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

**Institute of Medicine**

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

**COURSE SYLLABUS**

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**Basics of Integrative Medicine**

course title

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**Recommended by the Didactic Council for the Education Field of:**

**31.05.01 General Medicine**

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field of studies / speciality code and title

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

**General Medicine**

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higher education programme profile/specialisation title

## 1. COURSE GOAL(s)

The goal of the course “**Basics of Integrative Medicine**” is to equip students with knowledge of the complex use of various medical systems, but also the ability to more accurately determine the etiology of the disease, the cause and nature of local pathological changes, and timely monitor changes occurring in the body during treatment.

## 2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) “Basics of Integrative Medicine” is aimed at the development of the following competences /competences in part: GPC-5, GPC-7, PC-3

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

<b>Competence code</b>	<b>Competence descriptor</b>	<b>Competence formation indicators (within this course)</b>
GPC-5	Being able to assess morpho-functional, physiological conditions and pathological processes in the human body to solve professional tasks	GPC-5.1. Mastering the algorithm of clinical, laboratory and functional diagnosis when dealing with professional tasks.
		GPC-5.2. Being able to evaluate the results of clinical, laboratory and functional diagnosis when dealing with professional tasks.
		GPC-5.3. Being able to determine morpho-functional, physiological states and pathological processes of the human body
GPC-7	Being able to prescribe treatment and monitor its efficacy and safety	GPC-7.1. Mastering skills in the methods of general clinical examination, interpretation of laboratory results, instrumental diagnostic methods.
PC-3	Being able to prescribe treatment and monitor its efficacy and safety	PC-3.6. Being able to organize personalized treatment for a patient, including pregnant women, elderly and senile patients; assess the efficacy 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*

<b>Competence code</b>	<b>Competence descriptor</b>	<b>Previous courses/modules*</b>	<b>Subsequent courses/modules*</b>
GPC-5	Being able to assess morpho-functional, 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; Outpatient therapy; Medical Elementology
GPC-7	Being able to prescribe treatment and monitor its efficacy and safety	Biology; Normal Physiology; Biochemistry; Propaedeutics of internal diseases	Neurology, Medical Genetics, Neurosurgery; Faculty Therapy; Oncology, Radiation therapy; Outpatient therapy; Medical Elementology
PC-3	Being able to prescribe treatment and monitor its efficacy and safety	Physics; General Surgery	Outpatient therapy; Hospital therapy; Infectious diseases

#### **4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES**

The total workload of the course “Basics 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)\**

<b>Type of academic activities</b>	<b>Total academic hours</b>	<b>Semesters/training modules</b>	
Classroom learning , <i>ac.h.</i>	<b>34</b>	<b>34</b>	
Including:			

Type of academic activities		Total academic hours	Semesters/training modules	
Lectures (LC)				
Lab work (LW)				
Seminars (workshops/tutorials) (S)		34	34	-
Self-studies, academic hours		<b>38</b>	<b>38</b>	
Evaluation and assessment (exam or pass/fail grading)				
<b>Course workload</b>	academic hours_	<b>72</b>	<b>72</b>	
	credits	<b>2</b>	<b>2</b>	

## 5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
<b>Module 1</b> Introduction to Integrative Medicine	<b>1.1.</b> The body from the perspective of modern medicine. Disease from the perspective of modern medicine	(S) Self-studies
	<b>1.2</b> Views on the origin of diseases: Euro-American and Indo-Chinese concepts.	
<b>Module 2</b> Scientific and practical aspects of the integrative medicine system	<b>2.1.</b> Biochemical portrait of a healthy and sick person. Connective tissue is the main morpho-functional link in the development of diseases in a living organism. The main connective tissue proteins are collagen and elastin. Synthesis. Features.	(S) Self-studies
	<b>2.2.</b> Multilevel system-cybernetic organization of connective tissue components. Multiple dysplasias are the basis for a deeper analysis of human health.	(S) Self-studies
		(S) Self-studies
<b>Module 3</b> Strategy and tactics of the treatment process in the system of integrative medicine	<b>3.1.</b> Integrated treatment schemes, medical rehabilitation and disease prevention	(S) Self-studies
	<b>3.2.</b> Principles of integrative treatment: mediocre, systematic, and metabolic.	(S) Self-studies

Course module title	Course module contents (topics)	Academic activities types
<b>Module 4</b> Homeopathy in the system of integrative medicine	<b>4.1.</b> Modern concepts of the extracellular matrix. Changes in the phase states of the matrix (sol-gel), due to the action of the enzyme hyaluronidase. On the integration of allopathy and homeopathy methods.	(S) Self-studies Self-studies
	<b>4.2.</b> About the method of allopathy and homeopathy. On the integration of allopathy and homeopathy methods.	(S) Self-studies
		(S) Self-studies
		(S) Self-studies

## 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)
Computer Lab	A classroom for conducting classes, group and individual consultations, current and mid-term assessment, equipped with personal computers (in the amount of ____ pcs), a board (screen) and technical means of multimedia presentations.	the RUDN University information library center with access to the RUDN University electronic library system, the Internet.

## 7. RESOURCES RECOMMENDED FOR COURSE STUDY

*Main readings:*

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

*Additional readings:*

### *Electronic full-text materials:*

1. Baksheev V. I., Kolomoets N. M. Kostycheva TV. Alternative medicine: past, present and future / 1 Kl. med. - 2010. - No. 1. – 677 p.
2. Nikityuk B. A. Integration of knowledge in human sciences, Moscow: SportAkademPress, 2000, 440 p.
3. Integrative medicine and human ecology. [Under the editorship of N. A. Agadzhanyan and I. N. Polunin]. – Astrakhan: Pafos, Moscow, 1998. – 354 p.

Botchey, O.B. Savrova, I.Z. Eremina, V.M. Grinberg; э - М. : PFUR, 2020. - 37 p. - ISBN 978-5-209-09801-0. - ISBN 978-5-209-09802-7 (ч. I).

### *Internet (based) sources*

- 1. Electronic libraries with access for RUDN students:
  - Electronic library network of RUDN – ELN RUDN <http://lib.rudn.ru/MegaPro/Web>
  - ELN «University Library online» <http://www.biblioclub.ru>
  - ELN Urait <http://www.biblio-online.ru>
  - ELN «Student Advisor» [www.studentlibrary.ru](http://www.studentlibrary.ru)
  - ELN «Lan» <http://e.lanbook.com/>
- 2. Databases and search engines:
  - electronic fund of legal and regulatory and technical documentation <http://docs.cntd.ru/>
  - search system Yandex <https://www.yandex.ru/>
  - search system Google <https://www.google.ru/>
  - abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

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

1. The set of lectures on the course “Basics of Integrative Medicine”

\* 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:**

Associate Professor of the  
Department of Nursing  
Management

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position, department

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signature

R. A. Khanferyan

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name and surname

Associate Professor of the  
Department of Department of  
Nursing Management

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position, department

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signature

V.V.Skalny

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name and surname

Senior Lecturer of the  
Department of Nursing  
Management

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position, department

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T.N.Umnova

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name and surname

**HEAD of the Department:**  
of Department of Nursing  
Management

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name of department

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I.V. Radysh

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name and surname

**HEAD of the Higher Education Program:**

First Deputy Director of MI for  
Academic Affairs

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position, department

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I.V. Radysh

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name and surname