Appendix
to Resolution No. 2186
of Senate of Wroclaw Medical University
of 1 July 2020

Syllabus for academic year: 2020/2021 Training cycle: SEMESTER			
Description of the course			
Module/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	Medicine		
Unit realizing the subject			
Specialties	not applicable		
Level of studies	Uniform magister studies X* 1st degree studies ☐ 2nd degree studies ☐ 3rd degree studies ☐ postgraduate studies ☐		
Form of studies	X full-time ☐ part-time		
Year of studies	I – III	Semester	X Winter OR X Summer
Type of course	☐ obligatory ☐ limited choice X free choice / elective		
Course	☐ major ☐ basic		
Language of instruction	☐ Polish X English ☐ other		

* mark ☐ with an X

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)	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														
Direct (contact) education														

Online learning (synchronous)				16										
Distance learning (asynchronous)				4										
Summer Semester														
Direct (contact) education				16										
Online learning (synchronous)				4										
Online learning (asynchronous)														
TOTAL per year:														
Direct (contact) education														
Online learning (synchronous)			16											
Online learning (asynchronous)			4											

Educational objectives (max. 6 items)

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 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 ***enter the abbreviation*
W 01	B.W28, E.W7	Student knows pathophysiology of atherosclerosis	oral response	**MC/EL**
W 02	B.W25,W29 E.W7	Student describes etiopathogenesis, epidemiology and symptoms of cardiovascular disease and metabolic syndrome	oral response, discussion	
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	
W 04	B.W28, E.W7	Student analyses modifiable and unmodifiable risk factors of atherosclerosis	presentation	
W 05	E.W31	Student defines phases and forms of cardiac	oral response	

		rehabilitation		
U 01	B. U9, E.U16	Student is able to determine and interpret the global cardiovascular risk using the SCORE chart	Calculation using SCORE chart	**MC/EL**
U 02	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	Using the formulas	
U 03	E.20, E.23	Student is able to determine principle of enrolling patients to cardiac training and criteria of assessing its final outcomes	Case analysis, interpretation of exercise ECG	
K 01		Student is able to cooperate in the group	Common PowerPoint presentation	**MC/EL**

** 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: 4
Social competences: 2

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

Student's workload (class participation, activity, preparation, etc.)	**Student Workload (h)**
1. Contact hours:	0
2. Online learning hours (e-learning):	20
3. 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)

Lectures N/A

Practical classes

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 *versus* 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.
Other N/A
Basic literature (list according to importance, no more than 3 items) 1. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. Circulation. 2019;140:e596–e646. 2. 2016 European Guidelines on cardiovascular disease prevention in clinical practice. European Heart Journal (2016) 37. 3. 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. **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 (e.g. laboratory, multimedia projector, other...) SCORE charts, laptop, Internet connection, multimedia projector
Preliminary conditions (minimum requirements to be met by the student before starting the module/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 module/course, admission terms to final theoretical or practical examination, its form and requirements to be med by the student to pass it and criteria for specific grades) **Activity during the classes, preparing a multimedia presentation on the chosen topic.** **Passing the test.** **Each absence must be made up, including rector's days and dean's hours.**

Grade:	**Criteria** (only for courses/modules ending with an examination)
Very Good (5.0)	Student freely discusses the all topics, prepares the excellent presentation. Test: 95%-100% of proper responses.
Good Plus (4.5)	Student easy discusses the all topics, prepares the very good presentation. Test: 88%-94% of proper responses.
Good (4.0)	Student correctly knows the topics, prepares good presentation; uses literature from the list. Test: 78%-87% of proper responses.
Satisfactory Plus (3.5)	Student quite correctly knows the topics, prepares quite good presentation; uses some literature from the list. Test: 70-77% of proper responses.
Satisfactory (3.0)	Student knows only very basic topics of course, prepares the presentation; uses only some literature from the list. Test: 60%-69% of proper responses.
Credit	Does not apply to the Faculty of Medicine

Grade:	**Criteria** (examination evaluation criteria). **N/A**
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	
Unit realizing the subject	**Katedra i Klinika Geriatrii (Department of Geriatrics)**
Unit address	**M. Curie-Skłodowskiej 66, 50-369 Wrocław**
Telephone	**71 784 24 28**
E-Mail	magdalena.ciechanowicz@umed.wroc.pl

Person responsible for module	**Professor Małgorzata Sobieszczańska**
Coordinator	
Telephone	**71 784 24 28**
E-Mail	malgorzata.sobieszczanska@umed.wroc.pl

List of persons conducting specific classes				
Full name	**Degree/scientific or professional title**	**Discipline**	**Performed profession**	**Form of classes**
Małgorzata Sobieszczańska	Professor, MD PhD	medicine	MD	NC/EL

Date of Syllabus development

01.10.2020

Syllabus developed by

Małgorzata Sobieszczańska

Signature of Head of teaching unit

Signature of Faculty Dean

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