



Syllabus for academic year 2019/2020														
Description of the course														
Course	<b>PREVENTION OF CARDIOVASCULAR DISEASE</b>										Group of detailed education results			
											Group code: B & E	Group name: Basic Sciences & Non-interventional Clinical Sciences		
Faculty	Medicine													
Major	Medical													
Specialties	N/A													
Level of studies	Uniform magister studies X 1 <sup>st</sup> degree studies <input type="checkbox"/> 2 <sup>nd</sup> degree studies <input type="checkbox"/> 3 <sup>rd</sup> degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>													
Form of studies	X full-time <input type="checkbox"/> part-time													
Year of studies	I-III					Semester		X Winter or X Summer						
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice X free choice / elective													
Course	X major <input type="checkbox"/> basic													
Language of instruction	<input type="checkbox"/> Polish X English <input type="checkbox"/> other													
* mark <input type="checkbox"/> with an X														
Number of hours														
Form of education														
Unit teaching the course	Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	Classes in Simulated Conditions (CSC)	Practical Classes with Patient (PCP)	Specialist Classes – magister studies (SCM)	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work)	E-learning (EL)
<b>Winter Semester</b>														
Department and Clinic of Geriatrics				20										
<b>Summer Semester</b>														
Department and Clinic of Geriatrics				20										
<b>TOTAL per course: 20 hours</b>														



Educational objectives:

- C1.** Letting know students etiopathogenesis, pathophysiology and clinic of cardiovascular disease.
- C2.** Giving epidemiological data concerning cardiovascular disease worldwide and in Poland.
- C3.** Letting know students the most important risk factors of atherosclerosis.
- C4.** Increasing awareness of healthy life-style, especially physical activity.
- C5.** Education in gaining a competence in estimating the global cardiovascular risk.
- C6.** Conveying a knowledge concerning applying the complex preventive and rehabilitation action in subjects with cardiovascular risk.

**Education result matrix for course in relation to verification methods  
of the intended education result and the type of class**

Number of course education result	Number of major education result	Student who completes the module/course knows/is able to	Methods of verification of intended education results (forming and summarising)	Form of didactic class <i>**enter the abbreviation</i>
W 01	B.W28, E.W7	Student knows pathophysiology of atherosclerosis	oral response	MC
W 02	B.W25, B.W29 E.W7	Student describes etiopathogenesis, epidemiology and symptoms of cardiovascular disease and metabolic syndrome	oral response, discussion	MC
W 03	B. W28, E. W8	Student lists out principles and goals of the 3-stage pyramid of CVD prevention by Benjamin and Smith	discussion	MC
W 04	B.W28, E.W7	Student analyses modifiable and unmodifiable risk factors of atherosclerosis	presentation	MC
W 05	E.W31	Student defines phases and forms of cardiac rehabilitation	oral response	MC
U 01	B. U9, E.U16	Student is able to determine and interpret the global cardiovascular risk using the SCORE chart	Assessment of practical skills	MC
U02	B. U9, E.U23	Student is able to define cardio-vasoprotective effects of healthy life-style, esp. of regular physical activity and is capable to assign its intensity level recommended for CVD prevention	Assesment of practical skills	MC
U03	E.20, E.23	Student is able to determine principle of enrolling patients to cardiac training and criteria of assessing its final outcomes	Assesment of practical skills	MC



<p>** L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .</p>														
<p>Please mark on scale 1-5 how the above effects place your classes in the following categories: communication of knowledge, skills or forming attitudes: Knowledge: 5 Skills: 4</p>														
<p><b>Student's amount of work (balance of ECTS points)</b></p>														
<b>Student's workload</b> (class participation, activity, preparation, etc.)			<b>Student Workload (h)</b>											
1. Contact hours:			20											
2. Student's own work (self-study):			6											
Total student's workload			26											
ECTS points for module/course			1,0											
Comments														
<p><b>Content of classes</b> (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)</p>														
<p><b>Classes:</b></p> <table border="1"> <tr> <td>1-2. Epidemiology of cardiovascular disease (CVD) in the world and in Poland.</td> </tr> <tr> <td>3-4. Characteristics, classification and impact of CVD risk factors. Discussing the results of 50-year The Heart Framingham Study.</td> </tr> <tr> <td>5-6. Description of essentials of the CVD prevention pyramid after Benjamin and Smith. Features and principles of basic, primary and secondary prevention of CVD.</td> </tr> <tr> <td>7-8. Role of regular and long-term physical activity in CVD prevention. Cardio-vasoprotective effect of long-term physical training.</td> </tr> <tr> <td>9-10. Beneficial modification of CVD risk factors through physical activity.</td> </tr> <tr> <td>11-12. Specificity of CVD prevention in elderly and women.</td> </tr> <tr> <td>13-14. Up-to-date methods of registering and remote controlling of benefits of the cardiac training.</td> </tr> <tr> <td>15-16. Cardiac rehabilitation: goals, stages, realization. Profits <i>versus</i> risk.</td> </tr> <tr> <td>17-18. Essentials of enrolling patients to cardiac training and assessing its final outcomes.</td> </tr> <tr> <td>19-20. Standards of cardiac training sessions, equipment required, supervision and safety rules.</td> </tr> </table>					1-2. Epidemiology of cardiovascular disease (CVD) in the world and in Poland.	3-4. Characteristics, classification and impact of CVD risk factors. Discussing the results of 50-year The Heart Framingham Study.	5-6. Description of essentials of the CVD prevention pyramid after Benjamin and Smith. Features and principles of basic, primary and secondary prevention of CVD.	7-8. Role of regular and long-term physical activity in CVD prevention. Cardio-vasoprotective effect of long-term physical training.	9-10. Beneficial modification of CVD risk factors through physical activity.	11-12. Specificity of CVD prevention in elderly and women.	13-14. Up-to-date methods of registering and remote controlling of benefits of the cardiac training.	15-16. Cardiac rehabilitation: goals, stages, realization. Profits <i>versus</i> risk.	17-18. Essentials of enrolling patients to cardiac training and assessing its final outcomes.	19-20. Standards of cardiac training sessions, equipment required, supervision and safety rules.
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<p><b>Basic literature:</b></p> <ol style="list-style-type: none"> <li>2016 European Guidelines on cardiovascular disease prevention in clinical practice. European Heart Journal (2016) 37, 2315–238.</li> <li>2019 ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD. European Heart Journal (2019) 00, 1-69; doi:10.1093/eurheartj/ehz486.</li> </ol>														



**Additional literature and other materials:**  
1. Articles from „European Journal of Cardiovascular Prevention and Rehabilitation”. Publisher: European Association for Cardiovascular Prevention and Rehabilitation.  
2. Materials provided by the teacher.

**Didactic resources requirements:**  
SCORE charts , laptop, Internet connection, multimedia projector

**Preliminary conditions (minimum requirements to be met by the student before starting the course):**  
Basic knowledge on anatomy and physiology of the cardiovascular system.

**Conditions to receive credit for the course (specify the form and conditions of receiving credit for classes included in the course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades):**  
**Activity during the classes, preparing a multimedia presentation on the chosen topic.**  
**NOTE: All absences (incl. rector’s/dean’s days/hrs) must be made up according to the established rules.**

<b>Grade:</b>	<b>Criteria</b> (for courses/modules ending with the mark)
Very Good (5.0)	Student freely discusses the all topics of the course, prepares excellent presentation, uses literature outside the list.
Good Plus (4.5)	Student easy discusses the all topics, prepares a chosen presentation, uses literature outside the list.
Good (4.0)	Student correctly knows the topics, prepares good presentation; uses literature from the list
Satisfactory Plus (3.5)	Student quite correctly knows the topics, prepares quite good presentation; uses some literature from the list
Satisfactory (3.0)	Student knows only basic topics of course, prepares some presentation; uses some literature from the list

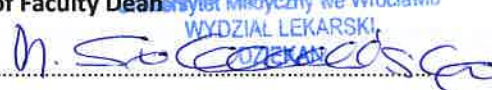
**Name and address of module/course teaching unit, contact: telephone and e-mail address**  
Department and Clinic of Geriatrics (Katedra i Klinika Geriatrii), Skłodowskiej-Curie str. 66,  
50-369 Wrocław  
e-mail: [marzena.gonerska@umed.wroc.pl](mailto:marzena.gonerska@umed.wroc.pl)

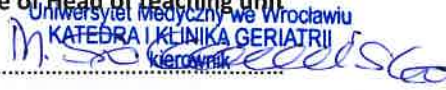
**Coordinator / Person responsible for module/course, contact: telephone and e-mail address**  
Prof. Małgorzata Sobieszcańska, e-mail: [malgorzata.sobieszczanska@umed.wroc.pl](mailto:malgorzata.sobieszczanska@umed.wroc.pl); 71 784 24 26

**List of persons conducting specific classes: full name, degree/scientific or professional title, discipline, performed profession, form of classes:**  
Prof. Małgorzata Sobieszcańska, MD PhD (internal medicine, geriatrics, pathophysiology)

**Date of Syllabus development**  
02.09.2019

**Syllabus developed by**  
Małgorzata Sobieszcańska

**Signature of Faculty Dean**  
  
prof. dr hab. Małgorzata Sobieszcańska

**Signature of Head of teaching unit**  
  
prof. dr hab. Małgorzata Sobieszcańska