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Educational objectives (max. 6 items)  
 C1. possession of practical knowledge of preventive and anti-aging medicine  
 C2. possession of skill of estimation of individual cardiovascular risk  
 C3. formation of proper health and ethical attitude  
 C4. development of need of self-education motivated of knowledge of cardiovascular prevention

Education result matrix for module/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>
<b>W 01</b>	<b>E.W.7</b>	Student knows and understands causes, symptoms, principles of diagnosis and therapy and prevention in cardiovascular diseases and sleep disturbances.	Discussion with the teacher, test	SE
<b>W02</b>	<b>E.W.14</b>	understands causes, symptoms and prevention in dementia		
<b>W03</b>	<b>E.W.7</b>	understands importance of physical activity in health prevention.		
<b>W04</b>	<b>E.W.1</b>	understand relation between abnormalities in morphology and organ damage and relation between clinical symptoms and diagnostic and treatment possibilities in hypertension diseases		
<b>W05</b>	<b>E.W.2</b>	describe methods of physical examination, the significance of additional tests in the preventive medicine		



<b>U 01</b>	E.U.1	takes history in adult patient with hypertension	Discussion with the teacher, test	SE
<b>U 02</b>	E.U.12	makes differential diagnosis in hypertension in elderly adults		
<b>U 03</b>	E.U.16	plans to conduct diagnosis, therapy and prevention in patient with hypertension		
<b>U 04</b>	E.U.42	Student interpretes lab test		
<b>U 05</b>	E.U.32	makes a plan of specialist consultation		

\*\* 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 .

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: 2

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

Student's workload

(class participation, activity, preparation, etc.)

**Student Workload (h)**

1. Contact hours:

30

2. Student's own work (self-study):

9

Total student's workload

39

**ECTS points for module/course**

1,5

Comments

**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 -**

**Seminars**

1. The aging process- physiology, the causes of aging. The problems of ageism.
2. The methods of prevention of dementia development. The prevention of brain aging.
3. The methods of health estimation and health risk.
- 4 The sleep disturbances in old age. Sleep hygiene.
- 6.The supplementation of hormones, vitamins and microelements.
7. The sense of physical activity in premature aging.



8 The sexual health and longevity.	
9. Biotechnology in preventive and anti-aging medicine.	
Practical classes -	
Other -	
Basic literature (list according to importance, no more than 3 items)	
1. Harrison's Principles of Internal Medicine: 20th Edition	
Additional literature and other materials (no more than 3 items)	
1. Endocrinology; Degroot LJ Jameson JL	
Didactic resources requirements (e.g. laboratory, multimedia projector, other...)	
<b>Multimedia projector, computer</b>	
Preliminary conditions (minimum requirements to be met by the student before starting the module/course)	
Basic knowledge of internal diseases	
Conditions to receive credit for the course	
Full Attendance, activity in classes, Test (15 questions)	
Each absence must be made up, including rector's days or dean's hours.	
<b>Grade:</b>	<b>Criteria for course</b>
Very Good (5.0)	Activity in classes much above the average and positive test result
Good Plus (4.5)	Activity in classes above the average and positive test result
Good (4.0)	Activity in classes average and positive test result
Satisfactory Plus (3.5)	Activity in classes below the average and positive test result
Satisfactory (3.0)	Activity in classes much below the average and positive test result
<b>Grade:</b>	<b>Criteria for exam (if applicable)</b>
Very Good (5.0)	na
Good Plus (4.5)	na
Good (4.0)	na
Satisfactory Plus (3.5)	na
Satisfactory (3.0)	na

<b>Name of unit teaching course:</b>	Department and Clinic of Internal and Occupational Diseases and
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<b>Person responsible for course:</b>	Anna Jodkowska, MD, PhD
Phone	71-7364000
E-mail	<a href="mailto:anna.jodkowska@umed.wroc.pl">anna.jodkowska@umed.wroc.pl</a>

List of persons conducting specific classes:	degree/scientific or professional title	Discipline	Performer profession	Form of classes
Adrian Doroszko	MD, PhD	Internal diseases, cardiology	physician	SE
Anna Jodkowska	MD, PhD	Internal diseases, endocrinology, hypertensiology	physician	SE
Maciej Podgórski	MD	Internal diseases, cardiology	physician	SE
Magdalena Stępniewska	MD	Internal diseases, in training	physician	SE
Damian Gajecki	MD	Internal diseases, in training	physician	SE
Marcin Chuć	MD	Internal diseases, nephrology	physician	SE
Helena Martynowicz	MD, PhD	Internal diseases, hypertensiology	physician	SE
Maciej Jakubowski	MD	Internal diseases, in training	physician	SE
Jakub Gawryś	MD	Internal diseases, in training	physician	SE
Jakub Mochoł	MD	Internal diseases, in training	physician	SE

Date of Syllabus development

.....28.09.2018.....

Syllabus developed by

Uniwersytet Medyczny we Wrocławiu  
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ZAWODOWYCH NADCIŚNIENIA TĘTNICZEGO  
I ONKOLOGII KLINICZNEJ  
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ad. prof. dydaktyczny

dr n. med. Anna Jodkowska

Signature of Head of teaching unit

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Signature of Faculty Dean

prof. dr hab. Małgorzata Sobieszczarńska