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**Federal State Autonomous Educational Institution of Higher Education
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
NAMED AFTER PATRICE LUMUMBA
RUDN University
Institute of Medicine**

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

COURSE SYLLABUS

Basics 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

1. COURSE GOAL(s)

The goal of the course “**Basics 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 disease 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) “Basics of Integrative Medicine” is aimed at the development of the following competences /competences in part: 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)
PC-3	Being able to prescribe treatment and monitor its efficacy and safety	PC-3.1. Being able to develop a treatment plan for a disease or condition taking into account the diagnosis, age and clinical picture in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care. PC-3.2. Being able to prescribe medicinal drugs, medical devices and medical nutrition taking into account the diagnosis, age and clinical picture of the disease and in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care. 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

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
PC-3	Being able to prescribe treatment and monitor its efficacy 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 “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**)*

Type of academic activities	Total academic hours	Semesters/training modules			
		6			
<i>Contact academic hours</i>	34	34			
including:					
Lectures (LC)					
Lab work (LW)					
Seminars (workshops/tutorials) (S)	34	34			
<i>Self-studies</i>	26	26			
<i>Evaluation and assessment (exam/passing/failing grade)</i>	12	12			
Course workload	academic hours	72	72		
	credits	2	2		

* 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
Section 1. The body from the perspective of modern medicine. A Review of Classic Physiological Systems.	1.1.	Introduction	S
	1.2.	The Nervous System.	S
	1.3.	The Endocrine System.	S
	1.4.	The Stress System.	S
	1.5.	The Immune System.	S
Section 2. Hormonal and Neurotransmitter	2.1.	Hormonal and Neurotransmitter Influences on Stress. Illness and Stress	S

Influences on Stress.			
Section 3. The Relaxation System: Theoretical Construct.	3.1.	Benzodiazepines and the Immune System.	S
	3.2.	Melatonin and the Immune and Stress Systems.	S
	3.3.	Functions of Cannabinoids in the Stress and Immune Systems.	S
Section 4. The Relaxation System: Therapeutic Modalities.	4.1.	Mechanical Energy.	S
	4.2.	Chemical Energy.	S
	4.3.	Light Modalities.	S
	4.4.	Sound Modalities.	S
	4.5.	Bioelectromagnetic Modalities.	S
	4.6.	Thermal Therapies.	S
	4.7.	Psychological Modalities.	S
Section 5. The Pineal Gland: Energy Transducer.	5.1.	Melatonin: The Major Pineal Hormone.	S
Section 6. Energy Medicine: Focus on Lasers.	6.1.	The Electromagnetic Spectrum and Light.	S
Section 7. Scientific and practical aspects of the system of integrative medicine	7.1.	Connective tissue is the main morpho-functional link in the development of diseases in a living organism.	S
	7.2.	The main proteins of connective tissue are collagen and elastin. Synthesis. Features.	S
	7.3.	Integrative relationship of protein, lipid and carbohydrate metabolism.	S
Section 8. Strategy and tactics of the treatment process in the system of integrative medicine	8.1.	Integrative diagnostics. Integrative schemes of treatment, medical rehabilitation and prevention of diseases.	S
	8.2.	Integrative Collaborative Care.	S

* - 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)

Computer-lab	A computer classroom for conducting classes, group and individual consultations, ongoing monitoring and intermediate certification, equipped with personal computers (in the amount of 1 pc.), a blackboard (screen) and multimedia presentation equipment.	Software: Microsoft products (OS, office suite, including MSOffice/Office 365), laptops, multimedia projectors. Surgery videos. Digital versions of lectures and seminars on surgery, video materials from foreign surgical clinics, handouts in the form of tests, posters, methodological publications.
Self-studies	A classroom for students' independent work (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with access to the EIOS.	Software: Microsoft products (OS, office suite, including MSOffice/Office 365), laptops, multimedia projectors. Surgery videos. Digital versions of lectures and seminars on surgery, video materials from foreign surgical clinics, handouts in the form of tests, posters, methodological publications.
An auditorium at the clinical base of the department for conducting laboratory and clinical classes	An auditorium for laboratory work and clinical classes, individual consultations, ongoing monitoring and intermediate certification, equipped with a set of specialized furniture and equipment	Laboratory and diagnostic equipment of the clinical bases of the department. Software: Microsoft products (OS, office suite, including MSOffice/Office 365), laptops, multimedia projectors. Surgery videos. Digital versions of lectures and seminars on surgery, video materials from foreign surgical clinics, handouts in the form of tests, posters, methodological publications.

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.

Database, information and referral systems and search systems.

1. EBS RUDN and third-party EBS, to which university students have access on the basis of concluded contracts
 - RUDN Electronic Library system - EBS RUDN <http://lib.rudn.ru/MegaPro/Web>
 - EBS "University Library Online" <http://www.biblioclub.ru>
 - ABS Yurayt <http://www.biblio-online.ru>
 - EBS "Student Consultant" www.studentlibrary.ru
 - EBS "Znanium" <https://znanium.ru/>
2. Databases and search engines
 - Sage <https://journals.sagepub.com/>
 - Springer Nature Link <https://link.springer.com/>
 - Wiley Journal Database <https://onlinelibrary.wiley.com/>
 - Scientometric database Lens.org <https://www.lens.org>
3. Additional materials:
 - Gastrointestinal endoscopy portal. The portal contains constantly updated videos, reports, articles, reports on diagnostic and operative endoscopy; there is an extensive selection of links to Internet resources on endoscopy, gastroenterology, search engines for access to medical journals. <http://www.gi-endo.ru/>
 - Website ENDOSCOPY.RU. A website where you can find complete and professional information about modern achievements, possibilities and prospects of diagnostic and therapeutic endoscopy. Of particular interest is the subsection "Methodological recommendations". <http://www.endoscopy.ru/>
 - Medical portal MedUniver. The portal contains a medical photo atlas, videos on various branches of medicine, and a medical electronic library. <http://meduniver.com/>
 - Portal about surgery. Contains materials on the most common surgical diseases (clinic, diagnosis and treatment). <http://www.hyurg.com/>
 - Medical video portal. The site contains video recordings of lectures from leading Russian medical universities; surgical operations with comments; presentations at scientific medical congresses and conferences; three-dimensional animated videos that clearly demonstrate the work of various organs and systems; educational materials on fundamental sciences; directory of medical sites; a forum for the exchange of views; information about medical institutions. <http://www.med-edu.ru/>

Educational and methodological materials for students' independent work in the development of the discipline/module:*

1. Guidelines for the implementation and execution of control and independent work on the discipline

* - all educational and methodological materials for students' independent work are placed in accordance with the current procedure on the page of the discipline in TUIS!

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

Evaluation materials and point-rating system* for assessing the level of competence formation (PC-3) based on the results of mastering the discipline «Basics of integrative Medicine» are presented in the Appendix to this Work Program of the discipline.

* 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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of Faculty Surgery

position, department name

signature

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initials, last name

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