

# SYLLABUS

Academic year 2023/2024

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| 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 checked="" 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"/><br>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<br>dr hab. Małgorzata Chlabicz<br>dr Jacek Jamiołkowski<br>dr Paweł Sowa<br>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>   |  |  |   |

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| 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><br>- written pass<br><u>Forming methods, e.g.,</u><br>- observation of the student's work<br>- evaluation of the activity in the classroom<br>- assessment of preparation for classes<br>- discussion in class<br>- 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><br>- project<br><u>Forming methods, e.g.,</u><br>- observation of the student's work<br>- evaluation of the activity in the classroom<br>- assessment of preparation for classes<br>- discussion in class<br>- 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><br>- continuous assessment by the teacher (observation)<br><u>Forming methods, e.g.,</u><br>- evaluation of the activity in the classroom<br>- discussion in class   |
| K6.                      | promotes pro-health behavior  |   |   |

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| 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   |
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|  | Total hours:10                                  |

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

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| K4, K7<br>B.W33. B.U11  |  |
| DW.14, DW.15<br>C.U6, D.U2, G.U2.<br>K4, K7<br>B.W33. B.W31 B.U11 | Telemedicine in medical imaging (3 h)    |
| DW.14, DW.15<br>C.U6, D.U2, G.U2.<br>K4, K7<br>B.W33. B.W31 B.U11 | Sources of data (3 h)                    |
| DW.14, DW.15<br>C.U6, D.U2, G.U2.<br>K4, K7<br>B.W33. B.W31 B.U11 | Credibility of information sources (3 h) |
| DW.14, DW.15<br>C.U6, D.U2, D.U9, G.U2.<br>K4, K7                 | Genetics in Preventive Medicine (3 h)    |
| DW.14<br>D.U2, D.U9, G.U1, G.U2<br>K4, K7                         | Presentation of students' works (4 h)    |

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| <b>Obligatory textbook:</b> (1-2 pozycje)  |  |
| <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:</b> (1-2 pozycje)  |  |
| <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> |  |

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| <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> |

.....  
(date and signature of the person preparing the syllabus)

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

.....  
and (course coordinator)