



MEDICAL
UNIVERSITY
OF WARSAW



Medical University of Warsaw
Faculty of Medicine – English Division
61 Żwirki i Wigury Street
02-091 Warsaw, Poland

[http: // www.wum.edu.pl/](http://www.wum.edu.pl/)

OPTIONAL COURSES

6-year program

Academic year: 2024/2025

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English Division – Faculty of Medicine – Assoc. Prof. Jacek Sieńko, MD, PhD.

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Arman Sürmeli – 3 year

Abdullah Kollattu – 4 year

Aleksandra Frankowska – 5 year

Alexandra Pissa – 6 year

www: <https://edsgwum.wixsite.com/edsg>

SCHEDULE – ACADEMIC YEAR 2024/2025

6-year program

WINTER SEMESTER – 01.10.2024 – 16.02.2025

STUDENT'S ACADEMIC CLASSES:	01.10.2024 – 22.12.2024
	07.01.2025 – 26.01.2025
WINTER HOLIDAYS:	23.12.2024 – 06.01.2025
EXAM SESSION:	27.01.2025 – 02.02.2025
DAYS OFF BETWEEN SEMESTER:	03.02.2025 – 09.02.2025
RETAKE EXAM SESSION:	10.02.2025 – 16.02.2025

SUMMER SEMESTER – 17.02.2025 – 30.09.2025

STUDENT'S ACADEMIC CLASSES:	17.02.2025 – 18.04.2025
	05.05.2025 – 15.06.2025
EASTER HOLIDAYS:	19.04.2025 – 27.04.2025
SPRING HOLIDAYS:	28.04.2025 – 04.05.2025
DAYS OFF BEFORE EXAM SESSION:	16.06.2025 – 22.06.2025
EXAM SESSION:	23.06.2025 – 11.07.2025
SUMMER HOLIDAYS:	14.07.2025 – 30.09.2025
RETAKE EXAM SESSION:	01.09.2025 – 14.09.2025

Optional courses for ac. y. 2024/2025

PAGE	Dep. code	Class offered by Department:	Course title:	Limit of places	Eligible to apply:	Offered in form of:	Class coordinator:	Semester the class is held:
7	1M12	Department of Descriptive and Clinical Anatomy Faculty of Medicine	Clinical Anatomy (seminar recommended for 1st year students)	200	I-II year	in person class; schedule in the 1st year timetable Class schedule (two times a week): Tuesdays at 4.30-5.15 p.m. (starts on Oct. 15) & Thursdays at 4.30-5.15 p.m. (starts on Oct. 3)	tymon.skadorwa@wum.edu.pl	winter and summer
13	S1	Foreign Language Department	Latin in medicine	25	I-II year	in person class: Wednesdays 5.15-6.45 p.m. room 124 CBI	beata.oledzka@wum.edu.pl	winter
18	S1	Foreign Language Department	Polish language	25	I year	in person class: Wednesdays 3.30-5.00 p.m. room 124 CBI	beata.oledzka@wum.edu.pl	winter
23	1W8	Department of General, Gastroenterology and Oncologic Surgery	Essentials of human nutrition	200	I-V	e-learning: open from 21/10/2024 till 26/01/2025 year	aneta.jachnis@wum.edu.pl	winter
28	1MF	Department of Medical Informatics and Telemedicine	Critical thinking – wake up your inner critic	200	I-VI	e-learning: open till 10 Jan. 2025	jakub.rokicki@wum.edu.pl	winter and summer
33	1MF	Department of Medical Informatics and Telemedicine	Mnemonics - how to remember without forgetting	200	I-VI	e-learning: open from 24 Feb 2025 till 15 Jun. 2025	joanna.michalik@wum.edu.pl	only in summer
38	1M15	Department of Histology and Embryology	Mechanisms of organ formation and congenital malformations development (recommended for 1st year students)	200	I-VI	The seminars will be held on MS Teams in real time, on Wednesday – the time will be given later (details in syllabus at https://ed.wum.edu.pl/students/curriculum/)	ewa.jankowska-stedor@wum.edu.pl	winter and summer

43	1M20	Department of Medical Microbiology	The problem of hospital acquired infections. Rational antibiotic therapy in physician practice.	50	I-VI	e-learning: 21.10.2024-12.01.2025	beata.sokol-leszczynska@wum.edu.pl	winter and summer
49	NZME	Department of Biophysics, Physiology and Pathophysiology	Cells and molecules in a snapshot - an overview of contemporary experimental medicine techniques	20	I-IV	24h - e-learning, 6h - classes, starting from November 2024	anna.sepulveda@wum.edu.pl	winter and summer
53	1M33	Department of Social Medicine and Public Health	Artificial intelligence in medical practice – more benefits or threats?	250	I-VI	e-learning	mbogdan@wum.edu.pl	winter and summer
57	1M33	Department of Social Medicine and Public Health	Career Coaching - personal and professional development for medical students	250	I-VI	e-learning	mbogdan@wum.edu.pl	winter and summer
61	1M33	Department of Social Medicine and Public Health	Clean Treatment - Safe Treatment	250	I-VI	e-learning	patryk.tarka@wum.edu.pl	winter and summer
66	1M33	Department of Social Medicine and Public Health	Dietary Supplements - theory and practice	250	I-VI	e-learning	kokreglicka@wum.edu.pl	winter and summer
71	1M33	Department of Social Medicine and Public Health	Hand hygiene and skin irritation prevention	250	I-VI	e-learning	patryk.tarka@wum.edu.pl	
75	1M33	Department of Social Medicine and Public Health	Migration and Health	250	I-VI	e-learning	katarzyna.lewtak@wum.edu.pl	winter and summer
80	1M33	Department of Social Medicine and Public Health	Nutrition in Andrology, Gynecology and Obstetrics	250	I-VI	e-learning	aleksandra.kozlowska@wum.edu.pl	winter and summer
85	1M33	Department of Social Medicine and Public Health	Nutrition in Sports	250	I-VI	e-learning	anna.jagielska@wum.edu.pl	winter and summer

90	1M3 3	Department of Social Medicine and Public Health	Patient education	250	I-VI	e-learning	katarzyna.lewtak@wum.edu.pl	winter and summer
96	1M3 3	Department of Social Medicine and Public Health	Plant Based Diets in prevention and clinical practice	250	I-VI	e-learning	kokreglicka@wum.edu.pl	winter and summer
101	1M3 3	Department of Social Medicine and Public Health	Slimming Diet - Truths and Myths	250	I-VI	e-learning	aleksandra.kozlowska@wum.edu.pl	winter and summer
106	1M3 3	Department of Social Medicine and Public Health	Social Media in Healthcare	250	I-VI	e-learning	krzysztof.kanecki@wum.edu.pl	winter and summer
110	1M3 3	Department of Social Medicine and Public Health	Travel Medicine	250	I-VI	e-learning (details in syllabus at https://ed.wum.edu.pl/students/curriculum/)	katarzyna.lewtak@wum.edu.pl	winter and summer
116	1M3 3	Department of Social Medicine and Public Health	Vaccinology in practice	250	I-VI	e-learning (details in syllabus at https://ed.wum.edu.pl/students/curriculum/)	katarzyna.lewtak@wum.edu.pl	winter and summer
121	2MB	Department of Medical Psychology & Medical Communication	Chill out! - Relaxation as a tool for personal development and therapy (16.11, 17.11, 30.11)	22	I-VI	Contact classes on Sat. & Sun. 16.11, 17.11, 30.11 at 10am (details in syllabus at https://ed.wum.edu.pl/students/curriculum/)	magdalena.lazarewicz@wum.edu.pl	winter

Single optional course:

- 30 hours of seminar
- 2 ECTS points
- it is obligatory class (it is called optional, because you can choose the topic according to your interests)
- max. 2 classes per year on years 2-5
- must complete 10 in total in years 1-5
- must be class held in english

HOW TO REGISTER:

1. Open the website: <https://wd.wum.edu.pl/wu/start?&locale=en> and log in;
2. Choose: OFFER -> selection from offer

Select the right recruitment year and semester in 2024/2025 (eg. Student of the 1st, 2nd ...year choses 2024/25z (semestr studenta – 1, 3, 5,7 or 9) and then: “Przedmiot do wyboru I” or “przedmioty swobodnego wyboru”.

Registration twice a year:

- Winter semester in October
- Spring semester in February

Student is signed for optional course if:

- is sucesfully registered for selected class in Virtual University system
- has an access to the class on e-learning platform

In case of any problem with e-learning platform student should contact the teacher or e-learning IT staff (e-mail: e-learning@wum.edu.pl)

Attention:

Clinical anatomy optional course is offered in winter (part 1) and in spring it will be continuation (part 2).



Clinical Anatomy – optional course

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	completion
Educational Unit / Educational Units	DEPARTMENT OF DESCRIPTIVE AND CLINICAL ANATOMY CENTER OF BIOSTRUCTURE RESEARCH Warszawa, ul. Chałubińskiego 5, tel./fax 629-52-83 e-mail : anatomy@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Bogdan Cizek, MD, PhD
Course coordinator	Tymon Skadorwa, MD, PhD DEPARTMENT OF DESCRIPTIVE AND CLINICAL ANATOMY CENTER OF BIOSTRUCTURE RESEARCH Warszawa, ul. Chałubińskiego 5, tel./fax 629-52-83 e-mail : tskadorwa@wum.edu.pl
Person responsible for syllabus	(Tymon Skadorwa, MD, PhD DEPARTMENT OF DESCRIPTIVE AND CLINICAL ANATOMY CENTER OF BIOSTRUCTURE RESEARCH Warszawa, ul. Chałubińskiego 5, tel./fax 48 22 629-52-83 e-mail : tskadorwa@wum.edu.pl
Teachers	Dr. Tymon Skadorwa, MD, PhD Dr. Maciej Ciołkowski, MD, PhD Dr. Robert Franczyk, MD PhD Dr. Arkadiusz Kowalczyk, MD Mr. Michał Grzegorzczak, PhD

Mr. Krzysztof Dąbrowski, PhD
 Dr. Olga Wierzbieniec, MD
 Dr. Kamila Sośnicka, MD

2. BASIC INFORMATION

Year and semester of studies	Year 1, Semesters 1 and 2 (winter and summer)	Number of ECTS credits	2.00
FORMS OF CLASSES	Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)			
Seminar (S)		30	2.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions			

3. COURSE OBJECTIVES

O1	To acquire the knowledge about the construction and usage of anatomical terminology according to the internationally accepted "Terminologia Anatomica".
O2	To be able to name and describe all the anatomical structures dissected during the laboratory classes, understand their development as well as topographical relations.
O3	To understand the relationship between the structure and function of tissues, organs and systems of the human body.
O4	To be able to recognize the anatomical structures in images acquired using various imaging modalities (computed tomography, magnetic resonance imaging, ultrasound imaging, endoscopy).
O5	To understand the principles of biomechanics (movements of joints, function of muscles).
O6	To describe anatomical background of central and peripheral nervous system damage.
O7	To know the spatial, topographical relationships between organs.

O8	To know the surface projections of the organs (e.g. projection of the cardiac valves on the surface of the chest)
O9	To differentiate the normal conditions from pathology basing on post mortem and in vivo methods.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023)</i>
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Knowledge – Graduate* knows and understands:

A.W1	structure of the human body in the topographical approach (upper and lower limb, chest, abdomen, pelvis, back, neck, head) and the functional approach (skeletal system, muscular system, urinary system, reproductive system, nervous system and sensory system, integumentary system); appropriate Polish and English anatomical, histological and embryological terminology;
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Skills– Graduate* is able to:

A.U3	explain the anatomical basis of the physical examination;
A.U4	infer the relationships between anatomical structures on the basis of in vivo diagnostic examinations, in particular in radiology;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023, graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	Palpation sites of arterial pulse, nerves, internal organs, muscles, bones and joints
K2	Principles of anatomical research methodology

Skills– Graduate is able to:

S1	Understand and use images of anatomical structures obtained from anatomical dissections, medical imaging modalities, as well as medical and anatomical iconography
S2	Analyse biomechanics of the joints
S3	Recognize pulse palpation sites, palpation sites of major nerve trunks and typical osseous points
S4	Recognize basic anatomical structures essential for the medical practitioner in specimens and models (see basic points list) in at least 90%

S5	Recognize the remaining anatomical structures in specimens, models, medical images (sonography, X-ray, computed tomography, magnetic resonance imaging) in at least 65%
S6	Design a simple scientific research study in anatomy

Social Competencies – Graduate is ready for:

SC1	Show respect for the human body (corpse), social groups, religious feelings for the sake of their welfare
SC2	Further self-education with medical confidentiality

6. CLASSES

Form of class	Class contents	Effects of Learning
Seminars 1-23	WINTER SEMESTER	
S1 – Seminar 1	Axial skeleton, Vertebrae, Ribs.	A.W1, A.U3, AU4
S2 – Seminar 2	Upper extremity.	A.W1, A.U3, AU4
S3 – Seminar 3	Lower extremity.	A.W1, A.U3, AU4
S4 – Seminar 4	Bones of the skull 1.	A.W1, A.U3, AU4
S5 – Seminar 5	Bones of the skull 2.	A.W1, A.U3, AU4
S6 – Seminar 6	Joints, fossae, canals and spaces of the skull.	A.W1, A.U3, AU4
S7 – Seminar 7	Radiology in osteology. Repetition.	A.W1, A.U3, AU4
S8 – Seminar 8	Introduction. Spinal cord. Spinal nerve.	A.W1, A.U3, AU4
S9 – Seminar 9	Cerebral hemisphere.	A.W1, A.U3, AU4
S10 – Seminar 10	Diencephalon. Lateral and third ventricles.	A.W1, A.U3, AU4
S11 – Seminar 11	Brainstem, cerebellum. Fourth ventricle. Roots of cranial nerves.	A.W1, A.U3, AU4
S12 – Seminar 12	Cross-sections of the CNS.	A.W1, A.U3, AU4
S13 – Seminar 13	Vascular anatomy of the CNS.	A.W1, A.U3, AU4
S14 – Seminar 14	Identification of elements of the CNS pathways.	A.W1, A.U3, AU4
S15 – Seminar 15	Radiologic anatomy of the CNS.	A.W1, A.U3, AU4
S16 – Seminar 16	Skin. Neck: triangles, fascias, veins. Cervical plexus.	A.W1, A.U3, AU4
S17 – Seminar 17	Neck: muscles. Thyroid gland, parathyroids. CCA.	A.W1, A.U3, AU4
S18 – Seminar 18	Larynx, trachea. ECA. Vagus, accessory nerve. Sympathetic trunk.	A.W1, A.U3, AU4
S19 – Seminar 19	Muscles of face. Facial nerve and artery. Parotid gland.	A.W1, A.U3, AU4
S20 – Seminar 20	Oral cavity, teeth, gums, tongue, palate. Hypoglossal nerve.	A.W1, A.U3, AU4
S21 – Seminar 21	Infratemporal fossa. Nasal cavity. Trigeminal nerve.	A.W1, A.U3, AU4
S22 – Seminar 22	Orbit, eye. Dura mater. Dural sinuses.	A.W1, A.U3, AU4
S23 – Seminar 23	Ear. Hearing organ. Temporal bone. Radiologic anatomy of Head and Neck.	A.W1, A.U3, AU4
Seminars 24-47	SUMMER SEMESTER	

S24 – Seminar 24	Back.	A.W1, A.U3, AU4
S25 – Seminar 25	Thoracic wall. Breast.	A.W1, A.U3, AU4
S26 – Seminar 26	Thoracic cavity.	A.W1, A.U3, AU4
S27 – Seminar 27	Respiratory system.	A.W1, A.U3, AU4
S28 – Seminar 28	Heart.	A.W1, A.U3, AU4
S29 – Seminar 29	Posterior mediastinum.	A.W1, A.U3, AU4
S30 – Seminar 30	Radiologic anatomy of the thorax.	A.W1, A.U3, AU4
S31 – Seminar 31	Abdominal wall.	A.W1, A.U3, AU4
S32 – Seminar 32	Peritoneum.	A.W1, A.U3, AU4
S33 – Seminar 33	Stomach, celiac trunk, duodenum. Superior mesenteric artery.	A.W1, A.U3, AU4
S34 – Seminar 34	Jejunum, ileum. Large intestine. Inferior mesenteric artery.	A.W1, A.U3, AU4
S35 – Seminar 35	Liver, spleen, pancreas. Portal vein.	A.W1, A.U3, AU4
S36 – Seminar 36	Urinary system. Retroperitoneal space.	A.W1, A.U3, AU4
S37 – Seminar 37	Male genital organs.	A.W1, A.U3, AU4
S38 – Seminar 38	Female genital organs.	A.W1, A.U3, AU4
S39 – Seminar 39	Pelvic floor. Perineum.	A.W1, A.U3, AU4
S40 – Seminar 40	Radiologic anatomy of abdomen and pelvis.	A.W1, A.U3, AU4
S41 – Seminar 41	Shoulder and arm.	A.W1, A.U3, AU4
S42 – Seminar 42	Forearm.	A.W1, A.U3, AU4
S43 – Seminar 43	Hand.	A.W1, A.U3, AU4
S44 – Seminar 44	Gluteal region. Thigh.	A.W1, A.U3, AU4
S45 – Seminar 45	Leg.	A.W1, A.U3, AU4
S46 – Seminar 46	Foot.	A.W1, A.U3, AU4
S47 – Seminar 47	Radiologic anatomy of the limbs.	A.W1, A.U3, AU4

7. LITERATURE

Obligatory

1. Moore KL, Dalley AF, Agur AMR. Clinically oriented anatomy. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins
The basic textbook to prepare for the laboratory classes and theoretical tests. Multiple choice questions are written according to this book and lectures. Please read clinical blue boxes as well – they will expand your understanding of clinical importance of anatomical structures you learn about. Some of clinical issues may be also included in the tests.
2. Snell RS. Clinical neuroanatomy. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins; 2010
The basic textbook of clinical neuroanatomy. We recommend it for the CNS section.
3. Fitzgerald MJT, Gruener G, Mtui E. Clinical Neuroanatomy and Neuroscience. Saunders; 2012
A comprehensive textbook of clinical anatomy of the central nervous system. We recommend it for the CNS section.
4. Dauber W, Feneis H. Pocket atlas of human anatomy : Founded by Heinz Feneis. Stuttgart ; New York: Thieme

An illustrated dictionary of anatomical nomenclature based on Terminologia Anatomica, useful for practical classes, repetitions and practical tests.

- FIPAT. Terminologia Anatomica. International Anatomical Terminology. Stuttgart, New York: Thieme; 2011
The official anatomical terminology. The reference book in case of any discrepancies regarding the terminology used by various authors.

Supplementary

- Gilroy AM, MacPherson BR, Ross LM, Schünke M, Schulte E, Schumacher U. Atlas of anatomy. New York: Thieme; 2012
A good and popular anatomical atlas. Our recommendation.
- Sobotta – Atlas of Human Anatomy or Atlas of Anatomy
There are numerous editions of one of the most popular anatomical atlases worldwide. Editors and publishers are different, but illustrations are the same.
- Rohen JW, Yokochi C, Lütjen-Drecoll E. Color atlas of anatomy: A photographic study of the human body. Baltimore: Lippincott Williams & Wilkins; 2011
An atlas with photographs of real anatomical specimens.

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz, test, written report etc.</i>	<i>e.g. threshold number of points</i>
A.W1 A.U3, A.U4	<p>In terms of knowledge: Theoretical MCQ Test at the end of each semester (single best answer test).</p> <p>In terms of skills: Oral check - naming of selected structures with a standardized assessment method described in detail with examples on the e-learning platform of the Department.</p> <p>In terms of social competences: prolonged observation by a teacher, clinical problem solving in groups.</p>	30 questions MCQ Test, passing level: 60%

9. ADDITIONAL INFORMATION

(Please write here Information essential for the course instructor that are not included in the other part of the course syllabus, particularly the number of acceptable tries for passing a subject (§ 26, § 27 and § 28 of Study Regulations), including exam admission passes, and e.g. if the course is related to scientific research, detailed description of, information about the Science Club)

In order to complete each semester of the optional course, a student is required to pass an MCQ test (single best answer) in the e-learning platform. The test will contain 30 questions with a passing level of 60% of correct answers. In each semester a student will have 2 attempts to complete the course.

Class schedule (two times a week):

Tuesdays at 4.30-5.15 p.m. (starts on Oct. 15) &

Thursdays at 4.30-5.15 p.m. (starts on Oct. 3)

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ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.



LATIN IN MEDICINE

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Centre for Foreign Languages The Didactic Center, 2a, Trojdena St., 02-109 Warsaw e-mail: sjosekretariat@wum.edu.pl , phone. 22 5720863 www.sjo.wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Maciej Ganczar, PhD, e-mail: maciej.ganczar@wum.edu.pl
Course coordinator	Beata Olędzka, PhD, e-mail: beata.oledzka@wum.edu.pl

Person responsible for syllabus	Beata Olędzka, PhD, e-mail: beata.oledzka@wum.edu.pl
Teachers	Beata Olędzka, PhD, e-mail: beata.oledzka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	1 st and 2 nd year, 1 st semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30	1,5
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		5	0,5

3. COURSE OBJECTIVES

O1	The student should be able to recognise and use Latin-Greek basic medical terms, including anatomical terminology.
O2	The student should be able to use terms and abbreviations of Latin origin in medical record and medical prescription.
O3	The student should be able to discern the relationship between Latin and other modern languages.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of:
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Knowledge – Graduate* knows and understands:

D.W7	the specificity and role of verbal (conscious message construction) and non-verbal communication
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Skills– Graduate* is able to:

D.U5	critically analyse medical literature, including literature in in English, and draw conclusions
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* In appendix to the Regulation of Minister of Education from 29 September 2023 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING

Number of effect of learning	Effects in the field of:
-------------------------------------	---------------------------------

Knowledge – Graduate knows and understands:

K1	Latin and Greek medical terms
K2	Latin phrases and abbreviations used in medical and pharmaceutical terminology

Skills– Graduate is able to:

S1	use Latin and Greek medical terms
S2	use Latin phrases and abbreviations used in medical and pharmaceutical terminology

Social Competencies – Graduate is ready for:

SC1	continually broadening their knowledge
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6. CLASSES

Form of class	Class contents	Effects of Learning
S1	A brief history of Latin and an introduction to the language.	D.W7., D.U5. K1, K2, S1, S2, SC1
S2	Latin nouns and their basic forms. Grammatical gender. Human skeleton structure.	D.W7., D.U5. K1, K2, S1, S2, SC1
S3	Latin adjectives. Anatomical plans and directions.	D.W7., D.U5. K1, K2, S1, S2, SC1
S4	Forms and functions of the possessive/genitive case. Names of muscles.	D.W7., D.U5. K1, K2, S1, S2, SC1
S5	Plural forms of Latin nouns in the nominative. Human body.	D.W7., D.U5.

		K1, K2, S1, S2, SC1
S6	Greek alphabet. An introduction to the language.	D.W7., D.U5. K1, K2, S1, S2, SC1
S7	Greek and Latin synonyms present in European languages and medicine.	D.W7., D.U5. K1, K2, S1, S2, SC1
S8	Basic word structure. Word analysis. Medical suffixes, e.g. <i>-ectomy, -lysis, -malacia</i> etc.	D.W7., D.U5. K1, K2, S1, S2, SC1
S9	The most popular suffixes - their origin and meanings. The names of inflammatory conditions and tumours (the suffixes <i>-itis, -oma</i>)	D.W7., D.U5. K1, K2, S1, S2, SC1
S10	Prepositions and medical prepositional phrases, e.g. <i>ex vivo, in vitro, post mortem</i> etc.	D.W7., D.U5. K1, K2, S1, S2, SC1
S11	Greek and Latin prefixes, e.g. <i>pr(a)e-, sub-, retro-</i> etc.	D.W7., D.U5. K1, K2, S1, S2, SC1
S12	Latin and English names of diseases and medical reports.	D.W7., D.U5. K1, K2, S1, S2, SC1
S13	Elements of pharmacology. Prescription. Common abbreviations, e.g. <i>i.m., p.r., b.i.d.</i> etc.	D.W7., D.U5. K1, K2, S1, S2, SC1
S14	Latin abbreviations and phrases used in articles and scientific works.	D.W7., D.U5. K1, K2, S1, S2, SC1
S15	Summary and miscellaneous exercises.	D.W7., D.U5. K1, K2, S1, S2, SC1

7. LITERATURE

Obligatory

B. Olędzka, *Latin and Greek in Medicine. A textbook with exercises*, Medyk Sp. z o.o., Warszawa 2023.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W7., D.U5., K1, K2, S1, S2, SC1	Active participation in classes. Short tests/quizzes checking current knowledge.	Positive assessment of active participation in classes and tests.

9. ADDITIONAL INFORMATION

Classes are held in the winter semester, on Wednesday, 5.15-6.45 pm room 124 CBI on the Banacha Campus.

Minimum number of students in a group – 20, maximum – 25.

After signing up for classes, I ask participants to contact me by e-mail: beata.oledzka@wum.edu.pl, to provide the e-mail address to the teacher.

The person responsible for teaching is the Head of SJO - Maciej Ganczar, PhD, maciej.ganczar@wum.edu.pl

Rules and Regulations of the Centre for Foreign Languages: <https://sjo.wum.edu.pl/node/449>

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



POLISH LANGUAGE

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full-time program
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Centre for Foreign Languages The Didactic Center, 2a Trojdena St., 02-109 Warsaw e-mail: sjosekretariat@wum.edu.pl , phone: 22 57 20 863 www.sjo.wum.edu.pl/
Head of Educational Unit / Heads of Educational Units	Maciej Ganczar, PhD, Professor at MUW, e-mail: m.ganczar@wum.edu.pl
Course coordinator	Beata Ołędzka, PhD, e-mail: beata.oledzka@wum.edu.pl

Person responsible for syllabus	Beata Olędzka, PhD, e-mail: beata.oledzka@wum.edu.pl
Teachers	Beata Olędzka, PhD, e-mail: beata.oledzka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	1 st year, 1 st semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30	1,5
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		5	0,5

3. COURSE OBJECTIVES

O1	The aim of the 1st year optional Polish language course is to revise and expand the material covered by the compulsory 1st year Polish language course. Greater emphasis is placed on communicative activities.
O2	The aim of the 1st year compulsory Polish language course is to introduce Polish letters, sounds and basic language structures as well as vocabulary that will provide the students with foundations on which the 2nd year basic medical Polish language competencies can be built).

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of:
	Knowledge – Graduate* knows and understands:

D.W7.	the specificity and role of verbal (conscious message construction) and non-verbal communication
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Skills– Graduate* is able to:

D.U6.	communicate with the patient in one foreign language at B2+ level of the Common European Framework of Reference for Languages
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* In appendix to the Regulation of Minister of Education of 29 September 2023 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
S1	The Polish alphabet and sounds • Some useful phrases.	D.W7., D.U6.
S2-3	Phonetic exercises. First meetings • Personal pronouns • Nouns: gender; the nominative singular • The demonstrative pronoun to + jest • Questions: kto?, co?, czy? • Pronunciation practice	D.W7., D.U6.
S4	The human being and the family. Parts of the body • Adjectives describing physical appearance and personality • Family members • Construction: To jest ..., To są ... • Pronunciation practice	D.W7., D.U6.
S5	Work • Professions, workplaces, the advantages and disadvantages of different professions • Nouns in the instrumental case (singular), the verb <i>pracować</i> , possessive pronouns • Pronunciation practice	D.W7., D.U6.

S6-7	Sport and leisure • Sport disciplines, sport equipment, hobbies and interests • The verb <i>lubić</i> , verbs ending in -ować, adjectives and possessive pronouns in the instrumental singular • Pronunciation practice	D.W7., D.U6.
S8-9	Time and numbers • Cardinal numbers 0-100, telling the time • Personal pronouns and the polite form in the plural, the verbs: <i>być, mieć, nazywać się, mówić, pracować</i> in singular. and plural • Pronunciation practice	D.W7., D.U6.
S10	Foods and drinks • The verbs: <i>pić, jeść</i> , nouns and adjectives in accusative singular • Pronunciation practice	D.W7., D.U6.
S11	The home and everyday activities • Vocabulary: rooms, furniture, domestic appliance, everyday activities • The verbs: <i>mieszkać, ubierać się, robić, gotować</i> , verbs endings -ę, -esz • Pronunciation practice	D.W7., D.U6.
S12	Shopping • Vocabulary: shops and shopping, accessories, colours • Construction <i>jest/są – nie ma</i> , nouns and adjectives in the genitive singular • Pronunciation practice	D.W7., D.U6.
S13	School • Vocabulary: school and studies, school objects, exams • The verbs: <i>uczyć się, uczyć kogoś, potrzebować, musieć, móc</i> , singular possessive pronouns • Pronunciation practice	D.W7., D.U6.
S14	Nature • Vocabulary: animals and plants, the landscape, seasons, months and weather • The verbs: <i>opiekować się, rozmawiać</i> , the preposition <i>z</i> , adverbs: <i>zawsze, nigdy, często, rzadko</i> • Pronunciation practice	D.W7., D.U6.
S15	Health • Vocabulary: illnesses, at the doctor's, at the chemist's • The verb <i>boleć</i> • Pronunciation practice	D.W7., D.U6.

7. LITERATURE

Obligatory

Polish doesn't bite!, Edgard, Warszawa 2011.
Handouts prepared by the teacher.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W7. D.U6.	Active participation in classes.	Positive assessment of active participation in classes and tests.

	Short tests/quizzes checking current knowledge.	
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9. ADDITIONAL INFORMATION

Classes are held in the winter semester, on Wednesday 3.30-5.00 pm room 124 CBI on the Banacha Campus.

Minimum number of students in a group – 20, maximum – 25.

After signing up for classes, I ask participants to contact me by e-mail: beata.oledzka@wum.edu.pl, to provide the e-mail address to the teacher.

The person responsible for teaching is the Head of SJO - Maciej Ganczar, maciej.ganczar@wum.edu.pl

Rules and Regulations of the Centre for Foreign Languages: <https://sjo.wum.edu.pl/node/449>

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Essentials of human nutrition

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	non-compulsory
Form of verification of learning outcomes	e-learning test (credit)
Educational Unit / Educational Units	Department of General, Gastroenterology and Oncologic Surgery, Medical University of Warsaw, 1a Banacha St, 02-097 Warsaw, phone: (22) 599 22 57 e-mail: gastrochirurgia@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Maciej Słodkowski, MD, PhD
Course coordinator	Aneta Jachnis-Morzy, Msc, PhD Email: aneta.jachnis@wum.edu.pl
Person responsible for syllabus	Aneta Jachnis-Morzy, Msc, PhD Email: aneta.jachnis@wum.edu.pl
Teachers	Aneta Jachnis-Morzy, Msc, PhD Email: aneta.jachnis@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I-V year, winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

3. COURSE OBJECTIVES

O1	Introducing students to the basics of dietetics, principles of proper nutrition and human demand for nutrients
O2	Defining the basic functions of the digestive system and the role of a proper diet in the treatment and/or prevention of digestive system diseases (elementary information).
O3	Determining the basis of human metabolism (the influence of diet on the production of neurotransmitters and the regulation of hunger and satiety).
O4	Understanding the role and sources of individual nutrients necessary for the proper functioning of the body.
O5	Assessment of energy and nutrient requirements. Basics of nutrition planning and assessment.
O6	Description and analysis of popular diets and nutrition models. Ability to apply dietary prevention of diet-related diseases

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: SCIENTIFIC FOUNDATIONS OF MEDICINE PRE-CLINICAL SCIENCE NON-SURGICAL CLINICAL SCIENCE
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Knowledge – Graduate* knows and understands:

B.W9	The structure of lipids and polysaccharides and their functions in cellular and extracellular structures
B.W15	Organ metabolism and the metabolic, biochemical and molecular basis of disease and therapy
B.W21.	Ageing processes and organ function changes associated with ageing;
B.U12	Use basic laboratory and molecular techniques.
C.W26	Pathogenesis of diseases, including genetic and environmental conditions;
C.W31	Major adverse drug effects, interactions and the problem of poly-pragmasy;
C.W39	Consequences of vitamin and mineral deficiencies and excesses;
C.W40	The causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;

Skills– Graduate* is able to:

D.W2	Concepts of health and illness, the influence of the social environment (family, work, social relations) and socio-cultural conditions (origin, social status, religion, nationality and ethnic group) on the patient's health;
D.U9	Describe and critically evaluate their own nutritional behavior and communication taking into account the possibility of alternative behavior
E.W1	Principles of natural feeding healthy child nutrition and obesity prevention and nutritional modifications due to illness
E.U1	Take a medical history of an adult, including an older person, using skills regarding the content, process and perception of communication, taking into account the biomedical perspective and the patient's perspective;
E.U19	Plan diagnostic, therapeutic and preventive procedures in the field of cancer treatment based on test results and provided medical documentation;
E.U21	Provide health education to the patient, including nutritional education tailored to individual needs;
G.W21	Epidemiology of cancer diseases, in particular their nutritional, environmental and other lifestyle conditions affecting oncological risk;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	The structure of macronutrients and their functions in human body and food sources
K2	Nutrition therapy in selected gastrointestinal diseases
K3	The role of nutrition in neurodegeneration and aging of the body
K4	Laboratory tests to assess nutritional status. Body composition analyses

K5	The impact of diet on the human microbiome. The role of microbiome.
K6	Nutrients affecting tissue regeneration and antioxidant activity
K7	Pathogenesis of selected diet-related diseases
K8	Interactions between drug, supplements and nutrients. The impact of drug on nutritional status.

Skills– Graduate is able to:

S1	Take a nutritional interview of an adults, assessing the degree of malnutrition
S2	Making basic nutrition plan
S3	Identify nutritional and lifestyles determinants of health indicators of anti-health and self-destructive behaviors and discuss them with the patients and make not in the medical documentation

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
Seminar 1 (e-learning)	Human digestive system – basic information, the role of diet in the proper functioning of digestive system organs	B.W15, C.W26, C.W39, C.W40, D.W2, D.U9, E.U19, E.U21, G.W21, K1, K2, K3, K4, K5, K7, K8, S1, S2, S3
Seminar 2 (e-learning)	*Regulation of hunger and satiety *Regulation of glycemia, insulin resistance and lifestyle factors	B.W9, B.W21, C.W26, C.W39, C.W40, D.W2, D.U9, E.U21, K1, K5, K8, S2, S3
Seminar 3 (e-learning)	Nutrients; food sources, bioavailability, effects of excess and deficiency of vitamins and minerals	B.W9, B.W15, B.W21, B.U12, C.W26, C.W31, C.W39, C.W40, D.W2, D.U9, E.U21, G.W21, K1, K2, K3, K4, K5, K6, K7, K8, S3
Seminar 4 (e-learning)	*Evaluation of nutritional status, laboratory tests, methods of assessing body composition, anthropometric measurements. *Drug and food interactions. Nutritional interview, methods of assessing food intake.	B.U12, C.W31, C.W39, C.W40, D.W2, D.U9, E.U1, E.U19, E.U21, G.W21, K4, K7, K8, S1, S3
Seminar 5 (e-learning)	Nutritional metabolism; basal metabolic rate, total energy expenditure, food-induced thermogenesis, physical activity. spontaneous and unintentional physical expenditure	B.W9, B.U12, C.W40, D.W2, D.U9, E.W1, E.U21, K1, K4, K7, S3
Seminar 6 (e-learning)	The importance of diet in selected diet-related diseases. Dietary prevention (malnutrition, obesity, selected cardiovascular diseases, metabolic diseases and cancers)	B.W9, B.W15, C.W26, C.W39, C.W40, D.W2, D.U9, E.W1, E.W9, E.U1, E.U19, E.U21, G.W21, K1, K2, K3, K4, K5, K7, K8, S1, S2, S3

Seminar 7 (e-learning)	Healthy dietary alternatives. The role of antioxidants, superfoods, anti-aging nutrition.	B.W9, B.W21, C.W26, C.W31, C.W39, C.W40, D.W2, D.U9, E.U21, G.W21, K1, K3, K6, K7, S1, S2, S3
Seminar 8 (e-learning)	Gut Microbiota. The impact of diet and lifestyle on gut microbiota, the role of probiotics and prebiotics. The integrity of the intestinal barrier	B.U12, C.W26, C.W31, C.W39, C.W40, D.W2, D.U9, E.W1, E.U21, K2, K5, K6, K7, S1, S3
Seminar 9 (e-learning)	Incorrect eating behaviors and other lifestyle factors, (alcohol, physical activity, sleep, social relations, behavior, interest, environment, mental health)	B.W21, C.W26, C.W31, C.W39, C.W40, D.W2, D.U9, E.W1, E.U1, E.U21, G.W21, K3, K5, K7, S3
Seminar 10 (e-learning)	*Popular diets – division, effects of incorrect nutritional model (MIND Mediterranean diet, DASH, IF, easily digestible diet, low glycemic index diet, plant diet) *Facts and myths in dietetics (new trends and research in nutrition)	B.W9, B.W21, C.W26, C.W39, C.W40, D.W2, D.U9, E.W9, E.U1, E.U19, E.U21, G.W21, K1, K3, K5, K6, K8

7. LITERATURE

Obligatory

All materials included in the e-learning course (prepared by the lecturer)

Supplementary

1. Introduction to Human Nutrition, Third Edition. Susan A. Lanham-New. Willey.
2. <https://www.cambridge.org/core/books/nutritional-psychiatry/basic-principles-of-nutrition/8CDCDC38AA1DCC3544D3300C3AEC4C48>

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W9, B.W15, B.W21, B.U12, C.W26, C.W31, CW. 39, C.W40, D.W2, D.U9, E.W1, E.U1, E.U19, E.U21, G.W21, K 1-8, S1-3	On e-learning platform: quiz, test, written report	<ol style="list-style-type: none"> 1. Credit >60% of correct answers 2. >60% of correct answers of test and quiz

9. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account within 2 weeks of the end of registration.

Access to course will be available from 21/10/2024 till 26/01/2025 year !

The student is required to check the student email regularly during the course. All current information will be sent only in this way.

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Critical thinking – wake up your inner critic

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Credit
Educational Unit / Educational Units	Department of Medical Informatics and Telemedicine 00-581 Warsaw, 14/16 Litewska St., room 317, III floor phone (+48) 22 116 92 44, (+48) 22 116 92 43 http://zimit.wum.edu.pl/ e-mail: zimt@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Dr hab. n. med. Andrzej Cacko
Course coordinator	Lek. Jakub Rokicki e-mail: jakub.rokicki@wum.edu.pl
Person responsible for syllabus	Lek. Jakub Rokicki e-mail: jakub.rokicki@wum.edu.pl
Teachers	Lek. Jakub Rokicki e-mail: jakub.rokicki@wum.edu.pl

2. BASIC INFORMATION			
Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

1. COURSE OBJECTIVES	
O1	Formulation of conclusions
O2	Identification of correct arguments
O3	Skills of critical thinking and fact interpretation

2. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
Knowledge – Graduate* knows and understands:	
B.W29.	rules and methods of conducting scientific research, observational and experimental, as well as in vitro studies leading to development of Medicine

Skills– Graduate* is able to:

B.U10.	Using databases, including web-based, and search for information needed with use of available tools
--------	---

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

3. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
-------------------------------------	----------------------------------

Knowledge – Graduate knows and understands:

K1	Structure of correct argument
K2	Formulation argumentation in specific subjects

Skills– Graduate is able to:

S1	Formulate a logical expression
S2	Identify flawed arguments
S3	Approach problems in everyday life in methodical manners

Social Competencies – Graduate is ready for:

SC1	Identify deficits in knowledge and educational needs
SC2	Conduct an academic discussion on high meritorical grounds

4. CLASSES

Form of class	Class contents	Effects of Learning
Seminar	History of critical thinking and reasoning. Socrates.Plato. Aristotle. St Augustine. Thomas Aquinas. Occam's razor. Rene Descartes. Socratic Questioning - practice. Illumination. Deduction. Induction.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
	History of critical thinking and reasoning. Egnlish empiricism. John Locke, David Hume. Sensualism. Rationalism and Immanuel Kant. A priori and a posteriori propositions. Analytical and synthetical propositions.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
	Objects of critical thinking. Claims and statements. Facts, falsification, opinions. Varieties of claim.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
	Assessing claims. Grounds, reasons, and evidence. Statistical evidence. Outcomes presentation. Inference and explanation	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
	Inference and explanation. Identifying argument. Analysing argument. Interpretation. Assumptions	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
	Evaluating argument. Describing flaws and weaknesses	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2

Appeals. Conditions and conditionals. Hypothetical reasoning. Confusing necessary and sufficient conditions	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Constructing argument. Analogies and their use. Planning a longer text. Sources	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Verification of hypotheses Construction of a scientific source Assessment of a scientific source	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Essay writing workshop. Selection of references. Use of reference organization software.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Problem solving – introduction Problem identification Selecting and using information	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Processing data Working with models	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Solving problems by searching. Writing an essay - practical exercises. Construction of a longer text. Providing a structured argumentation. Employing online databases for search and support of the thesis.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Finding methods of solution	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2
Trends in data. Transforming data. Summarised data. Necessary and sufficient conditions. Changing the scenario of a problem.	B.W29., B.U10., G.K1, G.K2, G.S1, G.S2, G.S3, SC1, SC2

5. LITERATURE
Obligatory
1. Presentation and materials provided during the classes 2. R. Afaro-Defevre Critical Thinking, Clinical Reasoning, and Clinical Judgment
Supplementary
C. Pattersson Critical Thinking And Problem Solving: Advanced Strategies and Reasoning Skills to Increase Your Decision Making. A Systematic Approach to Master Logic

6. VERIFYING THE EFFECT OF LEARNING		
Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W29., B.U10., G.K1, G.K2, G.S1, AG.S2, G.S3	Watching seminars with subsequent solving tasks and tests provided during the classes	60% points
G.S3	Discussion and argumentation competences during the classes	Starting the course
B.W29., B.U10., G.K1 G.K2, G.S1, G.S1, G.S3	Assessments of tasks and tests provided during the course	Providing responses on time
SC1, SC2	Individual marking of the participants	Attendance

7. ADDITIONAL INFORMATION

1. Classes are held as e-classes (use of distance learning techniques).
2. materials are published on the platform www.e-learning.wum.edu.pl. I kindly ask each student to check before class if they can log on to the WUM Platform. In case of problems, please contact the person responsible for the course: Jakub Rokicki (jakub.rokicki@wum.edu.pl).
3. After this date, the student will have access to the course: "Critical thinking - informed decisions 2024/2025". After accessing the course, the student is required to read the detailed information in the course. Watching all seminars is mandatory to proceed to tests.
- 4 The course should be started within 4 weeks of the opening of the course. Completion of the last assignments in the course should take place no later than the end date of the course, i.e. 24.01.2025.
5. closing date of the course: 24.01.2025.
6. continuous contact with the tutor via e-mail is possible during the course: Jakub Rokicki (jakub.rokicki@wum.edu.pl).
7. At the Department there is a Students' Club MedIT which associates students willing to improve their knowledge about medical informatics, artificial intelligence and using advanced computer methods in Medicine. Shall you be interested in it please contact the tutor: Jakub Rokicki, Jakub.rokicki@wum.edu.pl

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Mnemonics - how to remember without forgetting

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Medical Informatics and Telemedicine 00-581 Warszawa, Litewska 14/16 phone (+48) 22 116 92 44 e-mail: zimt@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Andrzej Cacko, MD, PhD
Course coordinator	Joanna Michalik, MD, e-mail: joanna.michalik@wum.edu.pl
Person responsible for syllabus	Joanna Michalik, MD, e-mail: joanna.michalik@wum.edu.pl
Teachers	Andrzej Cacko, MD, PhD; andrzej.cacko@wum.edu.pl Joanna Michalik, MD; joanna.michalik@wum.edu.pl Emanuel Tataj, M.Sc.; emanuel.tataj@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I-V year, summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES			

Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)		
Seminar (S)	30 (e-learning)	1.0
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.0

3. COURSE OBJECTIVES	
O1	Learning the principles and techniques of fast learning and memorisation
O2	Preparing the learning environment
O3	Getting to know practical exercises to improve perception skills
O4	Coping with stress
O5	Developing interpersonal relationships

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of:
Knowledge – Graduate* knows and understands:	
D.W1.	the psycho-physical development of the human being from birth to death, taking into account the specificities of physical, emotional, cognitive and social development
Skills– Graduate* is able to:	
B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (*non-compulsory*)

Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	learning and memorisation techniques
Skills– Graduate is able to:	
S1	planning their learning activity and constantly updating their knowledge
S2	inspire the learning process of other people
S3	communicate with colleagues in a team, and share knowledge
Social Competencies – Graduate is ready for:	
SC1	perceiving and recognise their limitations and make a self-evaluation of educational needs and deficits
SC2	conclusions from their measurements or observations

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminars	S1. – Seminar 1 – What is mnemonics? General principles of mnemonics. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S2. – Seminar 2 – The standard and scientific brain. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S3. – Seminar 3 – The learning environment or what not to sit on. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S4. – Seminar 4 – My colleague is an alien! - Developing imagination and creative thinking. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S5. – Seminar 5 – My head is buzzing with thoughts - mind mapping. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S6. – Seminar 6 – Feeling the mind - senses and memorisation. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S7. – Seminar 7 – Chain Association Method - a basic mnemonic technique. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S8. – Seminar 8 – How to furnish a home? - Memory palace. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
	S9. – Seminar 9 – Peg word method Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2

S10. – Seminar 10 – Digit or letter? - the phonetic number system. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S11. – Seminar 11 – Combining languages, words and images - does it make sense? Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S12. – Seminar 12 – Trio with Master Yoda. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S13. – Seminar 13 – Your face sounds familiar - remembering faces, names and surnames. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S14. – Seminar 14 – Row and column - memory table. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S15. – Seminar 15 – The waking dream - remembering dreams. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S16. – Seminar 16 – Memorie the calendar. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S17. – Seminar 17 – Even more medicine. Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2
S18. – Seminar 18 – How not to forget and how to recall? Credit: e-test Asynchronous e-learning, eWUM platform, specified weeks	D.W1., B.U8., K1, S1, S2, S3, SC1, SC2

7. LITERATURE

Obligatory

1. Lectures and educational materials prepared on WUM e-learning Platform.

Supplementary

1. Unlimited Memory: How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More Productive, Kevin Horsley, Kindle Edition 2014
2. Moonwalking with Einstein: The Art and Science of Remembering Everything, Joshua Foer, 2012

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W1., B.U8., K1, S1, S2, S3, SC1, SC2	Completion of e-learning assignments and activities	Completion of e-learning modules - obtaining at least 51% of the points in the indicated assignments and activities.
D.W1., B.U8., K1, S1, S2, S3, SC1, SC2	E-test (summarising) - questions on the material of all seminars.	Obtain at least 51% of the points. The final grade is a mark of the e-test and seminars. Grade range:

		2.0 (ndst) - up to 51% of points, 3.0 (dst) - 51.1%-60% of points, 3.5 (ddb) - 60.1%-70% of points, 4.0 (db) - 70.1%-80% of points, 4.5 (pdb) - 80.1%-90% of points, 5.0 (bdb) - above 90% of points.
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9. ADDITIONAL INFORMATION

The optional course is conducted in the summer semester. Students may sign up for only one optional course edition. All course topics and credits are completed via eWUM (e learning.wum.edu.pl), the Warsaw Medical University's e-learning platform. An unlimited number of students can participate in the optional course.

Materials will be provided sequentially in the summer semester (edition 1) from 24 February 2025. The optional course will be completed on 15 June 2025.

The optional course grade is based on the points obtained in the summative test and other e-learning activities. Each participant has two attempts at the test, and the higher score is awarded.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Mechanisms of organ formation and congenital malformations development

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (elective course)
Form of verification of learning outcomes	Credit
Educational Unit / Educational Units	<p>Department of Histology and Embryology Center for Biostructure Research 02-004 Warsaw, Chałubińskiego 5 Str.(Anatomicum bldg.) Web site: http://histologia.wum.edu.pl Department office is open for students on working days. Business hours 9: 30 - 14: 00, phone 22 629-5282.</p>
Head of Educational Unit / Heads of Educational Units	Jacek Malejczyk, Ph.D. Professor; e-mail: jacek.malejczyk@wum.edu.pl
Course coordinator	<p>Ewa Jankowska-Steifer; e-mail: ewa.jankowska-steifer@wum.edu.pl Chałubińskiego 5 Str. 02-004 Warsaw Phone 22-629-52-82</p>

Person responsible for syllabus	Ewa Jankowska-Steifer, Assoc. Prof. e-mail: ewa.jankowska-steifer@wum.edu.pl
Teachers	Ewa Jankowska-Steifer, Assoc. Prof. ewa.jankowska-steifer@wum.edu.pl Justyna Niderla-Bielińska, Assoc. Prof. justyna.niderla-bielinska@wum.edu.pl Anna Iwan, Assoc. Prof. anna.iwan@wum.edu.pl Mikołaj Sługocki, M.D., Ph.D. mikolaj.slugocki@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

3. COURSE OBJECTIVES

O1	<p>The aim of the course is to provide knowledge about the development of the human body. The scope of the subject complements the knowledge of general embryology and presents in details:</p> <ul style="list-style-type: none"> the principles and mechanisms of morphogenesis and dysmorphogenesis, the methods used for prenatal diagnosis and treatment of fetus in utero as well as the main factors causing birth defects, the mechanisms of molecular regulation of organ development <p>the disturbances of molecular mechanisms leading to selected, most common, congenital malformations</p>
O2	This is the background for further understanding the basis of birth defects in patients encountered by students at many clinics

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of:
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Knowledge – Graduate* knows and understands:

A.W1.	structure of the human body in the topographical approach (upper and lower limb, chest, abdomen, pelvis, back, neck, head) and the functional approach (skeletal system, muscular system, urinary system, reproductive system, nervous system and sensory system, integumentary system); appropriate Polish and English anatomical, histological and embryological terminology
A.W3.	micro-architecture of tissues, extracellular matrix and organs
A.W4.	the stages of development of the human embryo, the structure and function of the membranes and placenta, the stages of development of the various organs and the effects of harmful factors on embryonic and foetal development (teratogenic)
C.W1.	the normal human karyotype and the different types of sex determination
C.W7.	genetic determinants of congenital malformations and selected rare diseases and the possibility of their prevention
E.W6.	basic fetal diagnosis and therapy

Skills– Graduate* is able to:

B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
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Social Competencies – Graduate is ready for:

SC1	The student is aware of his own limitations and the ability to constantly learn
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6. CLASSES

Form of class	Class contents	Effects of Learning
S1	Fertilization, implantation, development of the trilaminar embryonic disc. Immunology of pregnancy.	A.W1.; A.W3.; A.W4.; C.W1.; B.U8.; K.1
S2	Principles and mechanisms of morphogenesis and dysmorphogenesis. Prenatal diagnosis.	A.W1.; A.W3.; A.W4.; C.W1.; C.W7.; E.W6.;B.U8.; K.1
S3	Development of the musculoskeletal system and of the skin and its derivatives. Mechanisms of molecular regulation of the somites differentiation and segmentation as well as bones and muscles formation. Development of the skull, vertebrae, the vertebral column, sternum, ribs and skeletal muscles. Molecular control of the development of the skin and its derivatives. Selected congenital malformations of the musculoskeletal system and anomalies of the skin and its derivatives.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S4	Development of the head and neck. Differentiation of the pharyngeal apparatus: pharyngeal arches, clefts, and pouches. The molecular control of face, nasal and oral cavities, tongue, thyroid gland and salivary glands formation. Congenital anomalies in the head and neck region.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S5	The main processes involved in the formation of the nervous system. Neural tube differentiation and development of the spinal cord. Formation of the peripheral nervous system.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S6	Brain vesicle development. Selected birth defects of the central and peripheral nervous system. Development of sense organs - eye and ear.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S7	Body cavities and the respiratory system development. Differentiation of the conductive and respiratory portions of the respiratory system. Formation of lungs and respiratory tree. Development of the body cavities and serous membranes: pericardial, peritoneal and pleural cavities, diaphragm, mesenteries. Congenital malformations of the respiratory system. Developmental anomalies of the body cavities.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S8	Development of the cardiovascular system. Signalling and mechanisms controlling formation of the heart tube and further differentiation of the heart. Formation of the vasculature: arterial and venous systems. Fetal circulation and circulatory changes at birth. Development of the lymphatic system. Birth defects of the heart and vessels.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S9	Formation of the gastrointestinal system. Body folding. Signalling processes involved in the regionalization of primitive gut and its further development. Differentiation of foregut: formation of esophagus, stomach, liver, gallbladder, pancreas and spleen. Formation of the midgut (intestinal loop, cytodifferentiation of epithelium, outer intestinal wall and its innervation) and the hindgut. Selected congenital abnormalities of the gastrointestinal system.	A.W1.; A.W3.; A.W4.; C.W7.; B.U8.; SC1
S10	Development of the urogenital system. Molecular regulation of the urinary system formation: mesonephros, metanephros. Formation of ureters, urinary bladder, urethra and prostate gland. Development of the genital system: molecular mechanisms and signalling controlling male and female gonads as well as genital ducts and external genitalia formation. Selected birth defects of the urinary and genital systems.	A.W1.; A.W3.; A.W4.; C.W1.; C.W7.; B.U8.; SC1

7. LITERATURE

Obligatory

1. Sadler T.W. "Langman's medical embryology", last edition

Supplementary

1. Schoenwolf G.C., Bleyl S.B., Brauer P.R., Francis-West P.H. "Larsen's human embryology", 2015, fifth edition, Elsevier Churchill Livingstone
2. Moore K.L., Persaud T.V.N., Torchia M.G. "The developing human: Clinically oriented embryology", 2016, tenth edition, Elsevier

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
A.W1.; A.W3.; A.W4.; C.W1.; C.W7.; E.W6.; B.U8.; K.1	Description of a selected development disorder.	credit from the teacher

9. ADDITIONAL INFORMATION

The seminars will be held on-line in real time, on Wednesday – the time will be given later.

Regulations:

1. Attendance at classes is obligatory.
2. Absence in two classes is allowed, regardless of the reason for absence.
3. Absence of 3 seminars results in failure to pass the subject.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



The problem of hospital acquired infections.
Rational antibiotic therapy in physician practice.

Problem zakażeń szpitalnych. Racjonalna antybiotykoterapia w

1. IMPRINT	
Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Credit
Educational Unit / Educational Units	Department of Medical Microbiology (1M20) 5 Chałubińskiego Str., 02-004 Warsaw Phone: 48 22 628 27 39, 22 688 00 28 e-mail: mikrobiologia@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Hanna Pituch Department of Medical Microbiology 5 Chałubińskiego Str., 02-004 Warsaw
Course coordinator	Beata Sokół-Leszczynska, M. Sc., Ph. D. e-mail: beata.sokol-leszczynska@wum.edu.pl
Person responsible for syllabus	Beata Sokół-Leszczynska, M. Sc., Ph. D. e-mail: beata.sokol-leszczynska@wum.edu.pl

Teachers	Piotr Leszczyński, MD., Ph.D., Beata Sokół-Leszczczyńska, M. Sc., Ph.D.
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2. BASIC INFORMATION

Year and semester of studies	I-V year, summer, and winter semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

3. COURSE OBJECTIVES

O1	Knows the definition of hospital infection, knows how to recognize, and correctly register
O2	Knows the risk factors and the specificity of infections in intensive care, surgical, neonatal departments, etc., can correctly use this information in the prevention of hospital infections in the above-mentioned departments
O3	Can correctly plan and implement patient isolation due to the probable or confirmed etiological factor of infection and the protective isolation of patients particularly vulnerable to infection
O4	Knows the rules of personal protection against the most common infections and infections among health professionals and knows the rules of post-exposure procedures
O5	Knows the rules of conducting an epidemiological investigation
O6	Knows the importance of a microbiological laboratory in the control of hospital infections and knows the principles of cooperation between the attending physician and the head of the laboratory in this respect
O7	Knows the importance of antibiotic stewardship and the impact of antibiotic therapy on the epidemiological situation of the hospital

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

C.W9.	genetic mechanisms of drug resistance acquisition by microorganisms and cancer cells and their relationship to the need for individualisation of pharmacotherapy;
C.W10.	micro-organisms including pathogenic and those constituting the human microbiome, and human-invasive forms or life stages of selected parasites;
C.W11.	the epidemiology of viral, bacterial, fungal and prion infections and parasitic infections, including their geographical distribution;
C.W12.	the pathogenesis and pathophysiology of infections and contagions and the impact of pathogens such as viruses, bacteria, fungi, prions and parasites on the human body and population, including their modes of action, the consequences of exposure to them and the principles of prevention;
C.W14.	aetiology, pathogenesis, pathophysiology, routes of transmission, forms and prevention of iatrogenic infections;
C.W15.	methods used in microbiological and parasitological diagnosis (indications, principles of performance, interpretation of results);
C.W16.	diagnostic principles for infectious diseases
C.W17.	principles of disinfection, sterilisation and aseptic management;
C.W18.	specific and non-specific mechanisms of humoral and cellular immunity;
C.W32.	the problem of drug resistance, including multidrug resistance, and the principles of rational antibiotic therapy;
E.W12.	risks of hospitalisation of older people;
E.W32.	principles for dealing with suspicion and detection of an infectious disease;
E.W33.	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic and preventive management of the most common infectious diseases and their complications: bacterial diseases, viral diseases, including respiratory and gastrointestinal infections, viral hepatitis, human immunodeficiency virus mycoses, hospital-acquired infections;
E.W34.	procedures for exposure to potentially infectious material;
E.W37.	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common diseases in GP practice;
G.W2.	determinants of diseases, methods of identifying and examining disease risk factors, advantages and disadvantages of epidemiological research and principles of cause-and-effect inference in medicine;

G.W3.	epidemiology of infectious diseases, including those related to health care, and non-infectious diseases, types and methods of prevention at various stages of the natural history of the disease, and the role and principles of epidemiological surveillance;
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Skills– Graduate* is able to:

C.U6.	interpret microbiological test results;
C.U10.	design rational chemotherapy regimens for infections - empirical and targeted;
E.U15.	use personal protective equipment appropriate to the clinical situation;
E.U22.	apply rational antibiotic therapy depending on the patient's clinical condition;
F.U1.	perform surgical hands scrub, put on sterile gloves, dress for surgery or a procedure requiring sterility, prepare the surgical field in accordance with aseptic rules and participate in the surgical procedure;
G.U2.	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;
G.U4.	assess the epidemiological situation of infectious and non-communicable diseases in the Republic of Poland and in the world;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the field of:
------------------------------	--------------------------

Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

D.U3.	respect patients' rights;
D.U4.	demonstrate responsibility for improving their own skills and transferring knowledge to others;
D.U5.	critically analyse medical literature, including literature in in English, and draw conclusions;

6. CLASSES		
Form of class	Class contents	Effects of Learning
seminar	<p><u>Topics covered during e-learning:</u></p> <ol style="list-style-type: none"> 1. Elements of infection control program. Mechanisms of nosocomial infections, risk factors, registration, identification, and monitoring. Legal acts governing the control of nosocomial infections. The specificity of etiological agents of nosocomial infections. 2. Most common forms: hospital acquired urinary tract infections, nosocomial pneumonia, blood site infection, surgical site infection, nosocomial gastrointestinal infections. Definition of nosocomial infection. Case definitions – Decision EU. 3. Surveillance of epidemics. Epidemiological investigation. 4. Antibiotic stewardship. Guidelines. 5. Patient zone. Isolation - role in infection control. Surveillance of multidrug resistant strains. 6. Reprocessing of medical instruments. Standard precautions. Personal Protective Equipment. 7. The role of microbiological laboratory in hospital infection control 8. WHO program “5 moment for hand hygiene”. 9. Analysis and interpretation of microbiological report in different types of infections. 10. HAI cases. 	<p>G.K2.C.W33,G.K 2.A.W21,G.K3.C. W3,G.K4.C.W36, G.K5.C.W35,D.W 51,G.K6.C.W37,C .W34,G.K7.B.W6 ,G.K8.C.W7, G.K9.C.W34, G.S1.C.U1,G.S2.C .U7,G.S3.E.U7,G. S4.E.W34,G.S5.C .U44,C.U48,G.S6 .B.U5,G.K1.U7 G.S7.C.U49, G.S8.B.U6, SC1- C3</p>

7. LITERATURE	
Obligatory	
<ol style="list-style-type: none"> 1. http://www.cdc.gov/hai - types of infection, guidelines, prevention, laboratory testing. 2. http://ec.europa.eu/health/ph_threats/com/docs/1589_2008_en.pdf - COMMISSION DECISION of 28/IV/2008 amending Decision 2002/253/EC laying down case definitions for reporting communicable diseases to the Community network under Decision No 2119/98/EC of the European Parliament and of the Council 3. http://who.int/gpsc/tools/Five_moments/en-five_moments_for_hand_hygiene 	
Supplementary	
<p>For students who speak Polish to the extent that they can understand a medical professional recommendation:</p> <ol style="list-style-type: none"> 1. Recommendations for the diagnosis and treatment of infections http://www.antybiotyki.edu.pl/szpitalna-polit-rekomendacje-diagnost.php 2. Act of December 5, 2008, on preventing and fighting infections and infectious diseases in humans (Dz. U. of 2008.234.1570) and its implementing legislations 	

8. VERIFYING THE EFFECT OF LEARNING		
Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
O1-O10, G.K1 - G.K10, G.S1 - G.S8, SC1 - SC1	In the field of knowledge, skills, and social competences - multiple-choice and true-false questions	>51%

9. ADDITIONAL INFORMATION

E-learning classes will be totally available on <https://e-learning.wum.edu.pl/> platform from October 21st 2024, until January 12th 2025.

The minimum number of students required to run the optional course is 20 people, maximum 50.

The scope of the course allows to understand the role of hospital infection control in modern medicine and the role of a specialist doctor-microbiologist in this field. The knowledge contained in the course materials is systematically updated based on sources such as ECDC (European Center for Disease Prevention and Control), CDC (Centers for Disease Control and Prevention, United States of America), PZH (National Institute of Hygiene, Poland) and key societies research centers operating in Poland. The practical knowledge gained during the course allows to understand the pathomechanism of the one of the most serious complications of providing health services, which are nosocomial infections, effectively prevent them and, in the event of their occurrence, actively combat them. For students who have not had contact with medical microbiology, it will be a good base for understanding the role of this field in modern medicine, systematizing, and extending knowledge before the exam. For students who have completed the 3rd year, it can be a source of materials to remind of the topic of nosocomial infection control and to update knowledge in this field as part of preparation for the profession.

A dozen or so lessons contain a set of slides with theoretical material and a set of questions placed in case descriptions included as an illustration of the problem. The course will end with a test consisting of 15 questions (single and multiple choice and true-false). Students can work at their own pace. The final test consists of 15 questions, consists of an individual set of questions for each student and will be available after completing all topics/lessons, but no later than by the last day of the course. There will be two attempts to take the test. The course ends with a certificate of completion.

Each student should email the PDF of the certificate to Dr. Beata Sokol-Leszczynska by e-mail: beata.sokol-leszczynska@wum.edu.pl, no later than on January 12th, 2025.

ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.

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Cells and molecules in a snapshot - an overview of contemporary experimental medicine techniques

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full-time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Biophysics, Physiology and Pathophysiology Faculty of Health Sciences Medical University of Warsaw 5 Chałubińskiego Street (4th floor) 02-004 Warsaw Phone no.: +48 22 628 78 46, 22 628 63 34
Head of Educational Unit / Heads of Educational Units	Professor Dariusz Szukiewicz, PhD
Course coordinator	Assistant Professor Anna Henriques de Sepulveda, PhD e-mail: anna.sepulveda@wum.edu.pl
Person responsible for syllabus	Assistant Professor Anna Henriques de Sepulveda, PhD e-mail: anna.sepulveda@wum.edu.pl
Teachers	Professor Dariusz Szukiewicz, PhD Assistant Professor Anna Henriques de Sepulveda, PhD

2. BASIC INFORMATION

Year and semester of studies	I-IV th year, winter or summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES	Number of hours	ECTS credits calculation	
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)	30 (24h e-learning)	2.0	
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions			

3. COURSE OBJECTIVES

O1	Presentation of current knowledge on the methodology of research applied in experimental medicine, with particular emphasis on molecular, cellular and serological techniques, as well as imaging methods in diagnostics and therapy.
O2	Professional preparation for work aimed at understanding the essence, significance and limitations of scientific and diagnostic research, related to continuous education in the field of modern methods used in medicine.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
Knowledge – Graduate* knows and understands:	
G.K26	Principles of conducting scientific research for the development of medicine
Skills– Graduate* is able to:	
G.S11	Plan and execute scientific research, interpret its results and formulate conclusions

G.S12	Use basic laboratory and molecular techniques
-------	---

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	Objectives and principles of conducting scientific research
K2	Methods of data analysis in the field of experimental medicine
K3	Basic cell and animal models and their application
K4	Basic techniques of real and virtual microscopy
K5	Morphometric methods
K6	Methods of staining and labeling of cells and tissues
K7	Genetic methods and their application in diagnostics, drug efficacy tests and therapies
K8	Serological methods and their application in diagnostics and basic research

Skills– Graduate is able to:

S1	Plan and conduct quantitative research using the presented research tools
S2	Critically analyze own and published research results

Social Competencies – Graduate is ready for:

SC1	Accurate and reliable interpretation of the knowledge provided in the field of modern methods used in experimental medicine and systematic enrichment of knowledge and skills in this field
SC2	Independent and team solving of experimental problems, expressing opinions on the determinants of human diseases and diseases

6. CLASSES

Form of class	Class contents	Effects of Learning
e-learning (e-L)	<p>e-L1. Introduction to experimental medicine. Subject, purpose and principles of conducting scientific research.</p> <p>e-L2. Analysis of experimental data in experimental medicine. Ethics in scientific research.</p> <p>e-L3. Review of cell and animal models and their application.</p> <p>e-L4. Real and virtual microscopy. Light versus electron microscopy and transmission versus scanning microscopy.</p> <p>e-L5. Morphometric analyses in histology and basic research.</p>	<p>G.K26, G.S11, K1, S1, S2, SC1, SC2</p> <p>G.K26, G.S11, G.S12, K2, S1, S2, SC1</p> <p>G.K26, G.S11, G.S12, K3, S1, S2, SC1</p> <p>G.K26, G.S11, G.S12, K4, S1, S2, SC1</p> <p>G.K26, G.S11, G.S12, K5, S1, S2, SC1</p>

	e-L6. Methods of staining and marking cells and tissues. Immunocytochemistry. Immunohistochemistry. Autoradiography and radioimmunology. e-L7. Genetic methods in diagnostics, drug efficacy tests and therapy. Sequencing, RT-PCR, nested PCR. e-L8. Serological methods in diagnostics and basic research. ELISA. Western-blot.	G.K26, G.S11, G.S12, K6, S1, S2, SC1 G.K26, G.S11, G.S12, K7, S1, S2, SC1 G.K26, G.S11, G.S12, K8, S1, S2, SC1
Practical classes (PC)	PC1. Conducting cell cultures, optimization of cell models currently used in scientific research. PC2. Performing serological assays in current scientific research.	G.S12, K3, S1 G.S12, K8, S1, S2

7. LITERATURE

Obligatory

Joseph Sambrook, David W. Russell. Molecular Cloning: A Laboratory Manual (4th Edition). Cold Spring Harbor Laboratory Press 2012
Lizabeth A. Allison. Fundamental Molecular Biology, 3rd edition. John Wiley and Sons Ltd 2021.

Supplementary

Terence A. Brown. Genomes.1999

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
G.K26, G.S11, K1-K8, SC1, SC2	Preparing a short study/presentation on a selected topic from the course	Illustrating a selected issue in a clear and interesting way

9. ADDITIONAL INFORMATION

Classes are scheduled for the winter (or summer) semester in a hybrid mode (24h - e-learning, 6h - classes), starting from November 2024. The seminar materials will be available on the e-learning platform. The last 2 classes will be held in the form of practical classes (exercises) in contact mode. The dates of practical classes will be scheduled after closing of the groups. For organizational reasons, the limit of people in practical classes in a group is 20.

Contact for student issues: Assistant Professor Anna Henriques de Sepulveda, PhD: anna.sepulveda@wum.edu.pl

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Artificial intelligence in medical practice – more benefits or threats?

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD

Course coordinator	Magdalena Bogdan, PhD e-mail: mbogdan@wum.edu.pl
Person responsible for syllabus	Magdalena Bogdan, PhD e-mail: mbogdan@wum.edu.pl
Teachers	Magdalena Bogdan, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, summer and winter semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

3. COURSE OBJECTIVES

O1	This course will cover the major information about artificial intelligence and innovations in medical practice.
----	---

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

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Skills– Graduate* is able to:

D.U12	demonstrate responsibility for improving their qualifications and passing on knowledge to others
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

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Skills– Graduate is able to:

--	--

Social Competencies – Graduate is ready for:

K.1.	using objective sources of information
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6. CLASSES

Form of class	Class contents	Effects of Learning
(S) seminar 1 online	Introduction. AI and innovations in medical field and doctor's practice.	D.U12., K.1.
(S) seminar 2 online	What are the current threats and benefits to doctors from the use of artificial intelligence in medical practice?	D.U12., K.1.
(S) seminar 3 online	Doctor as innovator – how to become? Main applications of artificial intelligence in medicine and doctor's practice.	D.U12., K.1.
(S) seminar 4 online	Using AI and innovation to prevent health care crises on a global scale.	D.U12., K.1.
(S) seminar 5 online	E-health and telemedicine and their role in the post-pandemic world.	D.U12., K.1.
(S) seminar 6 online	Artificial intelligence in practice - individual student project divided into 3 parts.	D.U12., K.1.

7. LITERATURE

Obligatory

1. Lawry T., AI in Health, 2020.
2. Burns L.R., The Business of Healthcare Innovation, 2nd Edition, 2012.
3. Blumenthal D., Glaser J.P., Information Technology Comes to Medicine, N Engl J Med 2007.

4. Slack, Warner V., Cybermedicine for the Patient, Am J Prev Med 32, no. 5S, 2007.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.U12., K.1.	E-learning seminars attendance, 3 written assignments in frame of the project and final test at the e-learning platform.	Test pass >70% correct answers.

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl. Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject. Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must send them before proceeding to the final test. Student must pass the final test (available on the e-learning platform) to obtain a credit. Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.

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Career Coaching – personal and professional development for medical students

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD

Course coordinator	Magdalena Bogdan, PhD mbogdan@wum.edu.pl
Person responsible for syllabus	Magdalena Bogdan, PhD mbogdan@wum.edu.pl
Teachers	Magdalena Bogdan, PhD

2. BASIC INFORMATION

Year and semester of studies	I,II,III,IV,V,VI – winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

3. COURSE OBJECTIVES

O1	This course will cover the major information about creation the personal branding for individual doctors
----	--

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

--	--

Skills– Graduate* is able to:

D.U12	demonstrate responsibility for improving their qualifications and passing on knowledge to others
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

--	--

Skills– Graduate is able to:

--	--

Social Competencies – Graduate is ready for:

K.1.	using objective sources of information
------	--

6. CLASSES

Form of class	Class contents	Effects of Learning
(S) seminar 1 online	Introduction. What is career coaching and does every future doctor need it?	D.U12., K.1.
(S) seminar 2 online	Opportunities for professional and personal development in medical field. Job opportunities and forms of employment for physicians.	D.U12., K.1.
(S) seminar 3 online	How to effectively achieve goals and success? Tools and practical tips.	D.U12., K.1.
(S) seminar 4 online	How can you develop yourself and share your future personal brand? – traditional channels vs social media.	D.U12., K.1.
(S) seminar 5 online	Examples of successful marketing strategies for doctors.	D.U12., K.1.
(S) seminar 6 online	Career coaching for healthcare professionals - individual student project divided into 3 parts.	D.U12., K.1.

7. LITERATURE

1. Blundell A., The essential guide to becoming a doctor, 2010.
2. Vyas V., Image beyond prescriptions: personal branding for doctor, 2019.
3. Hammoud M.M., Coaching in medical education, 2022.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.U12., K.1.	E-learning seminars attendance, 3 written assignments in frame of the project and final test at the e-learning platform.	Test pass >70% correct answers.

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl. Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject.

Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must send them before proceeding to the final test.

Student must pass the final test (available on the e-learning platform) to obtain a credit.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.

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Clean Treatment - Safe Treatment

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Prof. dr hab. n. med. Aneta Nitsch-Osuch
Course coordinator (<i>title, First Name, Last Name, contact</i>)	Dr hab. n. med. Patryk Tarka E-mail: patryk.tarka@wum.edu.pl
Person responsible for syllabus (<i>First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported</i>)	Dr hab. n. med. Patryk Tarka E-mail: patryk.tarka@wum.edu.pl
Teachers	Dr hab. n. med. Patryk Tarka

2. BASIC INFORMATION

Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.00
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.00

3. COURSE OBJECTIVES

O1	Presentation of transmission modes and methods to prevent the spread of infectious in the human population.
O2	Familiarizing students with the principles of proper aseptic and antiseptic procedures.
O3	Familiarizing students with the ability to perform disinfection and sterilization procedures in the office.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning <i>(in accordance with appendix to Regulation of Minister of Science and Higher education from 26th July 2019)</i>	Effects in the field of:
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Knowledge – Graduate* knows and understands:

G.K1	Implementation of infection control program
G.K2	Recognition of nosocomial infection risk factors.
C.W11	the epidemiology of viral, bacterial, fungal and prion infections and parasitic infections, including their geographical distribution;
C.W14	aetiology, pathogenesis, pathophysiology, routes of transmission, forms and prevention of iatrogenic infections;
C.W17	principles of disinfection, sterilisation and aseptic management;
E.W31	the basic issues of prevention and the management of occupational exposure to hazardous and noxious agents;
E.W33 (1-5)	procedures in the case of detection of an infectious disease;
E.W34	procedures for exposure to potentially infectious material;

Skills– Graduate* is able to:

G.S1	Planning the control of reprocessing in the area disinfection and sterilization
E.U15	use personal protective equipment appropriate to the clinical situation;

5. ADDITIONAL EFFECTS OF LEARNING (*non-compulsory*)

Number of effect of learning	Effects in the field of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
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S2	
----	--

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
–e-Seminar 1	Characteristics of blood-borne virus viruses	C.W 11,C.W 14,E.W33,E.W31, G.K1
–e-Seminar 2	Prevention after occupational exposure on biological material — HIV, HBV, HCV — in clinical practice	E.W 31,E.W34. G.K2
–e-Seminar 3	WHO guidelines on hand hygiene in health care When to Perform Hand Hygiene How to perform hand hygiene Hand hygiene special issues Skin Care Hand hygiene in practice	C.W17, E.W 31, E.U15. G.K2
–e-Seminar 4	Contact Dermatitis Training Module Occupational Contact Dermatitis Irritant Contact Dermatitis Contact Urticaria (including latex allergy) Risk factors for the development of Occupational Contact Dermatitis How is Occupational Contact Dermatitis diagnosed? Skin Care What to do if contact dermatitis develops: Early recognition and referral process Case Study	C.W17,E.W 31, E.U15.
–e-Seminar 5	Decontamination and Reprocessing of Medical Devices for Health-care Facilities Disinfectant efficacy testing	C.W17, G.S1

7. LITERATURE

Obligatory

1. World Health Organisation. WHO Guidelines on Hand Hygiene in Health Care. In: World Alliance for Patient Safety, editor. First Global Patient Safety Challenge Clean Care is Safer Care. 1 ed. Geneva: World Health Organisation Press; 2009.
2. Global Guidelines for the Prevention of Surgical Site Infection. Geneva: World Health Organization; 2018.
3. Decontamination and reprocessing of medical devices for health-care facilities World Health Organization, Geneva (2016)

Supplementary

1. EASL <https://www.easl.eu/>, AASLD <https://www.aasld.org/>, IDSA www.idsociety.org/
2. <http://www.cdc.gov/hai> - types of infection, guidelines, prevention, laboratory testing.

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
C.W 11, C.W 14, C.W17, E.W31, E.W33, E.W34, E.U15. G.K1, G.K2	1.Written reports 2.Final test 20 single-choice questions, in e-learning form.	1. credit 2.Final test: Grade Criterium 2,0 (failed) < 8 pkt 3,0 (acceptable) 9-11 pkt 3,5 (acceptable plus) 12-14 pkt 4,0 (good) 15-16 pkt 4,5 (good plus) 17-18 pkt 5,0 (very good) 19-20 pkt

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.
Student must learn all materials uploaded to the modules on the platform.
Student must pass the final test (available on the e-learning platform) to obtain a credit.
Two attempts for the final test are allowed.
Printing the certificate is possible only if the student has fulfilled criteria: passed the final test and written reports

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ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.



Dietary supplements – theory and practice

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl
Person responsible for syllabus	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl
Teachers	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	1st-6th; Winter and summer semesters	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.0
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.0

3. COURSE OBJECTIVES

O1	Familiarise oneself with the types of available on market dietary supplements. Dietary Supplement Regulation on Polish and European market.
O2	Familiarise oneself with the relationship between various dietary supplements intake and the state of human health.
O3	Familiarise oneself with food additives present in dietary supplements and functional food (sweeteners, preservatives, antioxidants), their safety of use and health effects.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023)</i>
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Knowledge – Graduate* knows and understands:

C.W39.	consequences of vitamin and mineral deficiencies and excesses;
C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;

C.W34.	basic concepts of general toxicology;
E.W37.	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common diseases in GP practice;
E.W38.	principles of health-seeking behaviour, the basics of prevention and early detection of the most common diseases of civilisation and the principles of screening for these diseases;

Skills– Graduate* is able to:

B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
D.U5.	critically analyse medical literature, including literature in in English, and draw conclusions;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
E.U25.	provide the patient with information, adapting its quantity and content to the patient's needs and capabilities, and supplement verbal information with models and written information, including charts and instructions, and apply it appropriately;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023, „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
S-el1	Dietary supplements – definitions, legal regulation on Polish and European market	C.W34.
S-el2	Vitamins and minerals supplements – indications to use	C.W40., E.W38.

S-el3	Bioactive plant compound used in dietary supplements with proven beneficial effects on the human body.	C.W39., C.W40., E.W9., E.W38.
S-el4	Food Additives - definitions, legal regulation on Polish and European market.	C.W39., C.W40., E.W37., E.W38.
S-el5	Non-sugar sweeteners – safe alternative for sugar or hazard.	C.W34.
S-el6	Preservatives, antioxidants, food colouring – benefits and limitations in use	C.W34., C.W40., E.W38.
S-el7	Food additives health impact.	C.W34., C.W39., C.W40., E.W9., E.W37., E.W38.
S-el8	Theory vs practice – part 1. Dietary supplements exposure – deficiency or overdose. Practice course.	B.U8., D.U5., E.U21., E.U25.
S-el9	Theory vs practice – part 2. Sugar or Non-sugar sweeteners exposure – safe intake or overdose. Practice course.	B.U8., D.U5., E.U21., E.U25.
S-el10	Theory vs practice – part. 3 Common food preservatives – main sources in diet. Practice course.	B.U8., D.U5., E.U21., E.U25.

7. LITERATURE

Obligatory

1. Willett W, Rockström J, Loken B. i wsp. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*. 2019; 393(10170):447-492.
2. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. *Journal of the Academy of Nutrition and Dietetics*. 2016; 116(12):1970-1980.
3. Gehring J, Touvier M, Baudry J. i wsp. Consumption of ultra-processed foods by pesco-vegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. *The Journal of nutrition*. 2021; 151(1):120-131.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz, test, written report etc.</i>	<i>e.g. threshold number of points</i>
C.W34., C.W39., C.W40., E.W9., E.W37., E.W38.	Active participation in e-learning. Test	Certificate
B.U8., D.U5., E.U21., E.U25.	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

9. ADDITIONAL INFORMATION

(Optional course – full on e-learning platform.

Access to e-learning will be available from 21th of October 2024 to 8th January 2025 and 1st March to 31st of May 2025;

A person responsible for the course: Katarzyna Okreglicka PhD, katarzyna.okreglicka@wum.edu.pl,

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Hand hygiene and skin irritation prevention

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. dr hab. n. med. Aneta Nitsch-Osuch
Course coordinator	Dr hab. n. med. Patryk Tarka patryk.tarka@wum.edu.pl
Person responsible for syllabus	Dr hab. n. med. Patryk Tarka patryk.tarka@wum.edu.pl
Teachers	Dr hab. n. med. Patryk Tarka patryk.tarka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I-VI year, summer and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

3. COURSE OBJECTIVES

O1	Familiarizing students with the principles of proper aseptic and antiseptic procedures.
O2	
O3	

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

G.K1	He knows the active ingredients of cosmetics and the application of cosmetics and their categories as intended
G.K2	He knows the selected active substances used in cosmetics, their action, scope of application

Skills– Graduate* is able to:

G.S1	Can decide about the selection of appropriate cosmetic preparations in a doctor's office depending on skin conditions.
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G.S2	Can assess the value of a cosmetic on the basis of the composition according to INCI and determine the scope of its action
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)	
Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	
K2	
Skills– Graduate is able to:	
S1	
S2	
Social Competencies – Graduate is ready for:	
SC1	
SC2	

6. CLASSES		
Form of class	Class contents	Effects of Learning
–e-Seminar 1	WHO guidelines on hand hygiene in health care When to Perform Hand Hygiene How to perform hand hygiene Hand hygiene special issues Skin Care Hand hygiene in practice	G.K1 G.K2
–e-Seminar 2	Soaps and synthetic detergents	G.K1 G.K2
–e-Seminar 3	Contact Dermatitis Training Module Occupational Contact Dermatitis Irritant Contact Dermatitis Allergic Contact Dermatitis Contact Urticaria (including latex allergy) Risk factors for the development of Occupational Contact Dermatitis	G.K1 G.K2
–e-Seminar 4	Allergic contact dermatitis by shampoo components	
–e-Seminar 5	Antiperspirant and Deodorant Allergy	G.K1 G.K2
–e-Seminar 6	Skin Hand Care	G.K1 G.K2
–e-Seminar 7	Toothpaste allergy	G.K1

7. LITERATURE**Obligatory**

1. World Health Organisation. WHO Guidelines on Hand Hygiene in Health Care. In: World Alliance for Patient Safety, editor. First Global Patient Safety Challenge Clean Care is Safer Care. 1 ed. Geneva: World Health Organisation Press; 2009.

2. Draelos, Z: Cosmeceuticals: Procedures in Cosmetic Dermatology Series. Elsevier Health Sciences. 2014

Supplementary**8. VERIFYING THE EFFECT OF LEARNING**

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
G.K1 G.K2	1. Final test 20 single-choice questions, in e-learning form	2. Final test: Grade Criterium 2,0 (failed) < 8 pkt 3,0 (acceptable) 9-11 pkt 3,5 (acceptable plus) 12-14 pkt 4,0 (good) 15-16 pkt 4,5 (good plus) 17-18 pkt 5,0 (very good) 19-20 pkt

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.

Student must learn all materials uploaded to the modules on the platform.

Student must pass the final test (available on the e-learning platform) to obtain a credit.

Two attempts for the final test are allowed.

Printing the certificate is possible only if the student has fulfilled criteria: passed the final test and written reports

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Migration and Health

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Lewtak, MD, PhD katarzyna.lewtak@wum.edu.pl
Person responsible for syllabus	Katarzyna Lewtak, MD, PhD katarzyna.lewtak@wum.edu.pl
Teachers	Katarzyna Lewtak, MD, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.0
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.0

3. COURSE OBJECTIVES

O1	Preparing for the challenges and special features in the treatment of patients with a migration background;
O2	Understanding the complexity of health needs, challenges and risks faced by migrant populations;
O3	Providing tools to better understand migrants' health conditions;
O4	Promoting best-practice interventions to address refugee and migrant health needs and rights.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

D.K2	concepts of health and illness, the influence of the social environment (family, work, social relations) and socio-cultural conditions (origin, social status, religion, nationality and ethnic group) on the patient's health;
D.K4	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and psychiatric disorders, and mechanisms of coping with stress;

D.K5	social attitudes towards illness, disability and old age and the specific impact of stereotypes, prejudice and discrimination;
D.K16	patient rights and the concept of patient welfare;
D.K20	the concepts of patient safety and safety culture and their organisational, communication and management aspects;
E.K32	principles for dealing with suspicion and detection of an infectious disease;
E.K33	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic and preventive management of the most common infectious diseases and their complications;
G.K1	methods for assessing the health of individuals and populations, measures and principles of monitoring the health of populations, systems of classifying diseases and medical procedures;
G.K6	legal regulations regarding the organization and financing of the health care system, the provision of health services financed from public funds and the principles of organizing healthcare entities, the principles of operation of information and communication tools and services in health care (e-health);

Skills– Graduate* is able to:

B.S8	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
D.S1	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
D.S3	respect patients' rights;
D.S13	establish contact with the patient and the person accompanying the patient in order to build an appropriate relationship (e.g. 4 Habits Model: Invest in the beginning, Demonstrate empathy, Recognize the patient's perspective), Invest in the end);
D.S14	look at the situation from the patient's perspective, building an appropriate conversational context and using the elicitation method, and then incorporating this into the construction of verbal messages.
E.S12	identify conditions requiring treatment in a hospital setting;
E.S13	qualify the patient for vaccinations;
E.S18	keep the patient's medical records, including in electronic form, in accordance with the law;
E.S27	communicate with patients from groups at risk of economic or social exclusion, respecting their dignity;
E.S28	identify social determinants of health, indicators of anti-health and self-destructive behaviors and discuss them with the patient and make a note in the medical documentation;
G.S1	describe the demographic structure of the population and, on this basis, assess and predict health problems of the population;
G.S2	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;
G.S4	assess the epidemiological situation of infectious and non-communicable diseases in the Republic of Poland and in the world;
G.S5	explain to people using health services their basic rights and the legal basis for providing these services.

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (*non-compulsory*)

Number of effect of learning	Effects in the fields of:
Knowledge – Graduate knows and understands:	
K1	global trends in migration, key statistics on migration and health in Poland and globally;
K2	different stages of migration, and health-related risks and opportunities at each stage;
K3	key policy instruments addressing health and migration;
Skills– Graduate is able to:	
S1	promote migrant and refugee health;
S2	define and apply key concepts and principals on health and migration;
S3	develop and apply cultural awareness to care provision
Social Competencies – Graduate is ready for:	
SC1	identifying migrants' health needs, risks, and diverse experiences across the life course, gaps in health systems and services that impact both the migrant and host communities;
SC2	overcoming challenges in the provision of healthcare to refugees and migrants.

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1 asynchronous online course	Population movement and health: an overview	D.K2, D.K16, E.K32, E.K33, G.K1, D.S1, G.S1, G.S2, G.S4
(e-L) seminar 2 asynchronous online course	Key data and information on refugees and migrants	G.K1, B.S8, G.S1, G.S2, G.S4
(e-L) seminar 3 asynchronous online course	Determinants of refugee and migrant health	D.K2, D.K4, D.K5, G.K1, G.S2,
(e-L) seminar 4 asynchronous online course	Health status of refugees and migrants: a global perspective	D.K2, D.K4, E.K32, E.K33, G.K1, G.S1, G.S2, G.S4
(e-L) seminar 5 asynchronous online course	Common health needs and vulnerabilities of refugees and migrants	D.K2, D.K4, D.K5, D.K20, E.K32, E.K33, G.K1, D.S1, E.S12, G.S1, G.S2, G.S4
(e-L) seminar 6 asynchronous online course	Mental health and forced displacement	D.K2, D.K4, G.K1, G.S1, G.S2, G.S4
(e-L) seminar 7 asynchronous online course	Public health interventions to promote refugee and migrant health	D.K2, D.K4, D.K5, D.K16, E.K32, E.K33, G.K1, D.S1, D.S3, D.S13, D.S14, E.S13, E.S27, E.S28, G.S2,

(e-L) seminar 8 asynchronous online course	Refugee- and migrant sensitive health systems	D.K5, D.K16, D.K20, G.K6, G.K1, D.S1, D.S3, D.S13, D.S14, E.S12, E.S18, E.S27, G.S2, G.S4, G.S5
(e-L) seminar 9 asynchronous online course	Protecting the health of refugees and migrants in public health crises	D.K2, D.K4, D.K5, D.K16, D.K20, E.K32, E.K33, G.K6, D.S1, D.S3, D.S14, E.S13, E.S18, G.S2, G.S4, G.S5
(e-L) seminar 10 asynchronous online course	Health and migration: the way forward	D.K2, D.K4, D.K5, D.K16, E.K32, E.K33, D.S1, D.S3, D.S14, E.S27, G.S1, G.S2, G.S4

7. LITERATURE

Obligatory

1. WHO. World report on the health of refugees and migrants. <https://www.who.int/teams/health-and-migration-programme/world-report-on-the-health-of-refugees-and-migrants>
2. International Organization for Migration (IOM). <https://www.iom.int/>

Supplementary

The AcToVax4NAM project. <https://www.accesstovaccination4nam.eu/>

7. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.K2, D.K4, D.K5, D.K16, D.K20, E.K32, E.K33, G.K1, G.K6, B.S8, D.S1, D.S3, D.S13, D.S14, E.S12, E.S13, E.S18, E.S27, E.S28, G.S1, G.S2, G.S4, G.S5	1. Quizzes, written assignments 2. Test (MCQ)	1. credit 2. minimum final grade of 70% required

8. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.

Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject.

Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must send them before proceeding to the final test.

Student must pass the final test (available on the e-learning platform) to obtain a credit.

Printing the certificate is possible only if the student has fulfilled both criteria: passed the final test and a received positive evaluation of tasks.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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Nutrition in Andrology, Gynecology, and Obstetrics

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Aleksandra Kozłowska, MSc, PhD, E-mail: aleksandra.kozłowska@wum.edu.pl
Person responsible for syllabus	Aleksandra Kozłowska, MSc, PhD, E-mail: aleksandra.kozłowska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

3. COURSE OBJECTIVES	
O1	The principles of nutrition during adolescence, adulthood and elderly.
O2	The relationship between nutrition and fertility, fetal status and communicable diseases in the adults life.
O3	Basics of dietary advices for men and women in the reproductive years.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
Knowledge – Graduate* knows and understands:	
F.W16.	male reproductive functions and related disorders as well as diagnostic and therapeutic procedures;
F.W15.	women's reproductive functions, disorders related to them, and diagnostic and therapeutic procedures in particular: <ul style="list-style-type: none"> 1) menstrual cycle and its disorders; 2) pregnancy;

	3) physiological delivery, pathological delivery and postpartum; 4) inflammations and cancers in the genital area; 5) birth control and reproductive support; 6) menopause; 7) basic methods of gynecological diagnostics and procedures;
B.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
C.W39.	consequences of vitamin and mineral deficiencies and excesses;
D.W19.	the fundamentals of evidence-based medicine;
G.W2.	determinants of diseases, methods of identifying and examining disease risk factors, advantages and disadvantages of epidemiological research and principles of cause-and-effect inference in medicine;

Skills– Graduate* is able to:

D.U1.	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
G.U2.	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
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Skills– Graduate is able to:

B.U6.	predict the direction of biochemical processes in relation to the energy status of cells;
D.U4.	demonstrate responsibility for improving their own skills and transferring knowledge to others;
D.U5.	critically analyse medical literature, including literature in English, and draw conclusions;

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES		
Form of class	Class contents	Effects of Learning
(e-L) seminar 1	The impact of the diet on fertility in women – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 2	The impact of the diet on fertility in men – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 3	Nutrition during healthy pregnancy - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 4	Nutrition during pregnancy with complication - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 5	Nutrition during lactation - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 6	Fetal programming and diet – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 7	Diet in the prevention of cancers of the female reproductive system – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 8	Diet in the prevention of cancers of the male reproductive system – Anna Jagielska, MD, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 9	Nutrition of postmenopausal women - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.
(e-L) seminar 10	Individual assessment of pregnant women’s diet - Aleksandra Kozłowska, MSc, PhD	F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.

7. LITERATURE
Obligatory
Obligatory literature:

1. European Journal of Obstetrics and Gynecology and Reproductive Biology <http://www.ejog.org/>
2. American Journal of Obstetrics & Gynecology <http://www.ajog.org/>
3. International Journal of Gynecology & Obstetrics <http://www.ijgo.org>
4. Andrology [http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)2047-2927](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)2047-2927)
5. Journal of Andrology & Gynecology <http://www.avensonline.org/medical/andrology-gynaecology/home-6/>
6. Journal of Nutrigenetics and Nutrigenomics <http://www.karger.com/Journal/Home/232009>
7. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
F.W15., F.W16., B.W20., C.W39., D.W19., G.W2., B.U6., D.U1., D.U4., D.U5., C.W40., E.U21., C.W40.	1. Written reports 2. Test (MCQ)	1. credit 2. >60% of correct answers

9. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account ONLY. Access to e-learning will be available from 2nd till 15th week of semester.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Nutrition in sports

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Anna Jagielska, MD, PhD, e-mail: anna.jagielska@wum.edu.pl
Person responsible for syllabus	Anna Jagielska, MD, PhD, e-mail: anna.jagielska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

3. COURSE OBJECTIVES

O1	The principles of nutrition in physical activity.
O2	The relationship between nutrition and physical performance of the body.
O3	Basics of dietary advice for people practicing sports.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

B.W19.	basics of excitation and conduction in the nervous system and higher nervous functions, as well as striated and smooth muscle physiology;
B.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
C.W39.	consequences of vitamin and mineral deficiencies and excesses;
D.W19.	the fundamentals of evidence-based medicine

G.W1.	methods for assessing the health of individuals and populations, measures and principles of monitoring the health of populations, systems of classifying diseases and medical procedures;
G.W2.	determinants of diseases, methods of identifying and examining disease risk factors, advantages and disadvantages of epidemiological research and principles of cause-and-effect inference in medicine;

Skills– Graduate* is able to:

B.U7.	perform simple functional tests assessing the functioning of the human body as a stable control system (stress and exercise tests) and interpret numerical data on basic physiological variables;
D.U1.	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
G.U2.	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (*non-compulsory*)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
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Skills– Graduate is able to:

B.U6.	predict the direction of biochemical processes in relation to the energy status of cells;
D.U4.	demonstrate responsibility for improving their own skills and transferring knowledge to others;
D.U5.	critically analyse medical literature, including literature in English, and draw conclusions;

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1	Adaptation of the human body to exercise – Anna Jagielska, MD, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.

(e-L) seminar 2	Types of training – Anna Jagielska, MD, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 3	Sources of energy in physical activity - Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 4	Diet, liquids, and supplements in sports - Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 5	Environment and physical capacity – Anna Jagielska, MD, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 6	The importance of physical activity at different stages of human life – Anna Jagielska, MD, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 7	Nutrition during the competition - Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 8	Individual evaluation of the energy balance – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 9	Individual assessment of diet– Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.
(e-L) seminar 10	Individual evaluation of nutritional status– Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.

7. LITERATURE

Obligatory

1. Medicina Sportiva Practica (www.medicinasportiva.pl)
2. Journal of International Society of Sports and Nutrition
3. Exercise physiology. Energy, Nutrition and Human Performance. McArdle WD i wsp. LWW wyd. 6.

Supplementary

4. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition (wybrane rozdziały)
5. Diet, physical activity and cardiovascular disease prevention in Europe. European Heart Network.
<http://www.sante.public.lu/publications/maladies-traitements/accident-vasculaire-cerebral/diet-physical-activity-cardiovascular-disease-prevention-europe/diet-physical-activity-cardiovascular-disease-prevention-europe.pdf>

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W19.,BW20, C.W39. D.W19., G.W1., G.W2., B.U7., B.U6., D.U1., D.U4., D.U5., E.U21., G.U2., C.W40., B.U6.	1. Written reports 2. Test (MCQ)	1. credit 2. >60% of correct answers

9. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account ONLY. Access to e-learning will be available from 2nd till 15th week of semester.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. Using of the syllabus for other purposes requires consent of the MUW.

ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Patient Education

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Person responsible for syllabus	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Teachers	Katarzyna Lewtak, MD, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES	Number of hours	ECTS credits calculation	
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)	30 (e-learning)	1.0	
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions	30	1.0	

3. COURSE OBJECTIVES

O1	acquiring competence to conduct patient education in public and commercial institutions of the health system.
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4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

D.K2	concepts of health and illness, the influence of the social environment (family, work, social relations) and socio-cultural conditions (origin, social status, religion, nationality and ethnic group) on the patient's health;
D.K3	human behaviour conducive to maintaining health and the principles of motivating the patient towards health-promoting behaviour (Prochaska and DiClemente change model, motivational interviewing);
D.K5	social attitudes towards illness, disability and old age and the specific impact of stereotypes, prejudice and discrimination;
D.K6	the concept of empathy and the phrases and behaviours used to express it;

D.K7	the specificity and role of verbal (conscious message construction) and non-verbal communication
D.K10	psychosocial consequences of the illness for the patient's family (family with an ill child, including teenagers, adults and the elderly);
D.K16	patient rights and the concept of patient welfare;
D.K19	the fundamentals of evidence-based medicine;
E.K38	principles of health-seeking behaviour, the basics of prevention and early detection of the most common diseases of civilisation and the principles of screening for these diseases;
G.K1	methods for assessing the health of individuals and populations, measures and principles of monitoring the health of populations, systems of classifying diseases and medical procedures;

Skills– Graduate* is able to:

D.S1	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
D.S3	respect patients' rights;
D.S10	use open and closed questions, paraphrase, clarification, internal and final summaries, signaling, active listening (e.g. capturing and recognizing signals sent by the interlocutor, verbal and nonverbal techniques) and facilitation (encouraging the interlocutor to speak) appropriate to the situation;
D.S11	adapt verbal communication to the needs of the patient, expressing themselves clearly and avoiding medical jargon;
D.S13	establish contact with the patient and the person accompanying the patient in order to build an appropriate relationship (e.g. 4 Habits Model: Invest in the beginning, Demonstrate empathy, Recognize the patient's perspective), Invest in the end);
D.S14	look at the situation from the patient's perspective, building an appropriate conversational context and using the elicitation method, and then incorporating this into the construction of verbal messages;
E.S1	take a medical history of an adult, including an older person, using skills regarding the content, process and perception of communication, taking into account the biomedical perspective and the patient's perspective;
E.S2	take a medical history of the child and his/her caregivers, using skills regarding the content, process and perception of communication, taking into account the biomedical and patient perspectives; E.U3. take a medical history in a life-threatening situation using the SAMPLE scheme (S - Symptoms, A - Allergies, M - Medications, P - Past medical history, L - Last meal (last meal), E – Events prior to injury/illness (events before the accident/illness));
E.S21	provide health education to the patient, including nutritional education tailored to individual needs;
E.S25	provide the patient with information, adapting its quantity and content to the patient's needs and capabilities, and supplement verbal information with models and written information, including charts and instructions, and apply it appropriately;
E.S26	make diagnostic and therapeutic decisions together with the patient (assess the patient's level of involvement, needs and possibilities in this regard, encourage the patient to take an active part in the decision-making process, discuss the advantages, disadvantages, expected results and consequences of the decision) and obtain informed consent patient;
E.S27	communicate with patients from groups at risk of economic or social exclusion, respecting their dignity;
E.S28	identify social determinants of health, indicators of anti-health and self-destructive behaviors and discuss them with the patient and make a note in the medical documentation;
G.S1	describe the demographic structure of the population and, on this basis, assess and predict health problems of the population;

G.S2	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	main tasks of health education;
K2	rules for conducting scientific research and disseminating its results

Skills– Graduate is able to:

S1	perform differential diagnosis of the most common diseases, assess and describe the somatic and mental patients` state;
S2	plan their own educational activities and constantly improve their knowledge.

Social Competencies – Graduate is ready for:

SC1	establishing the doctor-patient relationship based on deep and profound respect;
SC2	taking into consideration welfare of the patient and put it in the first place;
SC3	taking action against the patient on the basis of ethical principles, with awareness of social conditions and limitations resulting from the disease;
SC4	promoting healthy behaviors;
SC5	using objective sources of information.

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1 asynchronous online course	What is Health Education? - Definition, Topics & Role in Society	D.K2, D.K16, D.K19, E.K38, D.S1, D.S3, D.S10, D.S11, D.S13, E.S21, E.S25-28
(e-L) seminar 2 asynchronous online course	Methods and Materials of Health Education. From counseling to community action;	D.K7, D.K10, D.K16, D.K19, E.K38, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, E.S21, E.S25-28
(e-L) seminar 3 asynchronous online course	Why don't patients listen to their doctors? Factors impacting on patient compliance with medical advice;	D.K2, D.K5, D.K6, D.K7, D.K10, D.K16, D.K19, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, E.S1, E.S2, E.S25-28

(e-L) seminar 4 asynchronous online course	Explaining patients' behavior. Compliance, adherence or concordance – why do they matter?	D.K5, D.K10, D.S1, D.S3, D.S14, E.S1, E.S2
(e-L) seminar 5 asynchronous online course	Health literacy;	D.K2, D.K5, D.K7, D.K10, G.K1, D.S13, D.S14
(e-L) seminar 6 asynchronous online course	Why patient experience matters more than ever?	D.K5, D.K6, D.K7, D.K10, D.K16, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, G.S1
(e-L) seminar 7 asynchronous online course	Health Behavior Change – Theories and Models;	D.K3, E.K38
(e-L) seminar 8 asynchronous online course	Motivating patients to change	D.K2, D.K3, D.K6, D.K7, D.K10, D.K16, D.K19, E.K38, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, E.S1, E.S2, E.S21, E.S25-28,
(e-L) seminar 9 asynchronous online course	An overview of clinically and healthcare related apps: connecting patients, drugs, and clinicians;	D.K5, D.K7, D.K19, E.K38, D.S1, D.S3, D.S13, E.S21, E.S25-28,
(e-L) seminar 10 asynchronous online course	From patient education to patient engagement: examples of health education interventions. How does Poland compare with other countries?	D.K3, D.K5, D.K7, D.K10, D.K16, D.K19, E.K38, G.K1, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, E.S21, E.S25-28

7. LITERATURE

Obligatory

1. World Health Organization, Regional Office for the Eastern Mediterranean. (2012). Health education: theoretical concepts, effective strategies and core competencies: a foundation document to guide capacity development of health educators. <https://apps.who.int/iris/handle/10665/119953>
2. Hoving C, et al. A history of patient education by health professionals in Europe and North America: From authority to shared decision making education. Patient Educations (2010), doi:10.1016/j.pec.2010.01.015
3. Health literacy. The solid facts. World Health Organization 2013. <https://apps.who.int/iris/handle/10665/326432>
4. Educating Patients. <https://www.cdc.gov/vaccines/hcp/patient-ed/edScating-patients.html>

Supplementary

1. World Health Organization. Regional Office for the Western Pacific. (2017). Noncommunicable disease education manual for primary health care professionals and patients. Manila: WHO Regional Office for the Western Pacific. <https://apps.who.int/iris/handle/10665/254746>. License: CC BY-NC-SA 3.0 IGO

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.K2, D.K3, D.K5, D.K6, D.K7, D.K10, D.K16, D.K19, E.K38, G.K1, D.S1, D.S3, D.S10, D.S11, D.S13, D.S14, E.S1, E.S2, E.S21, E.S25, E.S26, E.S27, E.S28, G.S1, G.S2	1. Quizzes, written assignments 2. Test (MCQ)	1. credit 2. minimum final grade of 70% required

9. ADDITIONAL INFORMATION

The course is available on the platform: www.e-learning.wum.edu.pl.

Student must learn all materials Uploaded to the models on the platform. After each model there are questions (quizzes) or task related to its subject.

Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must sent them before proceeding to the final test.

Student must pass the final test (available on the e-learning platform) to obtain a credit.

Printing the certificate is possible only if the student has fulfilled both criteria: passed the final test and a received positive evaluation of tasks.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. using of the syllabus for other purposes requires consent of the MUW.

ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Plant Based Diets in prevention and clinical practice

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Person responsible for syllabus	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl
Teachers	Katarzyna Okręglicka, PhD e-mail: kokreglicka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	1st-6th; Winter and summer semesters	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.0

3. COURSE OBJECTIVES

O1	Presentation of the division of plant diets. Familiarise oneself with individual types of plant diets: flexitarianism, semitarianism, lacto-ovo-vegetarianism, lacto-vegetarianism, ovo-vegetarianism, veganism, raw-foodism, fruitarianism. Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.
O2	Familiarise oneself with the report of The EAT-Lancet Commission on Food, Planet, Health and the nutrition model recommended in the report. To learn about the benefits of changing eating habits for the health of the population and for the planet. Understanding the relationship between the impact of food production and climate change.
O3	Familiarise oneself with the possibility of beneficial or negative impact of the use of selected plant based diets on human health in selected disease entities.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023)</i>
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Knowledge – Graduate* knows and understands:

C.W39.	consequences of vitamin and mineral deficiencies and excesses;
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C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
D.W3.	human behaviour conducive to maintaining health and the principles of motivating the patient towards health-promoting behaviour (Prochaska and DiClemente change model, motivational interviewing);
E.W37.	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common diseases in GP practice;
E.W38.	principles of health-seeking behaviour, the basics of prevention and early detection of the most common diseases of civilisation and the principles of screening for these diseases;

Skills– Graduate* is able to:

B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
D.U5.	critically analyse medical literature, including literature in in English, and draw conclusions;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
E.U25.	provide the patient with information, adapting its quantity and content to the patient's needs and capabilities, and supplement verbal information with models and written information, including charts and instructions, and apply it appropriately;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023, „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
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S-el1	From flexitarianism to fruitarianism. Plant diets - types and characteristics.	D.W3.
S-el2	Planetary Diet and The EAT-Lancet Commission on Food, Planet, Health report. How to change eating habits - benefit for the population and the planet. The impact of food production on climate change.	C.W40., E.W38.
S-el3	Deficiencies on plant based diets - when does supplementation become a necessity?	C.W39., C.W40., E.W9., E.W38.
S-el4	Obesity and plant based diets. The use of plant diets in the aspect of weight reduction.	C.W39., C.W40., E.W37., E.W38.
S-el5	Plant based diets diet and gastrointestinal microbiota. The use of plant diets in diseases of the gastrointestinal tract.	D.W3.
S-el6	The usefulness of plant based diets in selected skin diseases.	D.W3., C.W40., E.W38.
S-el7	The usefulness of plant based diets in cardiovascular diseases	D.W3., C.W40., E.W38.
S-el8	The usefulness of plant based diets in selected endocrine diseases.	D.W3., C.W39., C.W40., E.W9., E.W37., E.W38.
S-el9	Theory vs practice - Plant-based diets - advantages and disadvantages. (exercises, practical classes)	B.U8., D.U5., E.U21., E.U25.
S-el10	Theory vs practice - The vegetarian food market. Plant-based alternatives to animal products - for and against. (exercises, practical classes)	B.U8., D.U5., E.U21., E.U25.

7. LITERATURE

Obligatory

6. Willett W, Rockström J, Loken B. i wsp. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. *The Lancet*. 2019; 393(10170):447-492.
7. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. *Journal of the Academy of Nutrition and Dietetics*. 2016; 116(12):1970-1980.
8. Gehring J, Touvier M, Baudry J. i wsp. Consumption of ultra-processed foods by pesco-vegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. *The Journal of nutrition*. 2021; 151(1):120-131.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
---------------------------------------	--	----------------------

<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz, test, written report etc.</i>	<i>e.g. threshold number of points</i>
D.W3., C.W39., C.W40., E.W9., E.W37., E.W38.	Active participation in e-learning. Test	Certificate
B.U8., D.U5., E.U21., E.U25.	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

9. ADDITIONAL INFORMATION

(Optional course – full on e-learning platform.

Access to e-learning will be available from 21th of October 2024 to 8th January 2025 and 1st March to 31st of May 2025;

A person responsible for the course: Katarzyna Okręglińska PhD, katarzyna.okreglicka@wum.edu.pl,

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Slimming diet – truths and myths

1. IMPRINT	
Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Anna Jagielska, MD, PhD, e-mail: anna.jagielska@wum.edu.pl
Person responsible for syllabus	Anna Jagielska, MD, PhD, e-mail: anna.jagielska@wum.edu.pl
Teachers	Anna Jagielska, MD, PhD Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION			
Year and semester of studies	I-V year, summer and winter semester	Number of ECTS credits	2.00

FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.00
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	30	1.00

3. COURSE OBJECTIVES

O1	The importance of nutrition for maintenance of normal body weight and obesity prevention.
O2	Current guidelines for the treatment of obesity.
O3	Basics of dietary advice for people who want to reduce body weight.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

B.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
B.W22.	basic quantitative parameters describing the performance of individual systems and organs, including ranges of norms and demographic factors affecting value these parameters
C.W39.	consequences of vitamin and mineral deficiencies and excesses;

D.W19.	the fundamentals of evidence-based medicine;
G.W2.	determinants of diseases, methods of identifying and examining disease risk factors, advantages and disadvantages of epidemiological research and principles of cause-and-effect inference in medicine;

Skills– Graduate* is able to:

D.U1.	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
G.U2.	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	Knows the consequences of improper nutrition, including prolonged starvation, overeating and unbalanced diet.
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Skills– Graduate is able to:

S1	Provides direction of biochemical processes, depending on the cell energy status.
S2	Collect information on the presence of risk factors for communicable and noncommunicable disease and plan prevention plans at different levels.
S3	Performs simple tests and measurements of the health status, interprets the outcomes of the basic physiological variables.
S4	Recognizes self deficits and educational needs, plans its own activity.
S5	Critically examines the medical references, including local and foreign literature, draws conclusions based on the available literature
S6	Trying to avoid making a medical error in their own activities.

Social Competencies – Graduate is ready for:

SC1	
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6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1	Obesity – the point of view of a doctor (definition, epidemiology) – Anna Jagielska, MD, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.

(e-L) seminar 2	Obesity – the point of view of a doctor (diagnostics, treatment guidelines) – Anna Jagielska, MD, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 3	The planning policies for slimming diet - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 4	The impact of diet on the metabolism of the human body - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 5	Food substances that modify the appetite - Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 6	Physical activity vs weight reduction – Anna Jagielska, MD, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 7	Truths and myths – part 1: Diet: ketogenic, Atkins, Dukan, macrobiotic Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 8	Truths and myths – part 2. Diet: separation of energy sources, blood group, Copenhagen, “5:2” – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 9	Truths and myths – part. 3 Diet: gluten-free, lactose-free, anti-acidic – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.
(e-L) seminar 10	Truths and myths – part 4 Diet: one-component, very low energetic, purifying, prehistoric – Anna Jagielska, MD, PhD, Aleksandra Kozłowska, MSc, PhD	B.W20., B.W22., C.W39., D.W19., G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.

7. LITERATURE

Obligatory

Obligatory literature:

1. Journal of Nutrigenetics and Nutrigenomics <http://www.karger.com/Journal/Home/232009>
2. Modern nutrition in health and disease. pod. red. ME Skills i wsp., LWW, 10th edition
3. Guidelines for obesity treatment (on line)

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W20., B.W22., C.W39., D.W19.,	1. Written reports 2. Test (MCQ)	1. credit 2. >60% of correct answers

G.W2., D.U1., E.U21., G.U2., K1, S.1-S.5.		
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9. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account ONLY. Access to e-learning will be available from 2nd till 15th week of semester.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. Using of the syllabus for other purposes requires consent of the MUW.

ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Social Media in Healthcare

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Krzysztof Kanecki, MD, PhD e-mail: krzysztof.kanecki@wum.edu.pl
Person responsible for syllabus	Krzysztof Kanecki, MD, PhD e-mail: krzysztof.kanecki@wum.edu.pl
Teachers	Krzysztof Kanecki, MD, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.0
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.0

3. COURSE OBJECTIVES

O1	Understand how social media is used in healthcare, to improve communication and information sharing
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4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

D.K2	concepts of health and illness, the influence of the social environment (family, work, social relations) and socio-cultural conditions (origin, social status, religion, nationality and ethnic group) on the patient's health;
D.K5	social attitudes towards illness, disability and old age and the specific impact of stereotypes, prejudice and discrimination;
D.K7	the specificity and role of verbal (conscious message construction) and non-verbal communication;
D.K19	the fundamentals of evidence-based medicine;

G.K5	legal regulations regarding patients' rights and the Patient Ombudsman, as well as legal regulations relevant to medical activities in the field of labor law, the basics of practicing the medical profession and the functioning of the medical self-government;
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Skills– Graduate* is able to:

B.S8	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
D.S1	observe ethical models in professional activities, including planning and carrying out the therapeutic process in accordance with ethical values and the idea of humanism in medicine;
D.S9	describe and critically evaluate their own behaviour and communication, taking into account the possibility of alternative behaviour;
D.S11	adapt verbal communication to the needs of the patient, expressing themselves clearly and avoiding medical jargon;
D.S14	look at the situation from the patient's perspective, building an appropriate conversational context and using the elicitation method, and then incorporating this into the construction of verbal messages.
G.S5	explain to people using health services their basic rights and the legal basis for providing these services;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	rules for conducting scientific research and disseminating its results;
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Skills– Graduate is able to:

S1	plan their own educational activities and constantly improve their knowledge;
S2	critically evaluate scientific findings;

Social Competencies – Graduate is ready for:

SC1	using objective sources of information.
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6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1 asynchronous online course	Exploring Digital Culture. <ul style="list-style-type: none"> What are social media? Key Concepts of Social Media The case for social media – why they are important for public health?	D.K5, D.K7, B.S8, D.S11
(e-L) seminar 2 asynchronous online course	Understanding Information Literacy	D.K2, D.K5, D.K7, D.K19, B.S8, D.S11, D.S14, G.S5

(e-L) seminar 3 asynchronous online course	Fake News - How does health (mis)information spread? Addressing conspiracy theories through education	D.K2, D.K5, D.K7, D.K19, B.S8, D.S11
(e-L) seminar 4 asynchronous online course	How can promote yourself in the world of social media? <ul style="list-style-type: none"> Key methods of professional doctor's branding in social media. Social media marketing – doctors' common mistakes.	D.K2, D.K5, D.K7, D.K19, G.K5, B.S8, D.S1, D.S9, D.S11, D.S14, G.S5
(e-L) seminar 5 asynchronous online course	Examples of successful marketing strategies for doctors.	D.K2, D.K5, D.K7, D.K19, G.K5, B.S8, D.S1, D.S11, D.S14, G.S5
(e-L) seminar 6 asynchronous online course	What's New in Social Media? Social Media and Public Health Communication	D.K2, D.K5, D.K7, D.K19, G.K5, B.S8, D.S1, D.S11, D.S14, G.S5

7. LITERATURE

Obligatory

- WHO. Infodemic. https://www.who.int/health-topics/infodemic#tab=tab_1
- CDC Social Media Tools, Guidelines & Best Practices <https://www.cdc.gov/digital-social-media-tools/>

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.K2, D.K5, D.K7, D.K19, G.K5, B.S8, D.S1, D.S9, D.S11, D.S14, G.S5	1. Quizzes, written assignments 2. Test (MCQ)	1. credit 2. minimum final grade of 70% required

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.
Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject.
Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must sent them before proceeding to the final test.
Student must pass the final test (available on the e-learning platform) to obtain a credit.
Printing the certificate is possible only if the student has fulfilled both criteria: passed the final test and a received positive evaluation of tasks.
Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

Medical University of Warsaw has property rights, including copyright, to the syllabus. The syllabus may be used for educational purposes at the MUW only. Using of the syllabus for other purposes requires consent of the MUW.

ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Travel Medicine

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Person responsible for syllabus	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Teachers	Prof. Aneta Nitsch-Osuch, MD, PhD Katarzyna Lewtak, MD, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.0
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.0

3. COURSE OBJECTIVES

O1	Understanding the goals and challenges in the field of travel medicine.
O2	Understanding the concept of different climatic conditions and low sanitary standards from the perspective of health protection.
O3	Comprehensive understanding of health problems in developing countries.
O4	Having knowledge about the most common symptoms and treatment of diseases occurring during and after travel, including tropical diseases.
O5	Having knowledge about current risks for travelers.
O6	Ability to provide a medical advice for travelers: before and after travel.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

C.K11	the epidemiology of viral, bacterial, fungal and prion infections and parasitic infections, including their geographical distribution;
C.K12	the pathogenesis and pathophysiology of infections and contagions and the impact of pathogens such as viruses, bacteria, fungi, prions and parasites on the human body and population, including their modes of action, the consequences of exposure to them and the principles of prevention;
E.K2	principles for the prevention of childhood diseases, including screening, balance testing and immunisation;
E.K3	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common childhood diseases and their complications;
E.K32	principles for dealing with suspicion and detection of an infectious disease;
E.K33	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic and preventive management of the most common infectious diseases and their complications: (1) bacterial diseases, including streptococcal, staphylococcal, pneumococcal and meningococcal infections, whooping cough, tuberculosis, Lyme disease and gastrointestinal infections; (2) viral diseases, including respiratory and gastrointestinal infections, viral hepatitis, Herpesviridae, human immunodeficiency virus and neurotropic virus infections; (3) parasitic diseases, including giardiasis, amebiasis, toxoplasmosis, malaria, toxocariasis, trichomoniasis, roundworm, tapeworm and pinworm; (4) Mycoses, including candidiasis, aspergillosis and pneumocystosis; (5) hospital-acquired infections;
E.K35	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common dermatological and sexually transmitted diseases;
G.K3	epidemiology of infectious diseases, including those related to health care, and non-infectious diseases, types and methods of prevention at various stages of the natural history of the disease, and the role and principles of epidemiological surveillance;

Skills– Graduate* is able to:

E.S1	take a medical history of an adult, including an older person, using skills regarding the content, process and perception of communication, taking into account the biomedical perspective and the patient's perspective;
E.S2	take a medical history of the child and his/her caregivers, using skills regarding the content, process and perception of communication, taking into account the biomedical and patient perspectives;
E.S9	recognize the most common symptoms of the disease in adults, use diagnostic tests and interpret their results, perform differential diagnosis, implement therapy, monitor the effects of treatment and assess indications for specialist consultation;
E.S10	recognize the most common symptoms of the disease in children, apply diagnostic tests and interpret their results, conduct differential diagnosis, implement therapy, monitor the effects of treatment and assess indications for specialist consultation;
E.S13	qualify the patient for vaccinations;
E.S21	provide health education to the patient, including nutritional education tailored to individual needs;
G.S2	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;
G.S4	assess the epidemiological situation of infectious and non-communicable diseases in the Republic of Poland and in the world;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
-------------------------------------	----------------------------------

Knowledge – Graduate knows and understands:

K1	common and important travel-related diseases;
K2	treatment regimens of tropical diseases (including malaria, yellow fever, dengue, travel diarrhea, etc.);
K3	vaccine recommendations and requirements.

Skills– Graduate is able to:

S1	help travellers who request for pre-travel counselling and generate sound preventive measure including vaccine recommendation;
S2	describe common and important travel-related diseases;
S3	plan for the investigations, treatment and generate the proper advice for the patient with travel-related diseases.

Social Competencies – Graduate is ready for:

SC1	being familiar with current travel health issues;
SC2	identifying the hazards associated with a particular geographic location / particular itinerary and group travelers;
SC3	accessing reliable evidence-based country specific information about vaccine / current epidemiological situation;
SC4	delivering correct advice using reliable information resources tailored to the individual needs of each traveller.

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminar 1 asynchronous online course	Travel medicine - general rules. How to plan a safe journey?	E.K2, E.K32, E.K33, G.K3, E.S1, E.S21, G.S2, G.S4
(e-L) seminar 2 asynchronous online course	Travel diarrhea (etiology, epidemiology, prevention and treatment)	C.K11, C.K12, E.K3, E.K32, E.K33, G.K3, E.S1, E.S9, G.S2
(e-L) seminar 3 asynchronous online course	Travel Immunizations (what, where and when)	E.K2, E.K32, E.K33, G.K3, E.S9, E.S13, E.S21, G.S4
(e-L) seminar 4 asynchronous online course	Malaria - travel medicine problem (etiology, epidemiology, prevention, basics of treatment)	C.K11, C.K12, E.K3, E.K32, E.K33, G.K3, E.S1, E.S9, G.S4
(e-L) seminar 5 asynchronous online course	Traveling with a child (general rules and precautions)	C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, G.K3, E.S2, E.S10, E.S13, G.S2
(e-L) seminar 6 asynchronous online course	Travel and pregnancy (risks and limitations)	E.K2, E.K32, E.K33, G.K3, E.S1, E.S9, E.S13, G.S2, G.S4
(e-L) seminar 7 asynchronous online course	Travel and seniors (risks and limitations)	E.K2, E.K32, E.K33, G.K3, E.S1, E.S9, E.S13, G.S2

(e-L) seminar 8 asynchronous online course	Travel and special conditions and situations (including patients with chronic diseases and immunosuppression)	C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, G.K3, E.S1, E.S9, E.S13, G.S2
(e-L) seminar 9 asynchronous online course	Travel and epidemiological risks. Current epidemiological risks around the world	C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, G.K3, E.S1, E.S9, E.S13, E.S21, G.S2
(e-L) seminar 10 asynchronous online course	After travel symptoms and diseases (skin symptoms, psychiatric symptoms, STI, fever after travel)	C.K11, C.K12, E.K3, E.K32, E.K33, E.K35, G.K3, E.S1, E.S9, E.S21, G.S2

7. LITERATURE

Obligatory

7. WHO. Travel advice <https://www.who.int/travel-advice>
8. CDC. Travelers' Health. <https://wwwnc.cdc.gov/travel/>
9. ECDC. Travellers' health. <https://www.ecdc.europa.eu/en/travellers-health>
10. Public Health Scotland. Fit for travel. <https://www.fitfortravel.nhs.uk/home>
11. The Yellow Book (CDC Health Information for International Travel) <https://wwwnc.cdc.gov/travel/page/yellowbook-home>

Supplementary

1. Journal of Travel Medicine <https://academic.oup.com/jtm/issue>
2. Travel Medicine and Infectious Disease Journal <https://www.journals.elsevier.com/travel-medicine-and-infectious-disease>
3. The Practice of Travel Medicine: Guidelines by the Infectious Diseases Society of America <https://academic.oup.com/cid/article/43/12/1499/277259>

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, E.K35, G.K3, E.S1, E.S2, E.S9, E.S10, E.S13, E.S21, G.S2, G.S4	<ol style="list-style-type: none"> 1. Quizzes, written assignments 2. Test (MCQ) – 30 questions 	<ol style="list-style-type: none"> 1. credit 2. Requirements for a pass: minimum 20 points at the final test

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.
Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject.
Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must sent them before proceeding to the final test.
Student must pass the final test (available on the e-learning platform) to obtain a credit.
Printing the certificate is possible only if the student has fulfilled both criteria: passed the final test and a received positive evaluation of tasks.
Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Vaccinology in Practice

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banach Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Person responsible for syllabus	Katarzyna Lewtak, MD, PhD e-mail: katarzyna.lewtak@wum.edu.pl
Teachers	Prof. Aneta Nitsch-Osuch, MD, PhD Katarzyna Lewtak, MD, PhD

2. BASIC INFORMATION

Year and semester of studies	I-VI year, winter and summer semester	Number of ECTS credits	2.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		30 (e-learning)	1.0
Classes (C)			
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		30	1.0

3. COURSE OBJECTIVES

O1	Understanding the types and technology platforms of vaccines.
O2	Understanding the concept of life long approach to immunization.
O3	Comprehensive understanding of vaccine hesitancy problem.
O4	Having knowledge about the most common indications and contraindications for vaccines, including risk group patients.
O5	Having knowledge about recommended vaccines for pregnant women (maternal immunization rules and principles).
O6	Ability to provide a medical advice for patients who require vaccinations.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

C.K11	the epidemiology of viral, bacterial, fungal and prion infections and parasitic infections, including their geographical distribution;
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C.K12	the pathogenesis and pathophysiology of infections and contagions and the impact of pathogens such as viruses, bacteria, fungi, prions and parasites on the human body and population, including their modes of action, the consequences of exposure to them and the principles of prevention;
E.K2	principles for the prevention of childhood diseases, including screening, balance testing and immunisation;
E.K3	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common childhood diseases and their complications: (9) the most common childhood infectious diseases;
E.K32	principles for dealing with suspicion and detection of an infectious disease;
E.K33	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic and preventive management of the most common infectious diseases and their complications: (1) bacterial diseases, including streptococcal, staphylococcal, pneumococcal and meningococcal infections, whooping cough, tuberculosis, Lyme disease and gastrointestinal infections; (2) viral diseases, including respiratory and gastrointestinal infections, viral hepatitis, Herpesviridae, human immunodeficiency virus and neurotropic virus infections; (3) parasitic diseases, including giardiasis, amebiasis, toxoplasmosis, malaria, toxocariasis, trichomoniasis, roundworm, tapeworm and pinworm; (5) hospital-acquired infections;
G.K3	epidemiology of infectious diseases, including those related to health care, and non-infectious diseases, types and methods of prevention at various stages of the natural history of the disease, and the role and principles of epidemiological surveillance;

Skills– Graduate* is able to:

E.S9	recognize the most common symptoms of the disease in adults, use diagnostic tests and interpret their results, perform differential diagnosis, implement therapy, monitor the effects of treatment and assess indications for specialist consultation;
E.S10	recognize the most common symptoms of the disease in children, apply diagnostic tests and interpret their results, conduct differential diagnosis, implement therapy, monitor the effects of treatment and assess indications for specialist consultation;
E.S13	qualify the patient for vaccinations;
E.S21	provide health education to the patient, including nutritional education tailored to individual needs;
G.S2	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;
G.S4	assess the epidemiological situation of infectious and non-communicable diseases in the Republic of Poland and in the world;

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	Types of vaccinations and technology platforms.
K2	Vaccine hesitancy problem.
K3	Vaccine recommendations and requirements.

Skills– Graduate is able to:	
S1	Help patient to choose vaccine, including risk group patients and pregnant women;
S2	Describe and recognise a patient with a hesitant attitude to vaccines;
S3	Plan a vaccination schedule for a patient.

Social Competencies – Graduate is ready for:	
SC1	Being familiar with current vaccine recommendations.
SC2	Identifying the indications and contraindications for vaccines.
SC3	Accessing reliable evidence-based country specific information about vaccine / current epidemiological situation.
SC4	Delivering correct advice using reliable information resources tailored to the individual needs of each patient (regarding vaccines and vaccination schedule).

6. CLASSES		
Form of class	Class contents	Effects of Learning
(e-L) seminar 1 asynchronous online course	Introduction to vaccinology. Types of vaccines and technological platforms for vaccine production.	E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S21, G.S2, G.S4
(e-L) seminar 2 and 3 asynchronous online course	Lifelong approach to vaccination	C.K11, C.K12, E.K32, E.K33, G.K3, E.S9, E.S10, G.S2
(e-L) seminar 4 asynchronous online course	Maternal immunization – general rules and principles	E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S4
(e-L) seminar 5 and 6 asynchronous online course	Adult immunization	C.K11, C.K12, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S4
(e-L) seminar 7 asynchronous online course	Vaccine hesitancy	C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S2
(e-L) seminar 8 and 9 asynchronous online course	Adult immunization – practical aspects	E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S2
(e-L) seminar 10 asynchronous online course	History of vaccines and vaccinology	E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S2

7. LITERATURE	
Obligatory	
1. Plotkin S, Orenstein W, Offit P, Edwards K: Plotkin’s vaccines. 8th edition. Elsevier 2022.	
Supplementary	

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
C.K11, C.K12, E.K2, E.K3, E.K32, E.K33, G.K3, E.S9, E.S10, E.S13, E.S21, G.S2, G.S4	1. Quizzes, written assignments 2. Test (MCQ) – 30 questions	1. credit 2. Requirements for a pass: minimum 20 points at the final test

9. ADDITIONAL INFORMATION

The course is available on the platform www.e-learning.wum.edu.pl.
Student must learn all materials uploaded to the modules on the platform. After each module there are questions (quizzes) or task related to its subject.
Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must send them before proceeding to the final test.
Student must pass the final test (available on the e-learning platform) to obtain a credit.
Printing the certificate is possible only if the student has fulfilled both criteria: passed the final test and a received positive evaluation of tasks.
Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers



Chill out! - Relaxation as a tool for personal development and therapy (16.11, 17.11, 30.11)

1. IMPRINT

Academic Year	2024/2025
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa, Tel. +48 22 116 92 11
Head of Educational Unit / Heads of Educational Units	Professor Dorota Włodarczyk, MA, PhD
Course coordinator	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD (magdalena.lazarewicz@wum.edu.pl)

2. BASIC INFORMATION

Year and semester of studies	I-VI year, 1st semester	Number of ECTS credits	2.00
FORMS OF CLASSES			

Contacting hours with academic teacher	Number of hours	ECTS credits calculation
Lecture (L)		
Seminar (S)	30	1.5
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	15	0.5

3. COURSE OBJECTIVES

O1	To broaden students' knowledge on stress and its consequences for health and the meaning of relaxation for human wellbeing.
O2	Development of auto-relaxation skills, ability to conduct relaxation training for others, working with strains, removal of anxiety in adaptive way.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>
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Knowledge – Graduate* knows and understands:

D.W4	the concept of stress, including eustress and distress, and the impact of stress on the aetiopathogenesis and course of somatic diseases and psychiatric disorders, and mechanisms of coping with stress
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Skills– Graduate* is able to:

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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the field of:
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Knowledge – Graduate knows and understands:

K1	psychological and physiological basis of relaxation
K2	what biofeedback is and how it may be used in relaxation training
K3	basics of meditation and mindfulness
K4	specificity of relaxation techniques for children

Skills– Graduate is able to:

S1	conduct basic breathing exercises
S2	work with biofeedback
S3	conduct Jacobson’s progressive muscle relaxation
S4	conduct passive muscle relaxation
S5	Shultz’s autogenic training
S6	conduct visualization and meditation exercises
S7	conduct basics mindfulness exercises

Social Competencies – Graduate is ready for:

SC1	-
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6. CLASSES

Form of class	Class contents	Effects of Learning
S	Class 1. Relaxation: the way to human mind is through his body- Psychological and physiological basis of relaxation, breathing exercises, biofeedback, Jacobson’s progressive muscle relaxation, passive muscle relaxation.	D.W4 K1, K2 S1-S4
S	Class 2. Relaxation: the way to human body is through his mind - Shultz’s autogenic training, visualization, meditation and basics of mindfulness. Relaxation techniques for children.	K3, K4 S5-S7
S	Class 33. Relaxation techniques from around the world – Students presentation on relaxation, visualization, meditation, mindfulness, sports as a way to relax.	S1-S7

7. LITERATURE

Obligatory

PDF materials provided by the teacher during the course (scripts of specific relaxation techniques)

Supplementary

Davis, M, Robbins-Eshelman E, McKay, M. (2006). *The relaxation & Stress Reduction workbook*. New Harbinger Publications Inc.: Oakland.

Sood A. (2013). *The Mayo Clinic guide to Stress-Free Living*. Da Capo Press: Boston.

Sood A. (2015). *The Mayo Clinic handbook for happiness*. Da Capo Press: Boston.

The above textbooks are available for short rental from the teacher (single copies).

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W4 K1-K4, S1-S7	Active participation in all discussions and exercises during classes	Minimal acceptable level of performance
S1, S3-S7	Providing a self-prepared recording of a chosen relaxation technique (choice of the script and background music, recording in a proper pace and tone of voice, as practiced in a class and in line with the provided instructions)	Minimal acceptable level of performance
S1-S7	Preparation of a presentation on relaxation, visualization, meditation, mindfulness, handicraft, anima-therapy, sports or other way to relax: presentation (theoretical/cultural background), instruction (demonstration), discussion.	Minimal acceptable level of performance

9. ADDITIONAL INFORMATION

It is a weekend course that takes place on:

- Saturday, November 16, 2024, 10am-5.30pm
- Sunday, November 17, 2024, 10am-5.30pm
- Saturday, November 30, 2024, 10am-5.30pm

All sessions will take place at ul. Litewska 14 room -103 (level "-1").

Attendance: 90% attendance is required. Partial absence (max. 3h teaching hours = 135min) has to be credited with additional written task. Students are expected to come to the class on time and participate actively.

To provide good learning environment for everyone, students are requested to turn off electronic devices that might disturb the class.

Maximum 22 students are accepted to the course.

Contact information to the coordinator of all ED courses run by the Department of Health Psychology:

Magdalena Łazarewicz, MA, PhD

magdalena.lazarewicz@wum.edu.pl

The Department of Health Psychology runs the Psychological Students Science Club "Psyche" (in English) (contact information: magdalena.lazarewicz@wum.edu.pl).

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ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.