SYLLABUS

NAZWA JEDNOSTKI PROWADZĄCEJ KIERUNEK:

Zakład Biomedycyny i Genetyki
Katedra Biologii i Mikrobiologii Medycznej
Wydział Lekarski UM
Kierownik przedmiotu: dr Katarzyna Khalid

NAZWA KIERUNKU: STUDIA DOKTORANCKIE

PROFIL KSZTAŁCENIA: OGÓLNOAKADEMICKI
SPECJALNOŚĆ: -
POZIOM KSZTAŁCENIA: STUDIA III STOPNIA

1. **Course name: Civilisation Hazards**
2. **Course code: -**
3. **Type of the Course: soft skills development**
4. **Language of the Course: English**

5. **The Objectives of the course:**

The course aims to provide students with knowledge about a wide range of contemporary civilisational threats, focusing on two main areas: global health threats related to travel, with particular emphasis on tropical regions, and the risks associated with the use of psychoactive substances. The course provides the basic clinical and analytical knowledge necessary for further scientific and professional work.

Detailed course objectives:
1. Travel medicine:

- Identification and assessment of travel-related health risks (including traveller's diarrhoea, malaria, vector-borne diseases).
- Familiarisation with the principles of travel preparation, prevention (including mandatory and recommended vaccinations) and food and water hygiene.
- Discussion of the risks associated with infectious diseases (viral, bacterial, parasitic) in different regions of the world.
- Understanding non-infectious risks such as traffic accidents, natural disasters and venomous animal bites.

2. Psychoactive substances:

- Classification of the main groups of psychoactive substances (opiates, cannabinoids, cocaine, amphetamine and its derivatives).
- Introduction to the basics of metabolism and pharmacokinetics of drugs in the human body.
- Discussion of analytical methods used to detect psychoactive substances in biological material (screening and confirmatory tests).
- Understanding the principles of interpreting toxicological results, including diagnostic windows for individual substances.
- Discussion of the short- and long-term health effects of psychoactive substance use.

6. **Forma studiów:** stacjonarne i niestacjonarne
7. **Rok studiów:** I-IV
8. **Forma zajęć i liczba godzin dla poszczególnych form zajęć: Optional seminar - 10 hours**

9. Number of ECTS credits and their distribution, taking into account the individual forms of student work:

Number of ECTS credits (2 points)

The workload of a Ph.D. student to achieve the assumed educational results is approx. 20 hours, including 10 contact hours (1 ECTS point) requiring the direct participation of an academic teacher and 10 hours not requiring the direct involvement of the teacher (1 ECTS point).
The range of hours depends on the level of knowledge of the Ph.D. student at the time of commencement of studies, the abilities of the Ph.D. student, and time devoted to individual and group work needed to complete the course, i.e., collecting and selecting appropriate materials; studying teaching materials; the time required to prepare a multimedia presentation and for an oral presentation.

10. Name and surname of the lecturer:

Katarzyna Khalid Ph.D
katarzyna.khalid@umed.lodz.pl
Anna Kubcika Ph.D
anna.maria.kubicka@umed.pl

11. Prerequisites:

Master's degree in Biomedicine, MD, or equivalent, and basic knowledge of biology or chemistry.

12. Teaching methods:

- Verbal presentation
- Multimedia presentation
- Discussion
- Discussion and analysis of exemplary presentations

13. Course content:

The course has been designed to provide participants with the knowledge and skills necessary to understand and minimise contemporary civilisational threats. The first part of the course focuses on travel medicine, discussing the epidemiology, prevention and symptoms of infectious and tropical diseases such as yellow fever, Zika, Ebola, malaria and cholera, as well as parasitic diseases. Participants will learn the principles of safe travel, including pharmacological preparation, vaccinations and procedures in case of exposure to biological and environmental hazards. The second part of the course is devoted to psychoactive substances. The main groups of drugs, their metabolism in the body and their impact on health will be discussed. Particular emphasis will be placed on toxicological analysis, including methods of collecting and testing biological material, interpretation of results and detection periods for individual substances and their metabolites.

14. Educational outcomes:

Knowledge:

After completing the course “Civilisation Hazards”, the PhD student should have knowledge of:

- Health risk factors in international travel and methods of minimising them.
- The aetiology, epidemiology and prevention of the most important infectious and tropical diseases.
- The principles of protective vaccination and chemoprophylaxis in travel medicine.
- Classification, mechanisms of action and health effects of psychoactive substance use.
- Basic methods of toxicological analysis used to identify drugs in biological material.
- Metabolic processes of key psychoactive substances and principles of interpreting test results.

Skills:

After completing the course: " Civilization Hazards ", the Ph.D. student should acquire the following skills:

- Assessment of health risks associated with planned travel to a specific region of the world.

- Selection of appropriate preventive measures (vaccinations, medications, personal protection) depending on the purpose of travel.
- Recognition of key symptoms of the most common tropical diseases.
- Analysis and interpretation of basic toxicological test results for the presence of psychoactive substances.

The mentioned skills above are generally valuable for dealing with the environment. Working on better communication and critically analyzing the messages we want to convey affect relations with the environment can be helpful, especially in crisis / challenging situations.

Social competences:
After completing the course: " Civilization Hazards " the Ph.D. student should acquire the following social competencies:

- can educate others about the health risks associated with travelling and using psychoactive substances.
- understands the importance of promoting healthy behaviours and prevention.
- can critically analyse data on epidemiological and toxicological risks and draw appropriate conclusions based on them.
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15. The literature list:

Basic literature list: Meder S., Windelspecht M.: Human Biology. McGraw-Hill Science/Engineering/Math, fourteenth Edition 2015
Supplementary literature list: Materials and current guidelines from the World Health Organisation (WHO) and Centres for Disease Control and Prevention (CDC) will be made available by the lecturers during the course.

16. Methods and ways of verifying the learning outcomes, including the form and conditions of passing the course:

KNOWLEDGE: The basis for passing the seminar is attendance, participation in teamwork and discussion, and implementation of tasks during classes.

SKILLS Assessment of practical activities such as:
- activity at the seminar
- carrying out tasks during classes
- working in a task force - ability to complete a task in a group,

17. Informacje dodatkowe:

Information about the exact dates and location of classes will be provided at a later date.

18. Oświadczenie prowadzącego i jego podpis:

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19. Podpis Kierownika MSD:

20. Data: