



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,

Clinical Key for Electrical Stimulation in Physiotherapy and Rehabilitation (CK4Stim), is a KA220-VET - Cooperation partnership in vocational education and training project supported by the Turkish National Agency. The project is on an electrical stimulation approach and will be carried out in 30 months in partnership of between six institutions from Türkiye and the EU. Pamukkale University (PAU - Türkiye), University of Craiova (UCV - Romania), Hatay Mustafa Kemal University (HMKU - Türkiye), Başkent University (BU - Türkiye), Süleyman Demirel University (SDU - Türkiye), Šiauliai State University of Applied Sciences (ŠVK - Lithuania), and Burdur Mehmet Akif Ersoy University (MAKU-Türkiye) are the partners of the project that is being coordinated by Pamukkale University (PAU - Türkiye).

The 3rd Transnational Meeting of CK4Stim was held on the 14th-15th of September 2023 at ŠVK, LITHUANIA. All partners participated in the meeting. Nilüfer ÇETİŞLİ-KORKMAZ, Fatih CETİŞLİ, Arzum İŞİTAN, Eva ILIE and Oana Bianca BUDEANCA BABOLEA from UCV, Zeliha Özlem YÜRÜK from BU, Yasemin KARAASLAN from HMKU, Mehmet DURAY from SDU, Vaida ALEKNAVIČIŪTĒ-ABLOSNKĒ and Dovydas GEDRIMAS from SVK, Betül SÖYLEMEZ and Fatma Nur ALÇIN from MAKU participated to the meeting physically. Esra DOĞRU-HÜZMELI (HMKU) and Furkan BİLEK participated online to the meeting. Nilüfer ÇETİŞLİ-KORKMAZ also represented the Turkish Physiotherapy Association, Eva ILIE represented the Order of Physiotherapist in Romania and Vaida ALEKNAVIČIŪTĒ-ABLOSNKĒ and Dovydas GEDRIMAS represented the Lithuanian Physiotherapy Association.



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In the field of academic collaboration on September 14-15, 2023, ŠVK, located in the charming surroundings of Šiauliai city, assumed the role of a gracious host. This significant event marked the beginning of the Erasmus+ KA220 project appropriately named “Clinical Key for Electrical Stimulation in Physiotherapy and Rehabilitation”.

The first day of this intellectually enriching event took place in the esteemed halls of the University's Faculty of Healthcare. At the beginning of the meeting, formal and warm greetings were extended by notable individuals. Among those offering warm welcomes were Ph.D. Vaida ALEKNAVIČIŪTĒ-ABLONSKĒ, representing the esteemed ŠVK, as well as Prof. Ph.D. Nilufer ÇETİŞLİ-KORKMAZ, representing Pamukkale University. The Dean of the Faculty of Healthcare, Ginta GERIKAITĒ, and Vice Dean Ph.D. Lina GARŠVĒ also graced the occasion, as did Dr. Lina TAMUTIENĒ, the Director of ŠVK, who emphasized the importance of knowledge sharing for growth.

After the official greetings, all project partners had the opportunity to explore the facilities of the Faculty of Healthcare. The visit included a comprehensive tour of the Physiotherapy program laboratory, where advanced research equipment was on display, and a detailed introduction to the resources and infrastructure of the Social Work and Cosmetology study programs. The morning's activities were marked by exploration and acquaintance with the infrastructure. Subsequently, all participants moved to the central buildings of ŠVK to continue their scholarly discussions.

During the third transnational project meeting (TPM), the results of the plans made during the second TPM were evaluated and presented. The results of the second stage (WP2) were analyzed, and the target stages of the second project stage (WP3) were planned.

During the second stage, all project partners prepared chapters of the book, which were carefully reviewed and edited by representatives from Pamukkale and Başkent Universities. Slides with voiceovers were also



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prepared and reviewed by representatives from HMKU and PAU. During the project meeting, a decision was made regarding signing contracts with the publishing house for the electronic book release version.

Throughout the meeting, representatives from Turkey, Romania, and Lithuania actively participated and provided valuable feedback on the quality of the project guidebook and educational materials, including visually engaging presentations. These interactions stimulated lively discussions on the importance of electrical stimulation. The discussion delved into methods aimed at promoting nerve regeneration, a highly interesting topic. To harness collective knowledge, participants thoroughly reviewed project presentations and extensively examined the project's website platform, agreeing on book and slide translation into the partners' national languages.

At the end of the day, after all discussions, project participants embarked on a captivating journey to a unique local landmark near Šiauliai, the evocative Hill of Crosses, enriching their cultural experiences and strengthening bonds of camaraderie.

As the dawn of September 15th emerged, the second day of the 3rd meeting TPM commenced within the stately confines of the central building of ŠVK. The agenda began with a comprehensive discussion of the second interim report, offering a brief overview of the project's progress. This was followed by a crucial agenda item: the "Pilot Course". This course assumed paramount importance, serving as a litmus test for the quality of the meticulously prepared educational materials. It provided an invaluable opportunity to refine the educational approach based on feedback garnered from the participants in the pilot course, encompassing an assessment of their knowledge, skills, management acumen, and attitude levels. Engaging discussions were held to refine the questionnaire designed to evaluate quality and success comprehensively.

With the academic aspects aptly addressed, attention then turned to the financial dimensions of the project, a matter that was approached with precision and prudence to ensure the fiscal stability and efficacy of the project's endeavors. Subsequently, the focus shifted to the art of dissemination. Each partner shared detailed



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accounts of their remarkable dissemination activities, which collectively painted a mosaic of concerted efforts undertaken in the spirit of collaboration.

As the final act of this intellectual symphony, financial matters were meticulously examined, and concise reports were presented regarding the project expenditures incurred by the partners. With the fulfillment of these last agenda items, the symposium drew to a formal close, leaving in its wake a sense of accomplishment and a treasury of shared knowledge and experiences.

You can follow the developments regarding the CK4Stim project, where all project outputs will be prepared as open-access newsletters that will be prepared every 6 months.

Let's be aware of the electrical stimulation approaches in physiotherapy and rehabilitation for standardization, and variation, and to support evidence-based studies.

Project Partners:

Pamukkale University, TÜRKİYE

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Associated Partners (in alphabetic order)

Lithuanian Physiotherapy Association

Order of Physiotherapists in Romania

Turkish Physiotherapy Association



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Contacts

You can follow and access the project outputs and news via our website:

For all kinds of questions and information

CK4Stim Project web page: <http://ck4stim.eu/>

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

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>

News:

<http://haber.pau.edu.tr/Haber/paunun-projesi-125-proje-arasindan-destek-almaya-hak-kazanan-21-projeden-biri-oldu>

<http://haber.pau.edu.tr/Haber/paunun-projesi-fizyoterapi-ve-rehabilitasyon-alaninda--klinik-anahtar-olacak>

<https://www.instagram.com/p/CeokLnno45d/?igshid=YmMyMTA2M2Y=>

<https://www.etis.ee/Portal/Projects/Display/ea972e08-ddc4-4f09-929f-6a6298812f60>

<https://www.nooruse.ee/et/teadus-ja-arendustegevus/projektid/kaimasolevad-rahvusvahelised-projektid>

<https://et-ee.facebook.com/ttktartu/>

<https://www.facebook.com/152299624797353/posts/5897565936937331/>



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<https://svako.lt/lt/naujienos/pirmasis-erasmus-bendradarbiavimo-partnerystes-projekto-susitikimas-turkijoje>

<http://efl.ec/rahvusvaheline-projekt/>

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