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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), and partnership of 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 6th Transnational Meeting of CK4Stim was held on July 15-16, 2024 at Burdur Mehmet Akif Ersoy University in Burdur, Türkiye. All partners attended the meeting face to face. The purpose of the 6th meeting was to review quality plans, multiplier events plan, articles, and website. Also, the project final report was discussed.

Among those who attended; valuable representatives such as Nilüfer ÇETİŞLİ-KORKMAZ and Fatih CETİŞLİ from Pamukkale University, Eva ILIE, Oana Bianca BUDEANCA BABOLEA and Denisa PIELE, from University of Craiova, Zeliha Özlem YÜRÜK from Başkent University, Yasemin KARAASLAN from Hatay Mustafa Kemal University, Mehmet DURAY from Süleyman Demirel University, Dovydas GEDRIMAS from Šiauliai State University of Applied Sciences, and Betül SÖYLEMEZ from Burdur Mehmet Akif



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Ersoy University were present. It was noted that Nilüfer ÇETİŞLİ-KORKMAZ represented the Turkish Physiotherapy Association, Eva ILIE represented the Order of Physiotherapists in Romania, and Dovydas GEDRIMAS represented the Lithuanian Physiotherapy Association.

The 6th Transnational Meeting of CK4Stim began with welcome coffee held in the Burdur Mehmet Akif Ersoy University Burdur Vocational School and Health Services meeting Hall. The event began with the opening speeches made by MSc. Betül SÖYLEMEZ and Prof. Nilüfer ÇETİŞLİ-KORKMAZ.

MSc. Betül SÖYLEMEZ from Burdur Mehmet Akif Ersoy University said, “*Welcome to Burdur, land of lavender*”. MSc. SÖYLEMEZ also stated that “*We started our project as an observer PhD student and became partners after Estonia dropped-out from partnership. We worked hard together, put in a lot of effort, and now we're done. I hope it will be a useful meeting.*” MSc. SÖYLEMEZ gave a short information about university and departments.

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 in her opening speech of the meeting. She thanked the entire project team for their efforts in this process.

Following the opening speeches, the project meeting was held.

9.30-10.30 Firstly, Prof. Nilüfer ÇETİŞLİ-KORKMAZ and Prof. Fatih ÇETİŞLİ provided information about quality plans. The partners made suggestions to popularize and disseminate the project, such as introducing the project to new students who register to their institutions every year and ensuring that students become members of the website, establishing communication and collaborations with other universities, and introducing the project by making presentations at congresses. Prof. Fatih ÇETİŞLİ suggested that short question and answer activities about electrical stimulation could be held on the project's social media accounts and that links to the project's website could be shared to access detailed information on the subject.



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10.45-11.45 Following a coffee break all partners presented their multiplier events. Partners provided information about the activities which were done, the location, number of participants and the content of the activities. Until the date of the meeting, University of Craiova had organized an information seminar with both online and face-to-face participants; Šiauliai State University of Applied Sciences had organized a practical seminar with 42 face-to-face and 20 online physiotherapists; Süleyman Demirel University had organized a conference with more than 50 face-to-face and 10 online physiotherapists; Başkent University had organized an information seminar with 17 online and 28 face-to-face participants; Hatay Mustafa Kemal University had organized an information seminar with 31 face-to-face participants; and Mehmet Akif Ersoy University had organized an information seminar with 36 face-to-face participants. Pamukkale University held two face-to-face congresses with the participation of 430 and 231 physiotherapists, and an online seminar with the live participation of 300 physiotherapists and 500 physiotherapists watched from recording. Prof. Nilüfer ÇETİŞLİ-KORKMAZ gave information about two multiplier events planned by Pamukkale University, one face-to-face and one online, while Assoc. Yasemin KARAASLAN and MSc. Betül SOYLEYMEZ gave information about the multiplier events they planned to hold online.

11.45-12.30 The project website was reviewed, and general recommendations were discussed. The PDF documents on the site uploaded in Hipokrat Publisher format were checked in all languages. Prof. Nilüfer ÇETİŞLİ-KORKMAZ wanted from partners to send their presentations, brochures and newsletters they made in multiplier events and dissemination activities to share on the website.

12.30-14.00 Project partners met for lunch at the Takıl Cafeteria.

14.00-14.30 The articles that will include the project results discussed. The partners reported that they sent the articles in Lithuanian and Romanian to the journals and are waiting for a response. The manuscript of results of Turkish partners finished but not uploaded yet, and English manuscript about international results is not completed yet and the discussion is being worked on.



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14.30-15.30 All partners explained their expenses up until the closing meeting.

15.30-16.00 Prof. Fatih ÇETİŞLİ presented a meticulous and comprehensive summary of the financial report of the project for all partners, separately.

At the end of the meeting, Prof. Nilüfer ÇETİŞLİ-KORKMAZ distributed to the partners the English and Turkish guidebooks published within the scope of the project. An extra copy of the book in English languages was given to each partner to give to their own institutional library and National Physiotherapist Associations. Prof. ÇETİŞLİ-KORKMAZ also gifted to all participants a special plate made with Turkish tile art, with the project logos and the inscription “Pamukkale University”, as a closing gift.

After the meeting, a tour of “Burdur Cumhuriyet Meydanı” and “Gazi Mustafa Kemal Atatürk Caddesi” was held. The partners tasted the local flavors of Burdur, “Walnut Paste” and “Poppy Seed Ice Cream” and purchased special souvenirs. A gala dinner was held after the tour. The gala dinner was held at Toros Restaurant. The tiredness of the day was relieved with delicious meals and joyful hours, and a great synergy was achieved for cultural fusion. After the gala dinner, a tour of Burdur Lake was held and the partners completed the day by taking a souvenir photo at sunset.

The second day of the meeting, Tuesday, July 16, was held at Burdur Mehmet Akif Ersoy University Rectorate Senate Meeting Hall. The partners met at the meeting area in the city center at 09.00 and departed to the Istiklal Campus with a bus belongs to Burdur Mehmet Akif Ersoy University. The meeting started after arriving at the campus at 09.30.

9.30-11.00 Under the leadership of Prof. Nilüfer ÇETİŞLİ-KORKMAZ, plans regarding the closing report of the project were discussed. The <https://webgate.ec.europa.eu/> website where the project information and outputs and all reports will be uploaded was reviewed by all partners. The start and end dates of the project, the institutional identity information of the partner organizations, the executive and rectorate information were checked by each partner. Prof. ÇETİŞLİ-KORKMAZ stated that the multiplier events, expenses of each partner and



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project report will be uploaded to this website (<https://webgate.ec.europa.eu/>).

The closing ceremony of the project started at 11:00. In addition to the partners, Burdur Mehmet Akif Ersoy University Vice Rector Prof. Oğuz GÜRSOY and academic staff of Burdur Health Services Vocational School also attended the closing ceremony. At the closing ceremony, MSc. Betül SOYLEYMEZ, Prof. Nilüfer ÇETİŞLİ-KORKMAZ, Prof. Sarp KAYA and Prof. Oğuz GÜRSOY made their speeches. While MSc. SOYLEMEZ and Prof. ÇETİŞLİ-KORKMAZ touched upon the processes that have been experienced since the beginning of the project and the outputs obtained, Prof. KAYA and Prof. GÜRSOY touched upon the importance of international projects and their contributions to Burdur Mehmet Akif Ersoy University.

After the closing ceremony, partners and faculty members came together for lunch at the “Lavanta Tepesi Hotel Terrace Restaurant”. During lunch, Yunus Gürkan AVCAR, student of Burdur Mehmet Akif Ersoy University State Conservatory, introduced the kabak kemane, sipsi and cura instruments specific to the Burdur region and performed a short musical recital.

After lunch, Burdur Mehmet Akif Ersoy University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation was visited. The department’s practical class halls and the materials used were introduced by Res. Asst. MSc. Hasan ÖZBEK.

After the department tour, a tour of the ancient city of Sagalassos was held. Here, the partners met with historical and natural beauties and immortalized these moments by taking memorial photos.

The day ended at 18.00 at the “Taş Oda Restaurant” where local flavors were served. The sixth meeting held in Burdur attracted attention with its meticulous and productive working sessions as well as its ability to strengthen the warm and respectful relationships between the project partners. The partners experienced emotional moments due to it being the last meeting, but they said goodbye with the hope that this partnership and heartfelt friendships would continue with new works, projects and collaborations forever.



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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



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Project Results:

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

CK4Stim Activities

Transnational Meetings: 6 transnational meetings were held in Denizli (Türkiye), Craiova (Romania), Šiauliai (Lithuania), Isparta (Türkiye), Ankara (Türkiye) and Burdur (Türkiye).

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

International conference: CK4Stim had a national conference that was held by SDU in Isparta/TÜRKİYE. This event was organized to present all the outcomes of the project. Also, CK4Stim projects panel done in 1 international and 2 national congress.

Social and vocational awareness activities: More than 6 awareness activities were carried out as multiplier events. Many dissemination activities done by each partner.

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 İŞTAN



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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



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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:

CK4Stim Project e-mail: ck4stim.2022@gmail.com

CK4Stim Project website: <https://ck4stim.eu/>

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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