



Syllabus														
Description of the course														
Course	PREVENTION OF CARDIOVASCULAR DISEASE										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 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>													
Form of studies	X full-time <input type="checkbox"/> part-time													
Year of studies	First, Second, Third				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)
Winter Semester	10										5	5		
Department of Pathophysiology														
Summer Semester	10										5	5		
Department of Pathophysiology														
TOTAL per course: 20 hours														



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	SS, MC
W 05	E.W31	Student defines phases and forms of cardiac rehabilitation	oral response	EL, MC
U 01	B. U9, E.U16	Student is able to determine and interpret the global cardiovascular risk using the SCORE chart	presentation	EL, SS
U02	B. U9, E.U23	Student is able to define cardiovasoprotective effects of healthy life-style, esp. of regular physical activity and is capable to assign its intensity level recommended for CVD prevention	discussion presentation,	EL, 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	discussion	EL, SS



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** 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: 3

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:	20
2. Student's own work (self-study):	6
Total student's workload	26
ECTS points for module/course	1,0
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)

Classes:

1. Epidemiology of cardiovascular disease (CVD) in the world and in Poland.
2. Characteristics, classification and impact of CVD risk factors. Discussing the results of 50-year The Heart Framingham Study.
3. Description of essentials of the CVD prevention pyramid after Benjamin and Smith. Features and principles of basic, primary and secondary prevention of CVD.
4. Role of regular and long-term physical activity in CVD prevention. Cardiovasoprotective effect of long-term physical training.
5. Beneficial modification of CVD risk factors under physical activity influence.
6. Specificity of CVD prevention in elderly and women.
7. Up-to-date methods of registering and remote controlling of benefits of the cardiac training.
8. Cardiac rehabilitation: goals, stages, realization. Profits *versus* risk.
9. Essentials of enrolling patients to cardiac training and assessing its final outcomes.
10. Standards of performing cardiac training sessions, equipment required, supervision and safety rules.

Basic literature:

1. European Guidelines on cardiovascular disease prevention in clinical practice (version 2012). The Fifth Joint Task Force of the European Society of Cardiology and Other Societies on Cardiovascular Disease Prevention in Clinical Practice (constituted by representatives of nine societies and by invited experts). *Eur Heart J.* 2012 Jul;33(13):1635-701. doi: 10.1093/eurheartj/ehs092. Epub 2012 May 3.



2. ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD – Summary. Diabetes and Vascular Disease Research May 2014 vol. 11 no. 3 133-173. doi: 10.1177/1479164114525548.

Additional literature and other materials:

1. „European Journal of Cardiovascular Prevention and Rehabilitation”. Publisher: European Association for Cardiovascular Prevention and Rehabilitation.
2. Materials provided by the teacher.

Didactic resources requirements:

Laptop, SCORE charts, multimedia projector, Internet connection

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):

Presence at all classes (one absence is acceptable), activity during the classes, preparation and showing a multimedia presentation on the particular topic.

Grade:	Criteria (only for courses/modules ending with an examination) - N/A
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

Name and address of module/course teaching unit, contact: telephone and e-mail address

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Coordinator / Person responsible for module/course, contact: telephone and e-mail address

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List of persons conducting specific classes: full name, degree/scientific or professional title, discipline, performed profession, form of classes.

Prof. Małgorzata Sobieszkańska, MD PhD (internal medicine, pathophysiology, electrocardiology)

Date of Syllabus development

08.07.2016

Syllabus developed by

Małgorzata Sobieszkańska

Signature of Head of teaching unit

M. Sobieszkańska

Signature of Faculty Dean Uniwersytet Medyczny we Wrocławiu

M. Sobieszkańska
prof. dr hab. Małgorzata Sobieszkańska

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