Appendix No. 1.5 to the Resolution No. 7/2023  
of the Rector of the University of Rzeszów

**SYLLABUS**

**regarding the qualification cycle FROM 2024TO 2024**

**Academic year 2024/2025**

1. Basic Course/Module Information

|  |  |
| --- | --- |
| Course/Module title | *Care and therapeutic education in chronic desease, including: diabetes* |
| Course/Module code \* |  |
| Faculty (name of the unit offering the field of study) | *College of Medical Science* |
| Name of the unit running the course |  |
| Field of study | Nursing |
| Qualification level | Second – cycle studies |
| Profile | *practical* |
| Study mode | *stationary* |
| Year and semester of studies | *1st year, 1st semester* |
| Course type | *Advanced nursing practice* |
| Language of instruction | english |
| Coordinator | MD Magdalena Rękas |
| Course instructor | MD Magdalena Rękas |

\* - as agreed at the faculty

1.1.Learning format – number of hours and ECTS credits

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (n0.) | Lectures | Classes | Colloquia | Lab classes | Seminars | Practical classes | Internships | others | **ECTS credits** |
|  | 10 |  |  | 5 |  |  |  | 15 | 3 |

1.2. Course delivery methods

- conducted in a traditional way

- involving distance education methods and techniques

1.3. Course/Module assessment (exam, pass with a grade, pass without a grade)

2. Prerequisites

|  |
| --- |
| Knowledge of anatomy, human physiology, pedagogy, psychology, internal medicine, fundamentals of nursing, health education, physical examination |

3. Objectives, Learning Outcomes, Course Content, and Instructional Methods

3.1. Course/Module objectives

|  |  |
| --- | --- |
| O1 | *To provide students with knowledge about diabetes treatment methods and preparing the patient for self - care* |
| O2 | Develop skills in identifying diabetes risk factors, providing pharmacotherapy and dietary management in patients with diabetes and using modern technology for glycaemic monitoring and insulin administration |
| O3 | Preparing students to work as part od a diabetes therapeutic team |

3.2. Course/Module Learning Outcomes (to be completed by the coordinator)

|  |  |  |
| --- | --- | --- |
| Learning Outcome | The description of the learning outcome  defined for the course/module | Relation to the degree programme outcomes |
| LO\_01 | Principles and methods of therapeutic education of the patient, his/ her family and carer on self – care and self – care in diabetes |  |
| LO\_02 | Diabeties pathomechanism and complication and pronciples of coordination od therapeutic education activities |  |
|  | Students can |  |
| LO\_03 | Use current knowledge to provide a high level of therapeutic education to diabetic patients, their families and carers |  |
| LO\_04 | Plan and coordinate the care of a patient with diabetes |  |
| LO\_05 | Motivate the diabetic patient to manage his/her disease and to cooperate in the treatment process |  |

**3.3. Course content (to be completed by the coordinator)**

1. Lectures

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| Content outline |
| Epidemiological situation of diabetes in Poland, Europe and worldwide |
| Risc factors, criteria for diagnosis, symptoms af diabetes |
| Etiological classification of diabetes |
| Diebetes treatment goals, criteria for metabolic control |
| Management od diabetes – pharmacotherapy, diet, physical examination |
| Acute complication of diabetes – causes, symptoms, magagement – g h |
| Nnutrition in diabetes mellutus – balancing meals, with an exchanger system- 2,5 h |
| Chronic complications in diabetes – methods of prevention and treatment 2h |
| Modern technologies for insulin administration and glycaemic monitoring: glucometers, apps, insulin pomps, glycaemic monitoring system (CGMS, FSM) -2,5 h |

1. Classes, tutorials/seminars, colloquia, laboratories, practical classes

|  |
| --- |
| Content outline |
| Pharmacokinetics of insulins, calculation of insulin dose, aite and models of administration |
| Meal balancing in an exchanger system – excganger tables, glycaemicindex and glycaemic load, preparation of sample meals |
| Principles of self – monitoring in diabetes: frequency od blood glucose measurement, how to keep a self – monitoring |
| Modern technologies for glycaemic monitoring and insulin delivery: FreeStyle Libra, DexCom, Guardian, infusion sets pump therapy: Quick Set, Sure T- insertion and replacement of the infusion set – 2 hrs |

3.4. Methods of Instruction

e.g.

*Lecture: a problem-solving lecture/a lecture supported by a multimedia presentation/ distance learning*

*Classes: text analysis and discussion/project work (research project, implementation project, practical project)/ group work (problem solving, case study, discussion)/didactic games/ distance learning*

*Laboratory classes: designing and conducting experiments*

4. Assessment techniques and criteria

4.1 Methods of evaluating learning outcomes

|  |  |  |
| --- | --- | --- |
| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,…) |
| LO\_01 | *single – choice test* |  |
| LO-o2 | *single – choice test* |  |
| LO\_03 | *CLASSROOM OBSERVATION* |  |
| LO\_04 | *CLASSROOM OBSERVATION* |  |
| LO\_05 | *CLASSROOM OBSERVATION* |  |

4.2 Course assessment criteria

|  |
| --- |
| Attendace at all forms of classes is compulsory  Lecture: credit on the basis af attendance and a credit in the form of a single – choice test , in witch the knowledge transferres during the lectures is verified. Points obtained from the test are converted into percentages  In order to obtain a pass mark, you must at least 60% on the knowledge test  Exercise:  Credit on the basis of attendance and a pass in the form of a single – choice test. Points obtained from the test are converted into precentages, to witch the marks correspond |

5. Total student workload needed to achieve the intended learning outcomes

– number of hours and ECTS credits

|  |  |
| --- | --- |
| Activity | Number of hours |
| Scheduled course contact hours | 15 |
| Other contact hours involving the teacher (consultation hours, examinations) | 2 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 1 |
| Total number of hours | 17 |
| Total number of ECTS credits | 3 |

\* One ECTS point corresponds to 25-30 hours of total student workload

6. Internships related to the course/module

|  |  |
| --- | --- |
| Number of hours |  |
| Internship regulations and procedures |  |

7. Instructional materials

|  |
| --- |
| Compulsory literature: |
| Complementary literature: |

Approved by the Head of the Department or an authorised person