



## Patient Education

### 1. IMPRINT

<b>Academic Year</b>	2023/2024
<b>Department</b>	Faculty of Medicine
<b>Field of study</b>	Medicine
<b>Main scientific discipline</b>	Medical sciences
<b>Study Profile</b>	General academic
<b>Level of studies</b>	Uniform MSc
<b>Form of studies</b>	Full time studies
<b>Type of module / course</b>	Non-compulsory (elective course)
<b>Form of verification of learning outcomes</b>	Completion
<b>Educational Unit / Educational Units</b>	Department of Social Medicine and Public Health Medical University of Warsaw 3 Oczki St, 02-007 Warsaw Phone: 22-621-52-56, 22-621-51-97 E-mail: <a href="mailto:zmsizp@wum.edu.pl">zmsizp@wum.edu.pl</a>

<b>Head of Educational Unit / Heads of Educational Units</b>	Prof. Aneta Nitsch-Osuch, MD, PhD
<b>Course coordinator</b>	Katarzyna Lewtak, MD, PhD e-mail: <a href="mailto:katarzyna.lewtak@wum.edu.pl">katarzyna.lewtak@wum.edu.pl</a>
<b>Person responsible for syllabus</b>	Katarzyna Lewtak, MD, PhD e-mail: <a href="mailto:katarzyna.lewtak@wum.edu.pl">katarzyna.lewtak@wum.edu.pl</a>
<b>Teachers</b>	Katarzyna Lewtak, MD, PhD e-mail: <a href="mailto:katarzyna.lewtak@wum.edu.pl">katarzyna.lewtak@wum.edu.pl</a>

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

<b>3. COURSE OBJECTIVES</b>	
O1	acquiring competence to conduct patient education in public and commercial institutions of the health system.

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

<b>Code and number of effect of learning in accordance with standards of learning</b>	<b>Effects in time</b> <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.K1	The social dimensions of health and illness, the impact of the social environment (family, social networks) and social inequalities and socio-cultural differences on health, and the role of social stress in health and self-destructive behaviours;
D.K2	Social factors in health and disease (especially in chronic disease);
D.K4	Community attitudes towards health, illness, disability, ageing and elderly people, social impact of illness and disability, socio-cultural barriers to healthcare. Health-Related Quality of Life (HRQL);
D.K5	Communicating with patients and family members - fundamental principles of good communication;
D.K6	Verbal and non-verbal communication skills. The impact of trust, interaction, and empathy in doctor-patient relationship;
D.K9	Psychological aspects of health and illness;
D.K10	The importance of family participation in treatment;
D.K15	The concept of patient motivation. Communication strategies for sharing prognostic information with patients;
D.K19	Cultural and ethnic differences in health behaviours;
D.K23	The basic principles of evidence-based medicine;
G.K1	Health status assessment methods for the individuals and population. International Classification of Diseases. International Classification of Procedures in Medicine.

##### Skills– Graduate\* is able to:

D.S1	take into consideration patients' subjective needs and expectations resulting from their socio-cultural situations;
D.S2	recognize warning signs of anti-health behaviour and respond to them;
D.S4	build trust in the course of treatment;
D.S5	show empathy, listen and talk to adult/child patient and the family about issues concerning their health or life situation;
D.S6	inform the patient about the purpose, course and possible risk of proposed diagnostic or therapeutic procedures; getting patient's approval;
D.S7	give information on unfavorable prognosis to the patient's family;
D.S9	improve patient adherence to the treatment recommendations and encourage them to have healthy lifestyles;
D.S11	communicate with members of a team, provide feedback and assistance;
D.S15	acquire new qualifications and spread new knowledge to other people;

D.S16	identify their own limitations, do self-assessment, plan further education;
D.S17	critically appraise medical literature, even that in English; draw conclusions based on available literature;
G.S2	collect information on infectious and chronic diseases risk factors and plan preventive health actions at different levels of prevention
D.S1	take into consideration patients' subjective needs and expectations resulting from their socio-cultural situations;
D.S2	recognize warning signs of anti-health behaviour and respond to them;

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

<b>5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)</b>	
<b>Number of effect of learning</b>	<b>Effects of learning in time</b>
<b>Knowledge – Graduate knows and understands:</b>	
K1	main tasks of health education;
K2	rules for conducting scientific research and disseminating its results
<b>Skills– Graduate is able to:</b>	
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.
<b>Social Competencies – Graduate is ready for:</b>	
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.

<b>6. CLASSES</b>		
<b>Form of class</b>	<b>Class contents</b>	<b>Effects of Learning</b>
(e-L) seminar 1 asynchronous online course	What is Health Education? - Definition, Topics & Role in Society	D.K1; D.K2; D.K4; D.K5; D.K6; D.K15; D.S9.
(e-L) seminar 2 asynchronous online course	Methods and Materials of Health Education. From counselling to community action;	D.K2; D.K4; D.K5; D.K6; D.K10; D.K15; D.K23; D.S1; D.S2; D.S7; D.S9; D.S11.

(e-L) seminar 3 asynchronous online course	Why don't patients listen to their doctors? Factors impacting on patient compliance with medical advice;	D.K1; D.K2; D.K9; D.K19; D.S1; D.S7.
(e-L) seminar 4 asynchronous online course	Explaining patients' behaviour. Compliance, adherence or concordance – why do they matter?	D.K2; D.K5; D.K6; D.K9; D.K10; D.S1; D.S6; D.S7.
(e-L) seminar 5 asynchronous online course	Health literacy;	D.K1; D.K2; D.K5; D.K6; D.K9; D.K19; D.K23; D.S1.
(e-L) seminar 6 asynchronous online course	Why patient experience matters more than ever?	D.K2; D.K5; D.K6; D.K19; G.K1; D.S1; D.S4; D.S7; G.S2.
(e-L) seminar 7 asynchronous online course	Health Behaviour Change – Theories and Models;	D.K2; D.K9; D.K15; D.K23; D.S2; D.S11.
(e-L) seminar 8 asynchronous online course	Motivating patients to change	D.K1; D.K2; D.K5; D.K6; D.K9; D.K10; D.K15; D.K19; D.S1; D.S2; D.S4; D.S5; D.S7; D.S9; D.S11; D.S15.
(e-L) seminar 9 asynchronous online course	An overview of clinically and healthcare related apps: connecting patients, drugs, and clinicians;	D.K5; D.K6; D.K15; D.S2; D.S4; D.S7.
(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.K5; D.K6; D.K10; D.K15; D.K19; D.S1; D.S2; D.S5; D.S7; D.S9; D.S11.

## 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 Educ Couns (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/educating-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.S2; D.S5; D.S7; D.S9; D.S11; G.S2; SC1; SC3; SC4	1. Quizzes, written assignments 2. Test (MCQ)	1. credit 2. Requirements for a pass: a minimum mark of 70%

## 9. ADDITIONAL INFORMATION *(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)*

The course is available on the platform [www.e-learning.wum.edu.pl](http://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 in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers.