



Patient Education *Edukacja Pacjenta*

1. IMPRINT

Academic Year	2025/2026
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 Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: msizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD
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	III-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)	1.20
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.80

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.W1	social dimension of health and disease, influence of society (family, social relationships network) and social inequalities on health condition, as well social and cultural differences and the roles of social stress in health and self-destructive behaviours;
D.W2	social factors affecting behaviours in health and disease, especially a chronic disease;
D.W4	social approaches to the meaning of health, illness, disability and aging, social consequences of illnesses, disability and socio-cultural barriers, as well as the applicable concept of life quality conditioned by health condition;
D.W5	rules and methods of communication with patients and their family that contribute to development of an empathic relationship, based on trust;
D.W6	significance of the verbal and non-verbal communication in the process of communicating with patients and the notion of trust in the interaction with patients;
D.W9	basic human psychological mechanisms of functioning in health and disease;
D.W10	role of the family in the treatment process;

D.W15	how to motivate patients to healthy conduct and pass bad news;
D.W19	culture, ethnicity and nationality related conditions of human behaviours;
D.W23	foundations of evidence based medicine;
G.W1	health assessment methods of an individual and a population, disease and medical procedure classification;

Skills– Graduate* is able to:

D.U1	include patient's subjective needs and expectations resulting from the socio-cultural background in the entire therapeutic process;
D.U2	perceive signs of unhealthy and self-destructive behaviours and react properly to such behaviours;
D.U4	develop a trust-based relationship during the whole diagnostic and treatment process;
D.U5	conduct an interview with an adult patient, a child and the family with empathy and listen actively; is able to discuss the patient's life situation;
D.U6	inform a patient of the purpose, course and any risk of proposed diagnostic or treatment actions and obtain informed consent from the patient;
D.U7	involve a patient in the treatment process;
D.U9	advise on the observance of therapeutic guidelines and healthy lifestyle;
D.U11	apply the basic psychological interventions of motivational and supportive character;
D.U15	observe patient's rights;
D.U16	identify their own limitations, do self-assessment, plan further education;
D.U17	critically analyse the medical bibliography (also in English) and draw conclusions;
G.U2	collect information about the presence of the factors of risk of infectious and chronic diseases and plan preventive actions 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	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 behaviours;
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.W1; D.W2; D.W4; D.W5; D.W6; D.W15; D.U9.
(e-L) seminar 2 asynchronous online course	Methods and Materials of Health Education. From counselling to community action	D.W2; D.W4; D.W5; D.W6; D.W10; D.W15; D.W23; D.U1; D.U2; D.U7; D.U9; D.U11.
(e-L) seminar 3 asynchronous online course	Why don't patients listen to their doctors? Factors impacting on patient compliance with medical advice	D.W1; D.W2; D.W9; D.W19; D.U1; D.U7.
(e-L) seminar 4 asynchronous online course	Explaining patients' behaviour. Compliance, adherence or concordance – why do they matter?	D.W2; D.W5; D.W6; D.W9; D.W10; D.U1; D.U6; D.U7.
(e-L) seminar 5 asynchronous online course	Health literacy	D.W1; D.W2; D.W5; D.W6; D.W9; D.W19; D.W23; D.U1.
(e-L) seminar 6 asynchronous online course	Why patient experience matters more than ever?	D.W2; D.W5; D.W6; D.W19; G.W1; D.U1; D.U4; D.U7; G.U2.
(e-L) seminar 7 asynchronous online course	Health Behaviour Change – Theories and Models	D.W2; D.W9; D.W15; D.W23; D.U2; D.U11.
(e-L) seminar 8 asynchronous online course	Motivating patients to change	D.W1; D.W2; D.W5; D.W6; D.W9; D.W10; D.W15; D.W19; D.U1; D.U2; D.U4; D.U5; D.U7; D.U9; D.U11; D.U15.
(e-L) seminar 9 asynchronous online course	An overview of clinically and healthcare related apps: connecting patients, drugs, and clinicians	D.W5; D.W6; D.W15; D.U2; D.U4; D.U7.
(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.W5; D.W6; D.W10; D.W15; D.W19; D.U1; D.U2; D.U5; D.U7; D.U9; D.U11.

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://iris.who.int/handle/10665/119953>
2. Health literacy. The solid facts. World Health Organization 2013. <https://apps.who.int/iris/handle/10665/326432>
3. CDC. Health Literacy. <https://www.cdc.gov/health-literacy/php/develop-materials/guidance-standards.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.W1; D.W2 D.W4; D.W5; D.W6; D.W9; D.W10; D.W15; D.W19; D.W23; G.W1; D.U1; D.U2; D.U4; D.U5; D.U6; D.U7; D.U9; D.U11; D.U15; D.U16; D.U17; G.U2	1. Quizzes, written assignments 2. Test (MCQ)	1. credit 2. requirements for a pass: a minimum mark of 70%

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)*

Additional Information:

- The maximum number of participants per course edition is 500.
- Students have three attempts to obtain credit for the course (in accordance with §§ 26, 27, and 28 of the Study Regulations).
- The course is conducted entirely online via the e-learning platform www.e-learning.wum.edu.pl.

Course Requirements:

- Students are required to study all materials provided within the course modules on the e-learning platform.
- After each module, students must complete quizzes or assignments related to the module's content.
- Written assignments must be submitted to the course instructor via the e-learning platform and must receive a positive evaluation.
- Assignments must be submitted and positively assessed before the student is allowed to attempt the final test.
- To successfully complete the course, students must pass the final test (available on the e-learning platform).
- The course completion certificate may be downloaded only after both conditions are met: a passed final test and positive evaluation of all required assignments.

Important Communication Note:

Students are required to regularly check their official MUW email account, as all course-related information is communicated exclusively through the MUW email system.

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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