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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
RUDN University**

Institute of Medicine

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

Topical Issues of Integrative Medicine

course title

Recommended by the Didactic Council for the Education Field of:

31.05.01 General Medicine

field of studies / speciality code and title

The course instruction is implemented within the professional education programme of higher education:

General Medicine

higher education programme profile/specialisation title

2022-2023

1. COURSE GOAL(s)

The goal of the course "Topical Issues of Integrative Medicine" is to master the complex application of means of different medical systems, but also the ability to determine the aetiology of the diseases more accurately, the cause and nature of local pathological changes, to monitor changes occurring in the body during treatment.

2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) "Topical Issues of Integrative Medicine" is aimed at the formation of the following competencies: GPC-5, GPC-7, PC-3.

Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
GPC-5	Ability to assess morphofunctional, physiological conditions and pathological processes in the human body to solve professional tasks	GPC-5.1. Owns the algorithm of clinical, laboratory and functional diagnostics in solving professional tasks.
		GPC-5.2. Ability to evaluate the results of clinical, laboratory and functional diagnostics when solving professional tasks.
		GPC-5.3. Ability to determine morphofunctional, physiological states and pathological processes of the human body.
GPC-7	Ability to prescribe treatment and monitor its effectiveness and safety	GPC-7.1. Owns the methods of general clinical examination, interpretation of the results of laboratory, instrumental diagnostic methods.
PC-3	Ability to prescribe treatment and monitoring its effectiveness and safety	PC-3.6. Ability to organize personalized treatment of the patient, including pregnant women, elderly and senile patients, to evaluate the effectiveness and safety of treatment.

3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the higher educational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
GPC-5	Ability to assess morphofunctional, physiological conditions and pathological processes in the human body to solve professional tasks	Biology; Normal physiology; Biochemistry; Propaedeutics of internal diseases;	Neurology, medical genetics, neurosurgery; Faculty therapy; Oncology, Radiation therapy; Polyclinic therapy;
GPC-7	Ability to prescribe treatment and monitor its effectiveness and safety	Biology; Normal physiology; Biochemistry; Propaedeutics of internal diseases;	Neurology, medical genetics, neurosurgery; Faculty therapy; Oncology, Radiation therapy; Polyclinic therapy;
PC-3	Ability to prescribe treatment and monitoring its effectiveness and safety	Physics; General surgery	Polyclinic therapy; Hospital therapy; Infectious diseases;

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course "Topical Issues of Integrative Medicine" is 2 credits (72 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (full-time training)*

Type of academic activities	Total academic hours	Semesters/training modules
<i>Contact academic hours</i>	34	34
including:		
Lectures (LC)	-	-
Lab work (LW)	34	34
Seminars (workshops/tutorials) (S)		
<i>Self-studies</i>	32	32
<i>Evaluation and assessment (exam/passing/failing grade)</i>	6	6
Course workload	academic hours_	72
		72

	credits	2	2
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* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
Module 1 Introduction to Integrative Medicine	Topic 1.1. The body from the perspective of modern medicine. The disease from the perspective of modern medicine.	LW
Module 2 Scientific and practical aspects of the system of integrative medicine	Topic 2.1. Biochemical portrait of a healthy and sick person. Topic 2.2. Connective tissue is the main morpho-functional link in the development of diseases in a living organism. The main proteins of connective tissue are collagen and elastin. Synthesis. Features. Topic 2.3. Multilevel system-cybernetic organization of connective tissue components. Multiple dysplasia is the basis for a deeper analysis of human health. Topic 2.4. Integrative relationship of protein, lipid and carbohydrate metabolism. Topic 2.5. Integrative relationship of mineral and vitamin metabolism.	LW
Module 3 Integration of the body	Topic 3.1. The idea of the integration of the body. General theory of systems. From the cell to the tissues, organs and the whole organism. The body is an integration of complex systems.	LW
Module 4 Strategy and tactics of the treatment process in the system of integrative medicine	Topic 4.1. Integrative diagnostics. Integrative schemes of treatment, medical rehabilitation and prevention of diseases. Topic 4.2. Integrative approach in clinical medicine. Topic 4.3. Principles of integrative treatment: consistency, metabolism.	LW
Module 5 Fundamentals of traditional Oriental	Topic 5.1. Phytotherapy in the system of integrative medicine. Topic 5.2. Integrative approach to reflexology. Acupuncture as a system of diagnostic and therapeutic methods.	LW

medicine.	Topic 5.3. Ayurveda in the system of integrative medicine. Ayurveda is the art of life. Ayurveda is a holistic system of medicine.	
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* - to be filled in only for **full**-time training: *LC* - lectures; *LW* - lab work; *S* - seminars.

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
Lab work	A classroom for laboratory work, individual consultations, routine monitoring and interim certification, equipped with a set of specialized furniture and equipment (classroom 441)	A set of specialized furniture equipped with multimedia projectors. Software OS Windows XP, Vista, 7, office suite OpenOffice.org (or MS Office 2003, 2007),
Self studies	A classroom for students' independent work (can be used for laboratory classes and consultations), equipped with a set of specialized furniture (classroom 441)	A set of specialized furniture equipped with multimedia projectors. Software OS Windows XP, Vista, 7, office suite OpenOffice.org (or MS Office 2003, 2007),

* The premises for students' self-studies are subject to **MANDATORY** mention

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

1. Partsernyak S.A. Premature aging, polymorbidity and integrative medicine: the challenge of time. St. Petersburg : Publishing House "Integrative Technologies", 2020. -439 p.
2. Treat according to Hippocrates. The practitioner's Handbook. –M. : JSC "Holding "EDIS". 2014. -316 p.
3. Partsernyak S.A. Integrative medicine: the path from ideology to methodology of healthcare. St. Petersburg : Publishing house Nordmedizdat, 2007. -424 p.

Additional readings:

1. Baksheev V.I., Kolomoets N.M. Kostycheva T.V. Alternative medicine: past, present and future // Kl. med. – 2010. – No. 1. – p.677.

2. Nikityuk B.A. Integration of knowledge in human sciences. –M. : "SportAkademPress", 2000. -440 p.
3. Integrative medicine and human ecology. / Edited by N.A. Aghajanyan and I.N. Polunin. –M.-Astrakhan : Pathos. 1998. -354 p.

Resources of the information and telecommunications network "Internet":

1. EBS RUDN and third-party EBS, to which University students have access on the basis of concluded agreements:

- Electronic library system of RUDN – EBS RUDN <http://lib.rudn.ru/MegaPro/Web>
- EBS Yurayt <http://www.biblio-online.ru>
- EBS "University library online" <http://www.biblioclub.ru> -ABS urite <http://www.biblio-online.ru>
- EBS "student Consultant" www.studentlibrary.ru
- EBS "LAN" <http://e.lanbook.com/>

1. Database and search engine

- NCBI: <https://p.360pubmed.com/pubmed/>
- Bulletin of the RUDN: access mode from the territory of the RUDN and remotely <http://journals.rudn.ru/>
- Scientific Library Elibrary.ru : access by IP addresses of the RUDN at: <http://www.elibrary.ru/defaultx.asp>
- ScienceDirect (ESD), "FreedomCollection", "Cell Press" and "Elsevier". There is remote access to the database, access by the IP addresses of the RUDN (or remotely by an individual login and password).
- Scopus - scientometric database of the publishing house of the publishing house "Elsevier". Access to the platform is carried out by the IP addresses of the RUDN or remotely. <http://www.scopus.com/>
- Web of Science. Access to the platform is carried out by the IP addresses of the RUDN or remotely. <http://login.webofknowledge.com/>

*Training toolkit for self- studies to master the course *:*

1. The set of lectures on the course “Topical Issues of Integrative Medicine”
2. The laboratory workshop (if any).on the course “Topical Issues of Integrative Medicine”
3. The guidelines for writing a course paper / project (if any) on the course “Topical Issues of Integrative Medicine”
4.

* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

8. ASSESSMENT TOOLKIT AND GRADING SYSTEM* FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL UPON COURSE COMPLETION

The assessment toolkit and the grading system* to evaluate the competences formation level (GPC-5, GPC-7, PC-3) upon the course study completion are specified in the Appendix to the course syllabus.

* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

Developers:

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