

# SYLLABUS

Academic year 2021/2022

Name of a course / module	<b>Fundamentals of preventive medicine with elements of telemedicine</b>		
Name of a department where course is held	Department of Population Medicine and Lifestyle Diseases Prevention		
E-mail of department	<a href="mailto:medycyna.populacyjna@umb.edu.pl">medycyna.populacyjna@umb.edu.pl</a>		
Faculty of	Medicine with Division of Dentistry and Division of Medical Education in English		
Name of a field of study			
Level of education	<i>First degree studies, Uniform master's degree studies</i>		
Form of study	full time <input checked="" type="checkbox"/>	part time	
Language of instruction	Polish	English <input checked="" type="checkbox"/>	
Type of course	Obligatory <input checked="" type="checkbox"/>	facultative	
Year of study / Semester	I <input checked="" type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/> IV <input type="checkbox"/> V <input type="checkbox"/> VI <input type="checkbox"/> x	1 <input type="checkbox"/> 2 <input checked="" type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 10 <input type="checkbox"/>	11 <input type="checkbox"/> 12 <input type="checkbox"/>
Introductory courses with preliminary requirements	n/a		
Number of didactic hours with specification of forms of conducting classes	Seminars – 40h		
Assumptions and aims of the course	The student should acquire basic knowledge and skills in the field of disease prevention, including activities aimed at strengthening health and shaping a healthy diet. The student will be able to plan and apply appropriate intervention measures to reduce the incidence and consequences of civilization diseases.		
Didactic methods	<ul style="list-style-type: none"> <li>- providing knowledge in a form of a lecture</li> <li>- presentation</li> <li>- self study</li> <li>- study of the literature</li> <li>- consultation</li> <li>- discussion</li> <li>- project</li> <li>- case description</li> <li>- team work</li> </ul>		
Full name of the person conducting the course	Prof. Alexander Teumer dr Jacek Jamiołkowski dr Paweł Sowa dr Małgorzata Chlabicz dr Natalia Zieleniewska		
Full name of the person responsible for teaching	Prof. dr hab. med. Karol Kamiński		
Symbol and number of learning outcomes according to the teaching standards and other learning outcomes	Description of directional learning outcomes	Form of classes	Verification methods for achieving intended learning outcomes
<b>Knowledge</b>			

B.W26	knows the basic IT and biostatistic tools used in medicine, including medical databases, spreadsheets and the basics of computer graphics	S	<u>Summarizing methods e.g.,</u> - written pass <u>Forming methods, e.g.,</u> - observation of the student's work - evaluation of the activity in the classroom - assessment of preparation for classes - discussion in class - case description
B.W27	knows the basic methods of statistical analysis used in population and diagnostic studies	S	
B.W.28	knows and understands the possibilities of modern telemedicine as a tool supporting the work of a doctor	S	
B.W29	knows the principles of scientific, observational and experimental research as well as in vitro research for the development of medicine	S	
D.W13	knows the mechanisms, goals and methods of treating addiction to psychoactive substances	S	
D.W15.	knows the rules of motivating patients for healthy behaviours and informing about unsuccessful prognosis;	S	
DW.14	knows the principles of health promotion, its tasks and main directions of activity, with particular emphasis on the role of elements of healthy lifestyle;	S	
<b>Skills</b>			
B.U10	uses databases, including internet ones, and searches for the necessary information using the available tools;	S	<u>Summarizing methods e.g.,</u> - project <u>Forming methods, e.g.,</u> - observation of the student's work - evaluation of the activity in the classroom - assessment of preparation for classes - discussion in class - case description
C.U6.	evaluates environmental hazards and uses basic methods to detect the presence of harmful (biological and chemical) elements in the biosphere;	S	
D.U1	takes into account the patient's subjective needs and expectations resulting from socio-cultural conditions in the process of therapeutic treatment	S	
D.U2.	notices signs of anti-health and self-destructive behaviours and reacts to it properly;	S	
D.U9.	gives advice on compliance with therapeutic and pro-lifestyle guidelines	S	
G.U1.	describes the demographic structure of the population and assesses the health problems of the population on this basis;	S	
G.U2.	gathers information on the presence of risk factors for infectious and chronic diseases and plans prevention actions at different levels of prevention	S	
<b>Social competence</b>			
K4.	is aware of his own limitations and possesses ability to lifelong learning	S	<u>Summarizing methods e.g.,</u> - continuous assessment by the teacher (observation) <u>Forming methods, e.g.,</u> - evaluation of the activity in the classroom - discussion in class
K6.	promotes pro-health behavior		

K7.	uses objective sources of information		
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<b>ECTS points</b>	<b>1</b>		
<b>Student Workload</b>			
<b>Form of activity</b>		<b>Number of hours to complete the activity</b>	
<b>Classes that require the participation of a teacher</b>			
1. Realization of the course: lectures (according to the curriculum )			
2. Realization of the course: classes (according to the curriculum )			
3. Realization of the course: seminars; (according to the curriculum)		40	
4. Realization of the course: electives			
5. Participation in consultation			
		Total hours: 40	
<b>Student self-study</b>			
1. Preparation for the theoretical and practical classes (realization of projects, documentation, case description etc.)		5	
2. Preparation for an exam/final test-credit		5	
		Total hours:10	

<b>Course contents:</b>	
<b>Learning outcomes (symbol and number)</b>	<b>Topics</b>
DW.14 C.U6, D.U2, G.U1, G.U2 K4, K7	Introduction to the problem of disease prevention. Designing disease prevention activities (3 h)
DW.14, DW.15 C.U6, D.U2, D.U9, G.U2. K4, K7	The role of diet in disease prevention (3 h)
DW.14, DW.15 D.U2, D.U.9, G.U2. K4, K7	The importance of physical activity in disease prevention (3 h)
DW.14 D.U2, D.U9, G.U1, G.U2. K7	Diagnosing disease prevention needs in the population (3 h)
DW.14, DW.15 D.U2., D.U.9, G.U2 K4, K7	Prevention of cardiovascular diseases (3 h)
DW.14, DW.15 D.U2., D.U.9, G.U2 K4, K7	Cancer prevention (3h)
DW.14, DW.15 C.U6, D.U2, D.U9, G.U2. K4, K7	Disease prevention by influencing smoking, alcohol and psychoactive substances consumption, risky sexual behavior and environmental hazards (3 h)
DW.14, DW.15 C.U6, D.U2, G.U2.	Introduction to telemedicine (3 h)

K4, K7 B.W33. B.U11	
DW.14, DW.15 C.U6, D.U2, G.U2. K4, K7 B.W33. B.W31 B.U11	Benefits and catches in telemedicine for physicians (3 h)
DW.14, DW.15 C.U6, D.U2, G.U2. K4, K7 B.W33. B.W31 B.U11	Sources of data (3 h)
DW.14, DW.15 C.U6, D.U2, G.U2. K4, K7 B.W33. B.W31 B.U11	Credibility of information sources (3 h)
DW.14, DW.15 C.U6, D.U2, D.U9, G.U2. K4, K7	Genetics in Preventive Medicine (3 h)
DW.14 D.U2, D.U9, G.U1, G.U2 K4, K7	Presentation of students' works (5 h)

<b>Obligatory textbook: (1-2 pozycje)</b>	
<ul style="list-style-type: none"> <li>Jekel's Epidemiology, Biostatistics, Preventive Medicine, and Public Health, Fourth Edition red Katz D Copyright 2014, by Saunders, an imprint of Elsevier Inc – available via ClinicalKey online in UMB library website</li> <li>Harrison's Principles of Internal Medicine, 19e Dennis Kasper, Anthony Fauci, Stephen Hauser, Dan Longo, J. Larry Jameson, Joseph Loscalzo, Access Medicine online</li> </ul>	
<b>Optional textbook: (1-2 pozycje)</b>	
<ul style="list-style-type: none"> <li>2021 ESC Guidelines on Cardiovascular Disease Prevention in Clinical Practice, Frank L.J. Visseren Eur Heart J (2021) 42: 3227-3337. (free access on-line)</li> <li>Aleksandra Nabożny Balcerzak Bartłomiej, Wierzbicki Adam, Morzy Mikołaj, Chlabicz Małgorzata: Active annotation in evaluating the credibility of web-based medical information: guidelines for creating training data sets for machine learning, JMIR Medical Informatics, vol. 9, nr 11, 2021, 19 pp, DOI:10.2196/26065 (free access on-line)</li> </ul>	

<b>Criteria for assessing the achieved learning outcomes and the form and conditions for receiving credit:</b>
<p>The course credits include:</p> <ul style="list-style-type: none"> <li>- preparing students for classes and activities during classes</li> <li>- preparation of the project in writing, preparation of the multimedia presentation and oral presentation (minimum 60% of the presentation)</li> </ul> <p>If a student gets an average of or above 4.0 (80%), he or she will receive a credit for the course. The other students are going to finish the final course in written form.</p> <p>Absence in class should be justified with the tutor and the form of the credit should be agreed in the same time.</p>

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(date and signature of the person preparing the syllabus)

.....  
(date and signature of the Head of the Department where the course is held)

.....  
and (course coordinator)