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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

OUTPATIENT CARDIOLOGY

course title

Recommended by the MSS for the direction of training/specialty:

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

2026

1. COURSE GOAL(s)

The discipline "Outpatient cardiology" is included in the program of the specialty "General Medicine" in the direction 31.05.01 "General Medicine" and is studied in the 12th semester of the 6th year. The discipline is implemented by the Department of General Medical Practice. The discipline consists of 2 sections and 8 topics and is aimed at studying rational approaches to the treatment of the most common cardiovascular diseases at the outpatient stage.

The purpose of mastering the discipline is to form rational approaches for students to pharmacological treatment of the most common cardiac diseases at the outpatient level, an algorithm for referral to a cardiologist, an algorithm for dispensary monitoring of patients with cardiovascular diseases.

2. REQUIREMENTS FOR LEARNING OUTCOMES

The development of the discipline "Outpatient cardiology" is aimed at the formation of the following competencies (parts of competencies) among students:

Table 2.1. List of competencies formed by students during the development of the discipline (results of the development of the discipline)

Code of competence	Descriptor of competence	Code and competence level indicator (within the framework of this discipline)
PC -3	Capable of prescribing treatment and monitoring its effectiveness and safety	PC-3.1. The ability to develop a treatment plan for a disease or condition, taking into account the diagnosis, age and clinical picture in accordance with current medical care procedures, clinical recommendations (treatment protocols) on medical care, taking into account medical care standards; PC-3.2 The capability of prescribing medicines, medical devices and therapeutic nutrition, taking into account the diagnosis, age and clinical picture of the disease and in accordance with current medical care procedures, clinical recommendations (treatment protocols) on medical care, taking into account medical care standards; PC-3.4. The ability to assess the effectiveness and safety of the use of medicines, medical devices, therapeutic nutrition and other methods of treatment; PC-3.6. The ability to organize personalized treatment of the patient, including pregnant women, elderly and senile patients, to evaluate the effectiveness and safety of treatment;
PC -5	Is capable of conducting and monitoring the effectiveness of measures for the prevention and formation of a healthy lifestyle and sanitary and hygienic education of the population	PC-5.4. The ability to conduct dispensary monitoring of patients with identified chronic non-communicable diseases; PC-5.5. The ability to prescribe preventive measures to patients taking into account risk factors in accordance with current medical care procedures, clinical recommendations (treatment protocols) on medical care, taking into account medical care standards; PC-5.11. The ability to assess the effectiveness of preventive working with patients;

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	Capable of prescribing treatment and monitoring its effectiveness and safety	<p>Surgical practice: Assistant surgeon; Assistant physician of the therapeutic profile: assistant physician of the therapist; General medical practice: assistant physician of the outpatient clinic; Obstetric and gynecological practice: obstetrician's assistant; Obstetric and gynecological practice: gynecologist's assistant; General medical practice: pediatrician's assistant; Dermatovenerology; Neurology, medical genetics, neurosurgery; Faculty surgery; Occupational diseases; Hospital therapy; Polyclinic therapy; Hospital surgery, pediatric surgery; Pediatrics; <i>Topical Issues of Neonatology**</i>; Obstetrics and Gynecology; Oncology, Radiotherapy; Otorhinolaryngology; Traumatology, Orthopedics; Clinical Pharmacology; Cardiology in Quests; <i>Clinical Trials**</i>; Faculty Therapy; Ophthalmology; Urology; Infectious diseases; Psychiatry, medical psychology; Phthysiology; <i>Fundamentals of Integrative medicine**</i>; <i>The basics of nutrition in childhood**</i>; <i>Introduction to Nutritionology**</i>; Experimental Oncology; Pharmacology; <i>Geriatrics and palliative medicine</i>;</p>	
PC-5	Is capable of conducting and monitoring the effectiveness of	<p>General medical practice: assistant to an outpatient clinic doctor; General medical practice: Assistant</p>	

	measures for the prevention and formation of a healthy lifestyle and sanitary and hygienic education of the population	<p style="text-align: center;"> pediatrician; Polyclinic Therapy; Pediatrics; Obstetrics and gynecology; Propaedeutics of internal diseases; Urology; Clinical Dentistry; Epidemiology; Infectious diseases; Phthisiology; Ophthalmology; Organization of special patient care; Hygiene; Dermatovenerology; Neurology, Medical genetics, neurosurgery; Introduction to Nutritionology**; Fundamentals of Psychophysiology**; The basics of nutrition in childhood**; Occupational diseases; </p>	
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* - filled in accordance with the matrix of competencies and Syllabus of EP HE

** - elective disciplines /practices

4. SCOPE OF DISCIPLINE AND TYPES OF ACADEMIC WORK

The total labor intensity of the discipline "Outpatient cardiology" is **2 credits**.

Table 4.1. Types of educational work according to the periods of mastering the educational program of higher education for intramural education.

Type of academic work	TOTAL, ac.h.	Semester(s)				
		9	10 (A)	11 (B)	12 (C)	
<i>Contact work, ac.h.</i>	48	-	-	-	48	
<i>including:</i>						
Lectures (L)	0	-	-	-	0	
Laboratory work (LW)	48	-	-	-	48	
Practical/seminar classes (PC)	-	-	-	-	-	
<i>Independent work of students, ac.h. (IW)</i>	18	-	-	-	18	
<i>Control (exam/test with assessment), ac.h</i>	6	-	-	-	6	
The total labor intensity of the discipline	<i>ac.h</i>	72	-	-	-	72
	<i>cred. units</i>	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. Organizational issues of outpatient cardiology.	1.1 The procedure for providing outpatient care for cardiac diseases by general practitioners, internists and cardiologists. The order of dispensary supervision.	LW
Section 2. Features of outpatient management of patients with certain cardiovascular diseases and conditions.	2.1 Methods of laboratory and instrumental examination of patients with cardiovascular diseases in outpatient practice. Interpretation of the results.	LW
	2.2 Difficult to control arterial hypertension.	LW
	2.3 Stratification of cardiovascular risk. Primary and secondary prevention. Features of dyslipidemia treatment.	LW
	2.4 Outpatient management of patients after myocardial infarction, stroke, revascularization operations.	LW
	2.5 Outpatient treatment of cardiac arrhythmias. The procedure for outpatient management of patients with pacemakers of various types.	LW
	2.6 Outpatient treatment of chronic heart failure.	LW
	2.7 Prevention of thromboembolic complications in cardiology and related specialties. Assessment of the risk of thromboembolic complications and the risk of bleeding.	LW

* - 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	An auditorium for laboratory work, individual consultations, routine monitoring and intermediate certification, equipped with a set of specialized furniture and equipment.	Laboratory and diagnostic equipment of the clinical bases of the department
Seminar	An auditorium for seminar-type classes, group and individual consultations, routine monitoring and intermediate certification, equipped with a set of specialized furniture and equipment.	Guarantor (Agreement No. 13A/46/2018 dated 02/04/2018) Consultant Plus (Information Support Agreement dated 01/09/2013) Reg. number of the central office-03-207-7474
For independent work	An auditorium for independent work of students (can be used for seminars and consultations), equipped with a set of specialized furniture and access to UIES.	Guarantor (Agreement No. 13A/46/2018 dated 02/04/2018) Consultant Plus (Information Support Agreement dated 01/09/2013) Reg. number of the central office-03-207-7474

7. RESOURCES RECOMMENDED FOR COURSE STUDY

1. Main readings:

1. Syrov A.V., Sturov N.V. Management of cardiological patients at the outpatient level. textbook [Electronic resource]. Moscow : RUDN University, 2025. 101 p. ISBN 978-5-209-11834-3 URL: https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=519521&idb=0
2. Pharmacotherapy of cardiovascular diseases in outpatient practice: a textbook / N.V. Sturov, A.V. Syrov, G.N. Kobyljanu. Moscow : RUDN University, 2025. 93 p.
3. Diagnosis and treatment of cardiac rhythm and conduction disorders : a textbook / A.V. Syrov, A.V. Tarasov. - Electronic text data. - Moscow : RUDN University, 2021. - 101 p. https://mega.rudn.ru/MegaPro/UserEntry?Action=Link_FindDoc&id=502269&idb=0
4. Cardiology: a practical guide / edited by E.V. Shlyakhto. - 2nd ed., reprint. and additional; Electronic text data. Moscow: GEOTAR-Media, 2022. 800 p. https://lib.rudn.ru:443/MegaPro/UserEntry?Action=Link_FindDoc&id=508374&idb=0
5. Clinical electrocardiography: a textbook / A.F. Safarova, S.V. Avdoshina; edited by J.D. Kobalava. - Electronic text data. Moscow: RUDN University, 2022. 127 p. https://lib.rudn.ru:443/MegaPro/UserEntry?Action=Link_FindDoc&id=505702&idb=0

2. Additional literature:

1. Regulatory documents:

- 1) Order of the Ministry of Health of the Russian Federation dated November 15, 2012 No. 918n "On Approval of the Procedure for providing medical care to patients with cardiovascular diseases"

(with amendments and additions).

2) Decree of the Government of the Russian Federation No. 3867-r dated 12/18/2025 "On Approval of the List of Vital and Essential Medicines for Medical use, as well as the List of Medicines Intended to provide persons with hemophilia, cystic fibrosis, pituitary nanism, Gaucher's disease, malignant neoplasms of lymphoid, hematopoietic and related tissues, multiple sclerosis, hemolytic-uremic syndrome, systemic juvenile arthritis, mucopolysaccharidosis of types I, II and VI, aplastic anemia, unspecified, hereditary deficiency of factors II (fibrinogen), VII (labile), X (Stewart- Prauer), persons after organ and (or) tissue transplantation".

3) Order of the Ministry of Health of the Russian Federation dated April 27, 2021 No. 404n "On Approval of the procedure for conducting preventive medical examinations and medical examinations of certain groups of the adult population" (with amendments and additions)

2. Additional literature:

1) Yezhov M.V., Kukharchuk V.V., Sergienko I.V. et al. Disorders of lipid metabolism. Clinical guidelines 2023. Russian Journal of Cardiology. 2023;28(5):5471. doi:10.15829/1560-4071-2023-5471.

2) Kobalava J. D., Konradi A. O., Nedogoda S. V. et al. Arterial hypertension in adults. Clinical guidelines 2024. Russian Cardiology magazine. 2024;29(9):6117. doi: 10.15829/ 1560-4071-2024-6117. EDN GUEWLU.

3) Avdeev S.N., Barbarash O.L., Valieva Z.S. and others. Pulmonary hypertension, including chronic thromboembolic pulmonary hypertension. Clinical guidelines 2024. Russian Journal of Cardiology. 2024;29(11):6161. doi: 10.15829/1560-4071-2024-6161. EDN MYEOVA

4) Barbarash O.L., Karpov Yu.A., Panov A.V. et al. Stable coronary heart disease. Clinical guidelines 2024. Russian Journal of Cardiology. 2024;29(9):6110. <https://doi.org/10.15829/1560-4071-2024-6110> . EDN: HHJJUT

5) Atrial fibrillation and flutter in adults. Clinical recommendations. Ministry of Health of the Russian Federation. 2020 <https://cr.minzdrav.gov.ru/schema/382?ysclid=lyier8i5cm399770969>.

6) Galyavich A.S., Tereshchenko S.N., Uskach T.M. et al. Chronic heart failure. Clinical guidelines 2024. Russian Journal of Cardiology. 2024;29(11):6162. <https://doi.org/10.15829/1560-4071-2024-6162> . EDN WKIDLJ.

7) Arterial hypertension in pregnant women. Clinical recommendations. 2016. Ministry of Health of the Russian Federation. https://cr.minzdrav.gov.ru/recomend/278_1

8) Diagnosis and treatment of cardiovascular diseases during pregnancy 2018. National Recommendations Russian Journal of Cardiology 2018, 3 (155): 91–134
<http://dx.doi.org/10.15829/1560-4071-2018-3-91-13>

9) Vrints C, Andreotti F, Koskinas KC, et al., ESC Scientific Document Group. 2024 ESC Guidelines for the management of chronic coronary syndromes: Developed by the task force for the management of chronic coronary syndromes of the European Society of Cardiology (ESC) Endorsed by the European Association for Cardio-Thoracic Surgery (EACTS), European Heart Journal, Volume 45, Issue 36, 21 September 2024, Pages 3415–3537, <https://doi.org/10.1093/eurheartj/ehae177>.

10) O'Malley PG, Arnold MJ, Kelley C et. al. Management of Dyslipidemia for Cardiovascular Disease Risk Reduction: Synopsis of the 2020 Updated U.S. Department of Veterans Affairs and U.S. Department of Defense Clinical Practice Guideline. Ann Intern Med. 2020 Nov 17;173(10):822-829. doi: 10.7326/M20-4648. Epub 2020 Sep 22. PMID: 32956597.

11) Pearson GJ, Thanassoulis G, Anderson TJ et. al. 2021 Canadian Cardiovascular Society Guidelines for the Management of Dyslipidemia for the Prevention of Cardiovascular Disease in Adults. Can J Cardiol. 2021 Aug;37(8):1129-1150. doi: 10.1016/j.cjca.2021.03.016. Epub 2021 Mar 26. PMID: 33781847.

12) Writing Committee Members; Gulati M, Levy PD, Mukherjee D et al. 2021 AHA/ACC/ASE/CHEST/SAEM/SCCT/SCMR Guideline for the Evaluation and Diagnosis of Chest Pain: A Report of the American College of Cardiology/American Heart Association Joint

- Committee on Clinical Practice Guidelines. J Cardiovasc Comput Tomogr. 2022 JanFeb;16(1):54-122. doi: 10.1016/j.jcct.2021.11.009. Epub 2021 Dec 1. PMID: 34955448.
- 13) Van Gelder I.C., Rienstra M., Bunting K.V., et al. 2024 ESC Guidelines for the management of atrial fibrillation developed in collaboration with the European Association for Cardio-Thoracic Surgery (EACTS). Eur Heart J. 2024; 45 (36): 3314–3414.
- 14) McDonagh TA, Metra M, Adamo M et al. 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J 2021;42:3599-726.
<https://doi.org/10.1093/eurheartj/ehab368>.
- 15) Heidenreich PA, Bozkurt B, Aguilar D et al. 2022 AHA/ACC/HFSA Guideline for the Management of Heart Failure: A Report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. Circulation. 2022 May 3;145(18):e895-e1032. doi: 10.1161/CIR.0000000000001063. Epub 2022 Apr 1. Erratum in: Circulation. 2022 May 3;145(18):e1033.
- 16) McDonagh TA, Metra M, Adamo M, et al.; ESC Scientific Document Group. 2023 Focused Update of the 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J. 2023 Oct 1;44(37):3627-3639. doi: 10.1093/eurheartj/ehad195. Erratum in: Eur Heart J. 2024 Jan 1;45(1):53. PMID: 37622666

Internet sources

1. Electronic libraries (EL) of RUDN University and other institutions, to which university students have access on the basis of concluded agreements:
 - RUDN Electronic Library System (RUDN ELS) <http://lib.rudn.ru/MegaPro/Web>
 - EL "University Library online" <http://www.biblioclub.ru>
 - EL "Yurayt" <http://www.biblio-online.ru>; <https://urait.ru/>
 - EL "Student Consultant" www.studentlibrary.ru
 - Scientific Electronic Library <http://elibrary.ru/defaultx.asp>
 - ELS "Znanium" <https://znanium.ru/>

2. Databases and search engines:
 - Consultant Plus Legal Reference system <http://www.consultant.ru/>
 - Garant legal reference system <https://base.garant.ru/>
 - Website of the Ministry of Health of the Russian Federation/ Orders of the Ministry of Health of the Russian Federation on the approval of procedures, standards of medical care and clinical recommendations / <https://minzdrav.gov.ru/documents>
 - Rubricator of clinical recommendations of the Ministry of Health of Russia <https://cr.minzdrav.gov.ru/>
 - The website of the All-Russian Scientific Society of Cardiology, contains freely available domestic recommendations for the prevention, diagnosis and treatment of cardiac diseases <http://www.scardio.ru/>
 - 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>

Educational and methodological guidelines for student's self-studies of the discipline/module:*

1. A course of lectures on the discipline "Outpatient cardiology".
2. Laboratory workshop on the discipline "Outpatient cardiology".

* The training toolkit and guidelines for the student's self-studies are placed on the discipline page in the university telecommunication training and information system under the set procedure.

DEVELOPERS:

Associate Professor		E.I. Rusanova
_____	_____	_____
position, educational department	signature	name and surname

Associate Professor		A.V.Syrov
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HEAD OF EDUCATIONAL DEPARTMENT:

Head of the Department		N.V. Sturov
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HIGHER EDUCATION PROGRAMME:**

Head of the Department		N.V. Sturov
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