



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 under the coordination of Pamukkale University (PAU-Türkiye), Hatay Mustafa Kemal University (HMKU - Türkiye), Başkent University (BU - Türkiye), Süleyman Demirel University (SDU - Türkiye), University of Craiova (UCV-Romania), Šiauliai State University of Applied Sciences (It is carried out in partnership with ŠVK - Lithuania) and Burdur Mehmet Akif Ersoy University (MAKU - Türkiye).

The 5th Transnational Meeting of CK4Stim was held on May 9-10, 2024 at Başkent University in Ankara, Türkiye. All partners attended the meeting face to face. The purpose of the 5th meeting was to review quality plans, dissemination plans, and website. Also, the manuscript preparation and multiplier event activity plans were discussed.

Among those who attended; valuable representatives such as Nilüfer ÇETİŞLİ-KORKMAZ and Fatih CETİŞLİ from Pamukkale University, Ligia RUSU and Mihai RUSU from University of Craiova, Zeliha Özlem YÜRÜK from Başkent University, Yasemin KARAASLAN from Hatay Mustafa Kemal University, Mehmet DURAY from Süleyman Demirel University, Vaida ALEKNAVIČIŪTĒ-ABLOSNKĒ from Šiauliai State University of



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Applied Sciences, Fatma Nur ALÇIN and Betül SÖYLEMEZ from Burdur Mehmet Akif Ersoy University were present. It was noted that Mehmet DURAY represented the Turkish Physiotherapy Association, Vaida ALEKNAVIČIŪTĖ-ABLOSNKĖ represented the Lithuanian Physiotherapy Association.

The opening ceremony was held on May 9, 2024 (Thursday) at 09.30 in the Başkent University Mete Akyol meeting hall. The lectures of physiotherapy and rehabilitation department were participated in the opening ceremony. The event began with the opening speeches made by Prof. Özlem YÜRÜK, representing Başkent University, and Prof. Nilüfer ÇETİŞLİ-KORKMAZ, representing Pamukkale University.

Prof. Özlem YÜRÜK from Başkent University said, *“We are proud of to host you in our university.”* Prof. YÜRÜK gave a short information about university and department. Prof. Yürük also stated that *“during this project, I had the opportunity to both update my knowledge and meet you. We worked so hard. We achieved significant project outputs. During these two days, we will share the latest status of our project.”*

The Project Coordinator from Pamukkale University Prof. 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.

Following the opening speeches, the project meeting was held. Firstly, Nilüfer ÇETİŞLİ-KORKMAZ provided information about quality and dissemination plans.

11.15-12.30 All partners presented their dissemination activities. Partners provided information about the activities which were done, the location and the content of the activities. Šiauliai State University of Applied Sciences done 6 activities, University of Craiova done 3 activities, Süleyman Demirel University done 3, Başkent University done 5, Hatay Mustafa Kemal University done 2, and Mehmet Akif Ersoy University done 5 dissemination activities until the meeting. Pamukkale University done 3 dissemination activities in last 3 months and in



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total 14. Prof. Nilüfer ÇETİŞLİ-KORKMAZ also mentioned planned dissemination activities of Pamukkale University.

12.30-14.00 Project partners and lectures of Başkent University physiotherapy and rehabilitation department met for lunch at Başkent University restaurant.

14.00-14.30 A visit was made to Başkent University Physiotherapy and Rehabilitation Department at the Faculty of Health Sciences. During the visit, the partners were informed about the theoretical and practical courses and were seen the laboratories.

At 14.30, the partners returned to the meeting hall and started to review the website and discuss general suggestions. Mehmet DURAY pointed to some inactive links in website. Vaida ALEKNAVIČIŪTĖ-ABLOSŃKĖ stated that the “Lithuanian” was written with small letter in website. Prof. Nilüfer ÇETİŞLİ-KORKMAZ noted all suggestions.

At 15.00, the partners started to discuss manuscript preparation. Prof. Nilüfer ÇETİŞLİ-KORKMAZ stated that Pamukkale University (Nilufer ÇETİŞLİ-KORKMAZ), Başkent University (Özlem YÜRÜK) and Burdur Mehmet Akif Ersoy University (Betül SÖYLEMEZ) are responsible from international manuscript preparation. Prof. Nilüfer ÇETİŞLİ-KORKMAZ offered Journal of Physical Therapy for manuscript submission. All partners accepted the journal offer. It was decided that international manuscript preparation should be completed until 24 June 2024. Prof. Nilüfer ÇETİŞLİ-KORKMAZ also stated that Mehmet DURAY and Yasemin KARAASLAN are responsible from Turkish national manuscript, Prof Ligia RUSU is responsible from Romanian national manuscript, and Vaida ALEKNAVIČIŪTĖ-ABLOSŃKĖ is responsible from Lithuanian national manuscript. All partners accepted that all partner's names will be written to all manuscripts as author.

Before the meeting it was planned to go to Başkent University Hospital at 15.30. However Romanian and Lithuanian partners would like to visit “Anıtkabir”. Therefore, the program was changed and the partners visited “Anıtkabir”. Partners entered the Lions' Road



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and walked through the mausoleum which includes Atatürk's symbolic sarcophagus in the section known as the Hall of Honor. After that the "Anıtkabir Atatürk Museum" was visited.

After the "Anıtkabir" visit, the Gala dinner was held. The gala dinner was held at "Taka-Traditional Black Sea Resturant". The tiredness of the day was relieved with delicious meals and joyful hours, and a great synergy was achieved for cultural fusion.

On the second day of the meeting on Friday, May 10, 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. Fatih CETİŞLİ presented a meticulous and comprehensive summary of the financial report of the project for all partners, separately. At 11.00, the discussion on planning "Multiplier Events" was moderated by Prof. Nilüfer ÇETİŞLİ-KORKMAZ. She stated that "Multiplier Events" could be held after the mid of June. The budget of the "Multiplier Events", number of participants, and necessary points were reminded by Prof. Nilüfer ÇETİŞLİ-KORKMAZ. SDU's multiplier events were to be held as a conference in June. Mehmet DURAY invited all partners to Isparta congress. It was emphasized that it should not be forgotten to obtain signatures or records from the participants for "Multiplier Events".

At 12.10 the partners started to plan the final transnational meeting. Firstly Prof. Nilüfer ÇETİŞLİ-KORKMAZ mentioned that Hatay was not suitable for the meeting because of the earthquake disaster. Then Yasemin KARAASLAN showed the flights and accommodation options to Hatay. All partners decided Hatay was not suitable for the last meeting. The 6th meeting was planned at Burdur Mehmet Akif Ersoy University on 15-16 of July.

After the meeting sessions ended, Ankara Castle tour was conducted. Partners saw the old Ankara houses and a magnificent view of Ankara. Discovery event was held with the partners, and special souvenirs were purchased.

The day ended at 18:00 with a traditional Turkish meal featuring local delicacies. The 5th meeting held in Ankara attracted attention not only with its attentive and productive working



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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.
- 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: 5 transnational meetings were held in Denizli (Türkiye), Craiova (Romania), Šiauliai (Lithuania), Isparta (Türkiye), and Ankara (Türkiye). 6th transnational meetings will be held in Burdur (Türkiye).

Information meetings: Physiotherapists from the public and private sector and academics are 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.

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

Project Partners:

Pamukkale University, TÜRKİYE

Medical Doctor- Prof. Ahmet KUTLUHAN

Physiotherapist- Prof. PhD, Nilüfer ÇETİŞLİ-KORKMAZ (Project Coordinator)

Engineer- Prof. PhD. Fatih CETİŞLİ

Engineer- Assoc. Prof. PhD. Arzum İŞİTAN



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

University of Craiova, ROMANIA

Medical Doctor- Prof. Ligia RUSU

Physiotherapist- Assist. Prof. PhD. Eva ILIE

Assist. Prof. PhD. Mihai RUSU

Başkent University, TÜRKİYE

Physiotherapist- Prof. PhD. Zeliha Özlem YÜRÜK

Hatay Mustafa Kemal University, TÜRKİYE

Physiotherapist- Prof. PhD. Esra DOĞRU-HÜZMELİ

Physiotherapist- Assoc. Prof. PhD. Yasemin KARAASLAN

Süleyman Demirel University, TÜRKİYE

Physiotherapist- Assoc. Prof. PhD. Mehmet DURAY

Šiauliai State University of Applied Sciences, LITHUANIA

Physiotherapist- Assoc. Prof. PhD. Vaida ALEKNAVICIUTE- ABLONSKE

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



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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>



MAKÜ
BURDUR MEHMET AKIF ERSOY ÜNİVERSİTESİ

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