



Syllabus

Description of the course

Module/Course	Preventive and anti-aging medicine	Group of detailed education results	
		Group code E	Group name
Faculty	medicine		
Major	medicine		
Specialties	Not applicable		
Level of studies	Uniform magister studies <input checked="" type="checkbox"/> * 1 st degree studies <input checked="" type="checkbox"/> X 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>		
Form of studies	<input checked="" type="checkbox"/> full-time <input type="checkbox"/> part-time		
Year of studies	V	Semester	<input checked="" type="checkbox"/> Winter <input checked="" type="checkbox"/> Summer
Type of course	<input type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input checked="" type="checkbox"/> free choice / elective		
Course	<input type="checkbox"/> major <input checked="" type="checkbox"/> basic		
Language of instruction	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English <input type="checkbox"/> other		

* mark with an X

Number of hours

Form of education

Department and Clinic of Internal, Occupational Diseases Hypertension and Clinica oncology	Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes – not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	(CSC)Classes in Simulated Conditions	Practical Classes with Patient (PCP)	(SCM)Specialist Classes – magister studies	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work)	E-learning (EL)
	Winter Semester													
		30												
Summer Semester														



	30																		

TOTAL per year:

	60																		

Educational objectives (max. 6 items)

- C.1 possession of practical knowledge of preventive and anty-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>
W 01	E.W.7	Student know and understand causes, symptoms, principles of diagnosis and therapy and prevention in cardiovascular diseases and sleep disturbances.		
W02	E.W.14	understands causes, symptoms and prevention in dementia		
W03	E.W.7	understands importance of physical activity in health prevention.		
W04	E.W.1	understand relation between abnormalities in morphology and organ damage and relation between clinical symptoms and diagnostic and treatment possibilities in hypertension diseases		
W05	E.W.2	describe methods of physical examination, the significance of additional tests in the preventive medicine		



U 01	E.U.1	takes history in adults patient with hypertension		
U 02	E.U.12	makes differential diagnosis in hypertension in children and adults		
U 03	E.U.16	plan to conduct diagnosis, therapy and prevention in patient with hypertension		
U 04	E.U.42	Student interpretes lab test interpretation		
U 05	E.U.32	make a plan of specialist consultation		
K 01				

** 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....

Social competences: 1.....

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

Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
1. Contact hours:	
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

1.



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

1.

Other

1.

etc. ...

Basic literature (list according to importance, no more than 3 items)

Harrison's Principles of Internal Medicine: 19th Edition – 2015

Additional literature and other materials (no more than 3 items)

Endocrinology Degroot L.J. Jameson J.L.

Didactic resources requirements (e.g. laboratory, multimedia projector, other...)

Multimedia projector, computer

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 (specify the form and conditions of receiving credit for classes included in the module/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)
attendance, test

Grade:	Criteria (only for courses/modules ending with an examination)
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

.Department of Internal Medicine, Occupational Diseases , Hypertension and Clinical Oncology

50-556 Borowska 213 Wrocław, 71- 7364000 Email: kc@usk.wroc.pl

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

...dr n med Helena Martynowicz, 71-7364051, helena.martynowicz@umed.wroc.pl

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

Katarzyna Beszłej, MD, seminar

dr n med Adrian Doroszko, MD, PhD, seminar

dr n med Helena Martynowicz MD, PhD, internal diseases, hypertensiology , seminar

lek. Diana Frontkiewicz MD, seminar

lek. Maciej Podgórski MD, internal diseases , cardiology, seminar

lek Katarzyna Kozuch-Sajdak MD, seminar

dr n med Anna Jodkowska MD, PhD, internal diseases, endocrinology, seminar

Date of Syllabus development

15.06.16.....

Syllabus developed by

...dr n med Helena Martynowicz.....

Signature of Head of teaching unit

Signature of Faculty Dean

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ZAWODOWYCH, NADCIŚNIENIA TĘTNICZEGO
I ONKOLOGII KLINICZNEJ
Kierownik

Prof. dr hab. Grzegorz Mazur