UNIVERSITY OF WARMIA AND MAZURY IN OLSZTYN

Course sylabus – part A
Introduction to Internal Medicine

48SJO-ITIM
2025
ECTS: 6.00

SUBJECT MATTER CONTENT:

Seminar
How to communicate with patient and his family during consultation. Confidentiality, informed consent and patient's autonomy. Physical examination: inspection, percussion, auscultation and palpation. General health status assessment. HT and PE of head and neck. HT and PE in pathology of skin, lymph nodes, nails, mucosa. HT and PE in cardiovascular disorders. The heart. Peripheral vascular and venous system.
HT and PE in respiratory system. HT and PE in gastrointestinal system (part I). HT and PE in gastrointestinal system (part II) and in renal system.
HT and PE in musculosceletal system. Basics of neurological examination. HT and PE in endocrine system. HT and PE in hematological disorders.
Medical records. Medical documentation.
Headaches, vertigo, impaired balance, sense organs disorders- when and whom to ask for advice? Consciousness disturbances. Dyspnea and cyanosis. Chest pain. What to do after history taking and physical examination? Abnormal ECG.Colic, 'acute abdomen', abdominal pain – who and when should be asked for consultation. How to proceed with patient with fever. Anaemias; haemostatic, thrombotic and myeloproliferative disorders – the basics. Joint pains, arthralgias. Disorders of musculosceletal system. Water balance disturbances

Classes
Communication with the patient. Verbal communication and body language. How to start? Principles of history taking (HT). HT in patients with consciousness disorders. HT from family or relatives. Asking the right questions and asking the questions right. Writing notes (how, what and when?) HT from young, adult and elderly patients. "Difficult patient" (deaf, angry or aggressive patient; different language or culture).
Physical examination (PE). Approaching to PE (conduct, setting). General examination [first impressions, conscious level, nutritional status (weight, height), temperature, colour, hydration, body balance, gait. Patient's interview – practice (student as a physician). HT and PE in skin, hair, nails and lymph nodes disorders. HT and PE in head and neck disorders. HT and PE in cardiovascular disorders. The heart. Peripheral vascular and venous system. HT and PE in respiratory system. HT and PE in gastrointestinal system (part I). HT and PE in gastrointestinal system (part II) and in renal system. HT and PE in musculosceletal system. Basics of neurological examination. HT and PE in endocrine system. HT and PE in hematological disorders. Clinical examination. Patient with sensual and consciousness disorders. Patient with valvular heart disease; acute coronary syndrome, chronic and acute heart failure. Patient with chest pain, dysponoe, hemoptysis. Patient with asthma, COPD, pneumonia.

Legal acts specifying learning outcomes:
Status of the course: None
Group of courses: None
Discipline: Medical Sciences
Classes:
Lecture (20 h)
Seminar (20 h)
Classes (80 h)
Step: Kierunek lekarski trzeci rok (oferta w jęz. angielskim dla obcokrajowców)
Program: Medicine
Form of studies:full-time
Level of studies: uniform master's studies

Introductory subject: Introductory courses: anatomy, histology

Prerequisites: requirements: background of anatomy, histology,

Coordinators:

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Patient with abdominal tumor and peritonitis signs. Differential diagnosis of fever. Generalized and localized edema. Oliguria and anuria.
Patient with hepatosplenomegaly and lymphadenopathy. Patient with inflammatory and degenerative pathologies of musculoskeletal system
Overview of history taking, physical assessment and differential diagnosis in internal medicine. Clinical revision.

Lecture
Consciousness disorders; Edema. Jaundice and other skin color disorders; History taking and physical assessment in ascites. Differential diagnosis of ascites.Enlargement of lymph nodes, liver and spleen (lymphadenopathies, hepatomegaly, splenomegaly); Arterial hypertension and Hypotension. Signs and symptoms of life threatening conditions. Fever. Signs, symptoms. Symptoms and signs in cardiovascular medicine.
Clinical symptomatology of the hematological diseases. Ascites. Symptoms and signs in renal disorders. Clinical signs and symptoms in respiratory system diseases. Part 1. Clinical signs and symptoms in respiratory system diseases. Part 2.Clinical signs and symptoms in endocrine and metabolism system diseases. Neurological disturbances in internal medicine.

TEACHING OBJECTIVE:
Acquiring the ability to recognize symptoms in internal diseases, the ability to take medical history, and the ability to conduct a physical examination

DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY:

Symbols for outcomes related to the discipline:

Symbols for outcomes related to the field of study:

LEARNING OUTCOMES (Knowledge, Skills, Social competence):

W1	The student knows and understands causes, symptoms, principles of diagnosis and therapeutic treatment in relation to the most common internal diseases occurring in adults and their complications: 1) diseases of the circulatory system, including ischemic heart disease, heart defects, diseases of the endocardium, heart muscle, pericardium, heart failure (acute and chronic), diseases of the arteries and veins, arterial hypertension - primary and secondary, pulmonary hypertension, 2) diseases of the respiratory system, including diseases of the respiratory tract, chronic obstructive pulmonary disease, bronchial asthma, bronchiectasis, cystic fibrosis, respiratory infections, diseases of the interstitial lungs, pleura, mediastinum, obstructive and central sleep apnea, respiratory failure (acute and chronic), respiratory system cancers, 3) diseases of the digestive system, including diseases of the oral cavity, esophagus, stomach and duodenum, intestines, pancreas, liver, bile ducts and gallbladder,4) diseases of the endocrine system, including diseases of the hypothalamus and

	pituitary gland, thyroid, parathyroid glands, adrenal cortex and medulla, ovaries and testicles, as well as neuroendocrine tumors, multiglandular syndromes, various types of diabetes and metabolic syndrome – hypoglycemia, obesity, dyslipidemia,5) kidney and urinary tract diseases, including acute and chronic kidney failure, glomerular and interstitial kidney diseases, kidney cysts, nephrolithiasis, urinary tract infections, urinary tract tumors, in particular the bladder and kidney, 6) hematopoietic system diseases, including bone marrow aplasia, anemia, granulocytopenia and agranulocytosis, thrombocytopenia, acute leukemia, myeloproliferative and myelodysplastic-myeloproliferative tumors, myelodysplastic syndromes, tumors from mature B and T lymphocytes, hemorrhagic diathesis, thrombophilia, conditions of direct threat to life in hematology, blood disorders in diseases of other organs, 7) rheumatic diseases, including systemic connective tissue diseases, systemic vasculitis, arthritis with spine involvement, metabolic bone diseases, in particular osteoporosis and degenerative joint disease, gout 8) allergic diseases, including anaphylaxis and anaphylactic shock and angioedema, 9) water-electrolyte and acid-base disorders: dehydration states, overhydration states, electrolyte disorders, acidosis and alkalosis;
U1	The student is able to conduct a medical interview with an adult patient
U2	The student is able to conduct a complete and focused physical examination of an adult patient;
U3	The student is able to respect patient rights;
U4	The student is able to assess the patient's general condition, state of consciousness and awareness;
K1	The student is ready to establish and maintain a deep and respectful contact with the patient, as well as to show understanding for ideological and cultural differences
K2	The student is ready to act in the best interests of the patient;
K3	The student is ready to respect medical confidentiality and patient rights;
K4	The student is ready to notice and recognize his/her own limitations and to make a self-assessment of educational deficits and needs

TEACHING FORMS AND METHODS:

Seminar-['W1', 'U1', 'K1', 'K4']-In seminars pathophysiological background of symptoms of signs are discussed
Classes-['W1', 'U1', 'K1', 'K2', 'U2', 'U3', 'K3', 'U4', 'K4']-Bedside teaching- history taking and physical examination with assistance of a teacher
Lecture-['W1', 'U1', 'K1', 'K4']-Presentation lectures cover signs and symptoms in internal medicine and differential diagnosis

FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:

Lecture-(Evaluation of the work and cooperation in the group)-['W1', 'U1', 'K1', 'K2', 'U2', 'U3', 'K3', 'U4', 'K4']-Attendance and active participation
Seminar-(Evaluation of the work and cooperation in the group)-[]-assessment based on evidence and physical activity

Literature:

1. ***Macleod's Clinical Examination***, Douglas G., Nicol F., Robertson C, Churchill

Livingstone – Elsevier, 2011, Strony: , Tom: (literatura podstawowa)

2. ***Podstawy badania klinicznego. Basic in clinical examination***, 4. Piotr Zaborowski, Beata Moczulska, Monika Kubiak, Krzysztof Tytman, Leszek Gromadziński, Beata Ja, MediPage, 2016, Strony: , Tom: (literatura podstawowa)

3. ***Differential Diagnosis in Internal***, Siegenthaler W., Thieme, 2011, Strony: , Tom: (literatura podstawowa)

4. ***Oxford Handbook of Clinical Examination and Practical Skills***, Thomas J., Monaghan T., Oxford Unversity Press, 2018, Strony: , Tom: (literatura podstawowa)

5. ***Clinical Examination***, Epstein O., Perkin G.D. et.el, Mosby – Elsevier, 2008, Strony: , Tom: (literatura uzupełniająca)

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Detailed description of ECTS credits awarded - part B
Introduction to Internal Medicine

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The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Lecture	20 h
- participation in: Seminar	20 h
- participation in: Classes	80 h
- consultation	2 h
	Total: 122 h

2. Independent work of a student:

Student preparation for classes	2.00 h
	Total: 2.00 h

Total (contact hours + independent work of a student): 124.00 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS,
ECTS Points = 124.00 h : 25 h/ECTS = **6.00** ECTS

Average: 6.00 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher	5.90 ECTS
- including the number of ECTS credits for hours of independent work of a student	0.10 ECTS