania), Šiauliai State University of Applied Sciences (ŠVK - Lithuania) and Burdur Mehmet Akif Ersoy University (MAKU - Turkey).

The 4th Transnational Meeting of CK4Stim was held on February 8–9, 2024 at Süleyman Demirel University in Isparta, Türkiye. All partners attended the meeting; only the UCV partner attended online. The purpose of the 4th meeting was to examine the pilot course reports and discuss the national and international survey results. All results regarding the guidebook, presentations, and personal development were discussed in conjunction with the presentations made by the partners.

Among those who physically attended; valuable representatives such as Nilüfer ÇETİŞLİ-KORKMAZ, Fatih ÇETİŞLİ and Furkan BİLEK from Pamukkale University (PAÜ),



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Zeliha Özlem YÜRÜK from Başkent University (BÜ), Yasemin KARAASLAN from Hatay Mustafa Kemal University (HMKÜ), Mehmet DURAY from Süleyman Demirel University (SDU), Vaida ALEKNAVIČIŪTĖ-ABLOSNKĖ from Šiauliai State University of Applied Sciences (SVK), Betül SÖYLEMEZ and Fatma Nur ALÇIN from Burdur Mehmet Akif Ersoy University (MAKÜ) were present. Eva ILIE and Oana Bianca BUDEANCA-BABOLEA from the University of Craiova (UCV) attended the meeting online. It was noted that Mehmet DURAY represented the Turkish Physiotherapy Association, Vaida ALEKNAVIČIŪTĖ-ABLOSNKĖ represented the Lithuanian Physiotherapy Association, and Eva ILIE represented the Romanian Physiotherapists Association.

The opening ceremony was held on February 8, 2024 (Thursday) at 09.30 in the SDU Faculty of Medicine meeting hall. The event began with the opening speeches made by Assoc. Prof. Mehmet DURAY, representing SDU, and Prof. Dr. Nilüfer ÇETİŞLİ-KORKMAZ, representing PAU. Additionally, Vice Head of the Physiotherapy and Rehabilitation Department of the Faculty of Health Sciences, Assist. Prof. Mesut ERGAN participated in the meeting.

The Project Coordinator from Pamukkale University Prof. Dr. Nilüfer ÇETİŞLİ-KORKMAZ stated that the project is almost at the completion stage with the very hard work of project partners and thanked the entire project team for their efforts in this process in her opening speech of the meeting,

Assoc. Prof. Mehmet DURAY from Süleyman Demirel University Faculty of Health Sciences said, “*We are very happy to host you here. We are honored to be completing the hard stages of the project successfully; I hope that the meeting we will hold today will be productive.*” Assist. Prof. Mesut ERGAN from SDU Faculty of Health Sciences stated that important studies were carried out with this project done by the esteemed partners for the field of physiotherapy and rehabilitation, and expressed that they, as Süleyman Demirel University, are happy to take part in this project.



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Following the opening speeches, the project meeting was held. Before starting the national reports, Nilüfer ÇETİŞLİ-KORKMAZ provided information about the project outputs, including open access online education materials (guidebook, presentations and videos), the YouTube channel and web-site of the CK4Stim project, and the demographic characteristics of the pilot course participants.

10.45–11.15 The Romanian National Report of the pilot course was presented by Assist.Prof.Eva ILIE. Regarding the participants' feedback, it was reported that some participants misunderstood the survey items, so they marked the answer definitely false. Eva ILIE stated that the Romanian participants had little time and needed longer to complete. She also mentioned that participants may not be able to overcome their fear of electrical stimulation. She attributed this to the fact that the participants were new physiotherapists and had not previously taken a course.

11.15–11.45 Lithuanian National Report of the pilot course was presented by Assoc.Prof. Vaida ALEKNAVIČIŪTĖ-ABLOSNKĖ. She stated that the participants gave generally positive feedback and stated that they would look at all the modules one by one and benefit from them in all their professional life. She stated that many participants stated that the course they took was useful in practice and that it could also be useful for health professionals who are not physiotherapists.

11.45–12.15 Assist.Prof. Yasemin KARAASLAN, who presented the Turkish National Report of the pilot course, stated that there were 56 participants from Türkiye and that most of the participants were women and young people. It was commented that there could be more visuals in the presentations and book chapters. She reported that there were one or two participants who stated that they could not understand the questions. It was stated that some participants skipped the preface section.



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The international report was presented by Assoc.Prof. Mehmet DURAY between 12.15 and 12.45. It was observed that a significant proportion of participants did not complete the preface module's survey. Most participants worked in the private sector and in the field of orthopedic or neurological rehabilitation. There was negative feedback for each module, but the proportion was not significant. By talking about those who marked completely false for each item of all modules, it was decided that this situation was probably due to misunderstanding the items.

A visit was made to Süleyman Demirel University Physiotherapy and Rehabilitation Department at the Faculty of Medicine Hospitals. During the visit, the partners were informed about the treatments provided, department facilities, and electrical stimulation agents used.

At 15.40, the partners returned to the meeting and started to discuss online education materials. Firstly, PDF document of the Guidebook of Pilot Course was handled. Assoc.Prof. Furkan BİLEK suggested adding a QR code to guidebook documents. The offer was deemed unsuitable because the QR code had to be renewed every year and required a fee, with the explanation provided by Prof.Dr. Fatih CETİŞLİ. Afterwards, Prof.Dr. Özlem YÜRÜK suggested that all partners should re-read their own section and check the quizzes. This suggestion was accepted by all partners. Nilüfer ÇETİŞLİ-KORKMAZ stated that each partner is responsible for their own national online education materials and their own chapters in English online education materials. She asked the partners to inform Özlem YÜRÜK and Nilüfer ÇETİŞLİ-KORKMAZ as corrections were needed and problems were detected.

After the final discussions, the Gala dinner was held. The gala dinner was held at “Station 1923”, which was converted into a restaurant after the restoration of a historical train station. The tiredness of the day was relieved with delicious meals and joyful hours, and a great synergy was achieved for cultural fusion.



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On the second day of the meeting on Friday, February 9, the meeting started at 09.00 with a welcome coffee. At 9.15, all partners presented financial issues and short reports on project expenditures.

At 10.30, Prof.Dr. Fatih CETİŞLİ presented a meticulous and comprehensive summary of the financial report of the project for all partners, separately. At 11.00, the reviewing “Quality Plans” and “Dissemination Plans” was moderated by Nilüfer ÇETİŞLİ-KORKMAZ. She stated that “Multiplier Events” could be held in May, June, and July. SDU’s multiplier events were to be held as a conference in July. At 11.30, all partners presented their “Dissemination Activities”. It was emphasized that it should not be forgotten to obtain signatures from the participants for dissemination activities that can be performed at any time.

The last session was about reviewing the website and obtaining general suggestions. It was reminded by Nilüfer ÇETİŞLİ KOKRMAZ that all working days should end before August. Yasemin KARAASLAN was asked to consult with Hatay MKU about whether a meeting could be held in Hatay in July. It was suggested that the partners could check their calendars regarding this issue and decide to hold the Hatay TPM in July or August until the following online meeting. If Hatay was not suitable for the meeting because of the earthquake disaster, it was proposed to move the meeting to PAU, Denizli.

In addition, the idea of working with Publishers, and it was decided to determine and offer the international publishing house within a week by partners. The majority of the partners found it appropriate to work with a decided publisher from Türkiye, because preparing the book chapters according to the criteria of another publishing house would prolong the process.

Fatma Nur ALÇIN stated that some section titles on the Turkish website are in English. Vaida ALEKNAVICIUTE-ABLONSKE stated that the two chapters have English presentations in the Lithuanian language. All the mentioned points were noted down to be checked.





A small tour of Isparta was conducted. First, the Isparta Ethnography Carpet and Rug Museum was visited. The 10-floor museum tour left a wonderful taste accompanied by the museum guide. The 10th floor of the museum offers a magnificent view of Isparta, and each floor is decorated with carpets and rugs of different motifs. While all the features of the Isparta carpet were mentioned by the guide, the texture of the carpets left an unforgettable feeling on the partners' fingers. The weaving workshop located in the museum was also visited and Nilüfer ÇETİŞLİ-KORKMAZ and Vaida ALEKNAVICIUTE-ABLONSKE experienced traditional carpet weaving. Although the museum does not only include Isparta carpets, carpets from great civilizations and different cultures such as Konya and Iran were also brought together with our partners. After the museum visit, an Isparta Local Rose Products Discovery event was held with the partners, and special Isparta products were purchased.

The day ended at 17:00 with a traditional Turkish meal featuring local delicacies. The fourth meeting held in Isparta attracted attention not only with its attentive and productive working sessions but also with its ability to strengthen respectful and warm relations between the project partners.

The target group of the CK4Stim project is all project stakeholders, including project team members, university teachers and students, clinical physiotherapists and mentors, high school students and teachers, public and private institutions, associations, individuals, and the general society. The objectives of CK4Stim are classified depending on the target groups of the project as follows:

For Academicians and University Students (BSc and especially MSc and PhD)

- To create an innovative curriculum, open education resources (OERs), clinical application photos, and a lecture guidebook.
- To encourage the application of the ES approaches' courses and outputs.
- To guide them to prioritize the ES approach in their academic career planning.



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- To increase scientific competencies through modules and guidebook.

For Clinical Physiotherapist and Mentors

- To create a clinical needs report, a value chain extending from theoretical knowledge to clinical application.
- Life-long learning to increase vocational and job skills.
- To raise vocational awareness that standardized ES approach application is an issue that requires urgent action
- To obtain awareness of ES approaches

For Project Partner

- To increase digital skills for education and training
- Developing new projects

Project Results:

- An innovative curriculum
- Open education resources
- A lecture guidebook

CK4Stim Activities

Transnational Meetings: 6 transnational meetings will be held in Romania, Lithuania, and Türkiye (Denizli, Isparta, Ankara and Hatay).

Information meetings: Physiotherapists from the public and private sector and academics will be invited.

International conference: CK4Stim has an international conference that will be held by SDU in Isparta/TÜRKİYE. This event will be organized to present all the outcomes of the project.



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Social and vocational awareness activities: 6 awareness activities will be carried out as multiplier events.

Project Partners:

Pamukkale University, TÜRKİYE

Medical Doctor- Prof.Dr. Ahmet KUTLUHAN

Physiotherapist- Prof.Dr. Nilüfer ÇETİŞLİ-KORKMAZ (Project Coordinator)

Engineer- Prof.Dr. Fatih CETİŞLİ

Engineer- Assoc.Prof.Dr. Arzum İŞİTAN

Physiotherapist- Assoc.Prof.Dr. Furkan BİLEK (as Postdoctoral Observer)

University of Craiova, ROMANIA

Medical Doctor- Prof.Dr. Ligia RUSU

Physiotherapist- Assit.Prof. Eva ILIE

Assist.Prof.Dr. Mihai RUSU

Başkent University, TÜRKİYE

Physiotherapist- Prof.Dr. Zeliha Özlem YÜRÜK

Hatay Mustafa Kemal University, TÜRKİYE

Physiotherapist- Assoc.Prof.Dr. Esra DOĞRU-HÜZMELİ

Physiotherapist- Assist.Prof.Dr. Yasemin KARAASLAN

Süleyman Demirel University, TÜRKİYE

Physiotherapist- Assoc.Prof.Dr. Mehmet DURAY

Šiauliai State University of Applied Sciences, LITHUANIA

Physiotherapist- Assoc.Prof.Dr. Vaida ALEKNAVICIUTE- ABLONSKA



MAKÜ
BURDUR MEHMET AKIF ERSOY ÜNİVERSİTESİ

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Physiotherapist- MSc. Dovydas GEDRIMAS

Burdur Mehmet Akif Ersoy University, TÜRKİYE

Physiotherapist- MSc. Fatma Nur ALÇIN

Physiotherapist- MSc. Betül SÖYLEMEZ

Associated Partners (in alphabetical order)

Estonian Association of Physiotherapists

Lithuanian Association of Physiotherapists

Romanian Association of Physiotherapists

Turkish Physiotherapists Association

Contacts

You can follow and access project outputs and news via our website.

<https://ck4stim.eu/en>

For all types of questions and information:

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CK4Stim Project YouTube Channel: <https://www.youtube.com/@CK4Stim>

CK4Stim Project Instagram page: <https://www.instagram.com/ck4stim>

CK4Stim Project Facebook page: <https://www.facebook.com/CK4Stim-109320221807989/>

CK4Stim Project Twitter page: <https://twitter.com/ck4stim>



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