



Syllabus for academic year: 2021/2022													
Training cycle: I – III year													
Description of the course													
Course	PREVENTION OF CARDIOVASCULAR DISEASE							Group of detailed education results					
								Group code B, D, E	Group name Scientific basics of medicine Behavioural and social sciences with elements of professionalism Non-interventional clinical sciences				
Faculty	Faculty of Medicine												
Major	Medicine												
Level of studies	<input checked="" type="checkbox"/> X uniform magister studies <input type="checkbox"/> 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies												
Form of studies	<input checked="" type="checkbox"/> X full-time <input type="checkbox"/> part-time												
Year of studies	I – III						Semester:	<input checked="" type="checkbox"/> X winter <input checked="" type="checkbox"/> X summer					
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input checked="" type="checkbox"/> X free choice / optional												
Language of study	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> X English												
Number of hours													
Form of education													
	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)	Foreign language Course (FLC)	Physical Education (PE)	Vocational Practice (VP)	Directed Self-Study (DSS)	E-learning (EL)
Winter semester:													
KATEDRA I KLINIKA GERIATRII (Dep. in charge of the course)													
Direct (contact) education ¹				20									
Distance learning ²													
Summer semester:													

¹ Education conducted with direct participation of university teachers or other academics

² Education with applied methods and techniques for distance learning



KATEDRA I KLINIKA GERIATRII (Dep. in charge of the course)																		
Direct (contact) education				20														
Distance learning																		
TOTAL per year:																		
KATEDRA I KLINIKA GERIATRII (Dep. in charge of the course)																		
Direct (contact) education				20														
Distance learning																		
Educational objectives (max. 6 items)																		
C1. To equip students with knowledge about etiopathogenesis and the clinics of atherosclerosis of the vascular system.																		
C2. To acquaint students with the current epidemiology of cardiovascular diseases in Poland and in the world.																		
C3. To acquaint students with the most important risk factors for the development of atherosclerosis. Developing students' skills to estimate global cardiovascular risk.																		
C4. Acquiring by students of awareness of the importance of a healthy lifestyle, especially physical activity.																		
C5. Provide students with knowledge on the use of comprehensive preventive and rehabilitation measures in relation to cardiovascular diseases of atherosclerotic basis																		
C6. Development social competences needed to practice the medical profession, in accordance with graduate's profile.																		
Education result for course in relation to verification methods of the intended education result and the type of class:																		
Number of detailed education result	Student who completes the course knows/is able to			Methods of verification of intended education results; Test	Form of didactic class <i>*enter the abbreviation</i>													
B.W23	knows the body's ageing mechanism			Oral answer and discussion; Test	MC													
B.W25	knows the relationship between factors disturbing the equilibrium state of biological processes and physiological and pathophysiological changes;			Oral answer and discussion; Test	MC													
D.W14	knows the principles of health promotion, its tasks and main lines of action, with particular emphasis on knowledge of the role of healthy lifestyle elements;			Oral answer and discussion; Test	MC													
D.W15	knows the principles of motivating the patient towards healthy behaviour and informing about an unfavourable prognosis;			Oral answer and discussion; Test	MC													
E.W1	knows the environmental and epidemiological determinants of the most common diseases			Oral answer and discussion; Test	MC													
E.W31	knows the role of medical rehabilitation and the methods used in it			Oral answer and discussion; Test	MC													
D.U2	is able to recognise the signs of anti-health and self-destructive behaviour and react appropriately to them			Oral answer and discussion	MC													



D.U7	is able involve the patient in the therapeutic process	Oral answer and discussion	MC
D.U9	Is able to provide advice on compliance with therapeutic recommendations and a healthy lifestyle	Oral answer and discussion	MC
E.U16	Is able to plan diagnostic, therapeutic and preventive procedures;	Oral answer and discussion	MC
E.U23	Is able to propose a rehabilitation programme for the most common diseases	Oral answer and discussion	MC
E.U24	interpret laboratory test results and identify causes of deviations from the norm;	Oral answer and discussion	MC

* L- lecture; SE- seminar; AC- auditorium classes; MC- major classes (non-clinical); CC- clinical classes; LC- laboratory classes; CSC- classes in simulated conditions; PCP- practical classes with patient; FLC- foreign language course; PE- physical education; VP- vocational practice; DSS- directed self-study; EL- E-learning

Student's amount of work (balance of ECTS points):

Student's workload (class participation, activity, preparation, etc.)	Student Workload
1. Number of hours of direct contact:	20
2. Number of hours of distance learning:	
3. Number of hours of student's own work:	6
4. Number of hours of directed self-study	n/a
Total student's workload	26
ECTS points for course	1.0

Content of classes: (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

Lectures

N/A

Seminars

N/A

Classes

- 1-2. Epidemiology of cardiovascular disease (CVD) in the world and in Poland.
- 3-4. Characteristics, classification and significance of CVD risk factors.
- 5-6. Discussion of the assumptions of the CVD prevention pyramid according to Benjamin and Smith. Characteristics of primary, primary and secondary prevention of CVD.
- 7-8. Differences in CVD prevention in the elderly and in women.
- 9-10. Beneficial modification of CVD risk factors under the influence of physical activity.
- 11-12. Goals of cardiac rehabilitation, its stages and assumptions for implementation. Benefits versus risk.
- 13-14. Standards for conducting "cardio" training; hardware requirements; safety rules.
- 15-16. Basics of recruiting patients for cardiac training and assessing their effectiveness.
- 17-18. The role of regular and long-term physical activity in the prevention of CVD. Cardio-vasoprotective effect of physical activity.
- 19-20. Modern methods of recording and remote control of the effectiveness of cardiac training.



Other N/A
<p>Basic literature (list according to importance, no more than 3 items)</p> <ol style="list-style-type: none"> 2016 European Guidelines on cardiovascular disease prevention in clinical practice. European Heart Journal (2016) 37. Update on cardiovascular prevention in clinical practice: A position paper of the European Association of Preventive Cardiology of the European Society of Cardiology. European Journal of Preventive Cardiology 2020, Vol. 27(2) 181–205. 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 <p>Additional literature and other materials (no more than 3 items)</p> <ol style="list-style-type: none"> Indicated articles from medical journals.
<p>Preliminary conditions: (minimum requirements to be met by the student before starting the course) Basic knowledge of the anatomy and physiology of the circulatory system.</p>
<p>Conditions to receive credit for the course:</p> <ul style="list-style-type: none"> - activity during classes; passing practical skills - final test: TEST min. 60% positive answers. - all missed classes (including rector's days and dean's hours) must be completed. <p>Assessment is made in direct contact with an academic teacher or using electronic means of communication.</p>

Grade:	Criteria for courses ending with a grade ³
Very Good (5.0)	95%-100% of the correct answers from the test and passing practical skills
Good Above (4.5)	88%-94% of the correct answers from the test and passing practical skills
Good (4.0)	78%-87% of the correct answers from the test and passing practical skills
Satisfactory Plus (3.5)	70%-77% of the correct answers from the test and passing practical skills
Satisfactory (3.0)	60%-69% of the correct answers from the test and passing practical skills
	Criteria for courses ending with a credit³
Credit	N/A

Grade:	Criteria for exam ³ N/A
Very Good (5.0)	
Good Above (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

Department in charge of the course:	KATEDRA I KLINIKA GERIATRII
Department address:	M. Curie-Skłodowskiej 62, 50-369
Telephone:	71 784 24 28
E-Mail:	magdalena.ciechanowicz@umed.wroc.pl

³ The verification must cover all education results, which are realized in all form of classes within the course



Person in charge for the course:	Prof. dr hab. Małgorzata Sobieszczkańska			
Telephone:	71 784 24 28			
E-Mail:	malgorzata.sobieszczanska@umed.wroc.pl			
List of persons conducting specific classes:				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Małgorzata Sobieszczkańska	Prof. MD, PhD	medical sciences	Doctor	MC

Date of Syllabus development

30.08.2021

Syllabus developed by

Małgorzata Sobieszczkańska

Dean's signature

.....
Wrocław Medical University
Faculty of Medicine
Vice-Dean for English Studies
prof. Beata Sobieszczkańska, PhD

Signature of Head(s) of teaching unit(s)

Uniwersytet Medyczny we Wrocławiu
KATEDRA I KLINIKA GERIATRII
.....
kierownik
prof. dr hab. Małgorzata Sobieszczkańska

