

**MINISTRY OF HEALTH OF UKRAINE
ODESA NATIONAL MEDICAL UNIVERSITY**

International faculty

Department of family medicine and polyclinic therapy

Syllabus in the discipline

"Management of obesity in the practice of a family doctor"

Amount	Total number of hours per discipline: 90 hours 3.0 credits. XI-XII semesters. 6th year.
Days, time, place	According to the class assignments. Department of family medicine and polyclinic therapy Odesa, str. Pishonivska, 1, Premises base of the Department of Family Medicine and Polyclinic Therapy, 5th floor.
Teacher(s)	Tsyunchyk Y. G., PhD in Medicine, Associate Professor Lahoda D. O., PhD, Associate Professor Bazhora Ya. I., PhD, Associate Professor Nazarian V. M., assistant
Contact Information	Help by phone: Danylchuk Halyna Oleksandrivna, head teacher of the department 097 305 4035 Tsyunchyk Yuliia Genadiivna, responsible for organizational and educational work with students of the department 050 333 5888 E-mail: galina.danylchuk72@gmail.com Face-to-face consultations: from 2:00 p.m. to 5:00 p.m. every Thursday, from 9:00 a.m. to 2:00 p.m. every Saturday Online consultations: from 4:00 p.m. to 6:00 p.m. every Thursday, from 9:00 a.m. to 2:00 p.m. every Saturday. The link to the online consultation is provided to each group during classes separately.

COMMUNICATION

Communication with the student will be conducted in the classroom (face-to-face).

During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, and Viber or Telegram messengers (through groups created in Viber or Telegram for each group, separately through the head of the group).

COURSE ANNOTATION

The subject of study of the discipline is the management, diagnosis, treatment, prevention of the development of overweight and obesity in children and adults.

Prerequisites and post-requisites of the discipline (the place of the discipline in the educational program):

Prerequisites: Ukrainian language (by professional direction), foreign language (by professional direction), Latin language and medical terminology, medical and biological physics, human

anatomy, histology, physiology, life safety; basics of electrophysiology, pathomorphology, pathophysiology, pharmacology, cardiology, endocrinology.

Post-requisites: general practice - family medicine, internal medicine, cardiology, gastroenterology, endocrinology, infectious diseases, epidemiology and principles of evidence-based medicine, anesthesiology and intensive care, emergency and critical care.

Purpose: deepening, expansion and concretization by the student of higher education of knowledge and formation of elements of professional competences in the field of management, diagnosis, treatment, prevention of the development of overweight and obesity in children and adults, improvement of skills and competences acquired during studying the course, as well as verification of effectiveness and quality their assimilation.

The tasks of the discipline are the following:

1. Acquisition of knowledge and skills in timely identification and diagnosis of overweight and obesity in adults and children.
2. Improving the skills of substantiating of the clinical diagnosis of obesity and overweight, differential diagnosis of obesity of various etiologies, drawing up a plan for laboratory and instrumental research.
3. Deepening of knowledge on the prevention of obesity and overweight in children and adults.
4. Consolidation of knowledge and skills regarding the determination of tactics for correction and treatment of overweight and obesity in adults and children, prevention of complications of obesity.
5. Expanding knowledge and skills in assessing the direct and side effects of the main drugs for the treatment and prevention of obesity, as well as the effectiveness and safety of drugs, taking into account the peculiarities of the clinical course and concomitant diseases.
6. Improving knowledge and skills regarding the role of the family doctor in the management of overweight and obese patients.

Expected results:

As a result of studying the discipline, the student has to

Know:

- basics of etiology and pathogenesis of overweight and obesity
- classification of obesity by types, species and degree of obesity
- methods of diagnosing overweight and obesity in adults and children
- principles of prevention and treatment of obesity. modern methods of correction and treatment of obesity, psychological and behavioral interventions in the curation of obesity
- basics of family doctor management of overweight and obesity in adults and children

Be able:

- carry out measurements necessary to determine the degree of obesity
- assess risk factors, symptoms, causes, eating habits underlying the development of overweight and obesity, identify comorbidities
- interpret the data of basic laboratory and instrumental studies in obese patients
- carry out differential diagnosis and substantiate the clinical diagnosis of obesity
- determine treatment tactics and obesity prevention methods
- keep medical records

COURSE DESCRIPTION

Forms and methods of education

It will teach the discipline as seminars classes (30 classroom hours) and organization of the student's independent work (60 hours).

Teaching methods: conversation, role-playing, solving clinical situational problems, tests, checking the skills of working with a glucometer.

The content of the educational discipline

Content module 1. Identification of the syndrome of overweight and obesity. Methods of correction and treatment of overweight and obesity.

Theme 1. Overweight and obesity. Definition. Epidemiology. Etiology. Classification. Diagnostics.

Definition of overweight, obesity. Causes and risk factors for the development of overweight and obesity. Epidemiology. Classification of obesity. Measurements needed to determine the degree of obesity. Differential diagnosis of obesity. Complications of obesity.

Theme 2. Physical activity of patients living with obesity.

Approaches to changing physical activity and lifestyle modification in overweight and obese patients. Types of physical activity, its impact on health

Theme 3. Diet of patients living with obesity.

Basic principles of diet therapy, characteristics of diet for people living with obesity. Healthy eating behavior. The effect of controlled weight loss on various obesity risk factors.

Theme 4. The latest pharmacological methods of obesity treatment.

Classification and mechanism of action of pharmacological drugs used to treat obesity. Indications and contraindications for prescribing the newest pharmacological drugs against obesity. Evaluation of the effectiveness, safety and side effects of the main drugs for the treatment and prevention of obesity.

Content module 2. Obesity and comorbid pathology. Prevention of obesity in adults and children.

Theme 5. Comorbid pathology in obese patients.

Diabetes and obesity. Diseases of the respiratory system and obesity. The course of cardiovascular diseases against the background of obesity. The course of gastrointestinal diseases and liver diseases against the background of obesity. Diseases of the musculoskeletal system and obesity. Disorders of the genitourinary system in women and obesity.

Theme 6. Prevention of obesity in adults.

Primary, secondary and tertiary prevention of obesity. The influence of bad habits on the development of obesity. Pregnancy and gestational weight gain, weight maintenance after childbirth. Psychological and behavioral interventions in the treatment of obesity.

Theme 7. Prevention of obesity in children.

Screening for obesity in children. Etiology of obesity in children. Risk factors. Differential diagnosis. Methods of preventing obesity in children.

Theme 8. Treatment of obesity in children.

General principles and methods of treatment of obesity in children. Medicinal and non-medicinal approaches to the management of obese childhood patients.

RECOMMENDED LITERATURE

Basic:

1. Yu.V. Voronenko, O.G. Shekera, L.V. Himion. etc. Current issues of internal diseases in the practice of a family doctor. - Zaslavsky publishing house. -K., 2018. – 600 p.
2. Internal diseases: in 2 parts. Textbook / L.V. Hlushko, S.V. Fedorov, I.M. Skrypnyk and others. "Medytsyna" Publishing House, Kyiv, 2019, 584 p.
3. Internal diseases. A textbook based on the principles of evidence-based medicine. Publishing house "Medycynapraktyczna", 2019, p. 1632
4. Yu.V. Voronenko, O.G. Shekera, M.M. Dolzhenko. etc. Current issues of cardiovascular diseases in the practice of a family doctor. – Zaslavsky publishing house. - K., 2017. - 414 p.
5. Yu.V. Voronenko, O.G. Shekera, Yu.I. Gubskiy. etc. Current issues of palliative and hospice care in the practice of a family doctor. - Zaslavsky publishing house. - K., 2017. – 208 p.
6. Diagnostic methods in the clinic of internal medicine: training manual / A.S. Svintsitskiy "Medytsyna" Publishing House, Kyiv, 2019. P. 1008
7. Diseases of the respiratory, immune and cardiovascular systems / Vitaliy Kryvenko - Kyiv: Practicing Physician's Library, 2019. - 360p.
8. Emergency medicine: Emergency (quick) medical care: Textbook for med. University of the IV R.A. Approved by MES / I.S. Zozulya, V.I. Bobrova, H.G. Roschin and others; under the editorship I.S. Cuckoos — 3rd ed., revision. and additional — K., 2017. — 960 p.
9. Propaedeutics of internal medicine: Textbook for med. University of the III-IV year — 5th type. Approved by the Ministry of Health / Ed. O.H. Yavorsky — K., 2018.
10. Family Medicine in 3 books - B1: General Issues Of Family Medicine: Textbook for students of higher medical education establishments of the 4th level of accreditation. Approved by the Ministry of Education and Science of Ukraine. Recommended by the Academic Board of O.O.Bohomolets NMU/ Authors O.M. Hyryna, O.M. Pasiyeshvili - Kiiv, 2016.

Additional:

1. BMJ Best Practice. Amar Puttanna, Partha Kar. Type 2 diabetes in adults. [Electronic resource]. Available at: <https://bestpractice.bmj.com/topics/en-gb/24/guidelines>
2. Harrison's Principles of Internal Medicine, Twenty-First Edition (Vol.1 & Vol.2). Joseph Loscalzo, Anthony Fauci, Dennis Kasper, Stephen Hauser, Dan Longo, J. Larry Jameson. – McGraw Hill / Medical. 2022. – 2 / 15

Electronic information resources

1. [American Diabetes Association \(ADA\): Standards of medical care in diabetes \(2022\)](#)
2. [Obesity and weight management for the prevention and treatment of type 2 diabetes\(2022\)](#)
3. [Department of Veteran Affairs \(VA\)/Department of Defense \(DoD\): Clinical practice guideline for management of adult overweight and obesity \(OBE\) \(2020\)](#)
4. [US Preventive Services Task Force \(USPSTF\): Final recommendation statement on healthy diet and physical activity for cardiovascular disease prevention in adults with cardiovascular risk factors – Behavioral counseling interventions \(2020\)](#)
5. [ACOG: Committee opinion on ethical considerations for the care of patients with obesity \(2019\)](#)
6. [The Obesity Society \(TOS\): Position statement on obesity as a disease \(2019\)](#)
7. [Endocrine Society \(ES\): Clinical practice guideline for the primary prevention of ASCVD and T2DM in patients at metabolic risk \(2019\)](#)
8. [International Federation of Gynecology and Obstetrics \(FIGO\): Guideline for management of prepregnancy, pregnancy, and postpartum obesity \(2020\)](#)
9. [ES: Clinical practice guideline for pharmacological management of obesity \(2016\)](#)

10. [World Health Organization \(WHO\): Guideline – Sugars intake for adults and children \(2015\)](#)
11. [Obesity Canada: Canadian adult obesity clinical practice guidelines \(2020\)](#)
12. [Society of Obstetricians and Gynaecologists of Canada \(SOGC\): Clinical practice guideline on pregnancy and maternal obesity part 1 – Pre-conception and prenatal care \(2019\)](#)
13. [American Heart Association \(AHA\): Science advisory on dietary diversity – Implications for obesity prevention in adult populations \(2018\)](#)
14. [AHA/American College of Cardiology \(ACC\)/TOS: Guideline for the management of overweight and obesity in adults \(2013\)](#)

EVALUATION

Forms of control and evaluation methods: oral survey, testing, assessment of performance of practical skills, solution of situational clinical tasks, assessment of activity in class.

Ongoing control:

- oral control: individual survey on the theme;
- written control: assessment of the situational task solutions (including calculation), assessment of the performance of an individual task;
- test control: assessment of performance of tests on the theme.

Final control: Credit Test.

Assessment of the ongoing learning activity at the practical classes:

1. Assessment of the theoretical knowledge on the theme:
 - methods: individual survey on the theme, participation of the students in the discussion of problem situations; assessment of performance of tests on the theme;
 - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.
2. Assessment of practical skills on the theme:
 - methods: assessment of the solution of situational tasks (including calculation) on the theme;
 - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.

Assessment of the individual work:

1. Assessment of the quality of the performance of the individual work:
 - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.
2. Assessment of the presentation and defense of an individual work, participation in the assessment of the business plan of the competitors and its critical analysis:
 - the maximum score – 5, the minimum score – 3, the unsatisfactory score – 2.

The score for one practical class is the arithmetic average of all components and can only have an integer value (5, 4, 3, 2), which is rounded statistically.

Criteria of ongoing assessment at the seminar class

Score	Assessment criterion
Excellent «5»	<p>The student participates actively in the seminar class. He/she demonstrates profound knowledge and provides full and detailed answers. He/she participates actively in discussing problem situations. He/she uses additional educational and methodological and scientific literature. The student knows how to form his attitude to a certain issue and conveys his/her attitude to the issue, gives appropriate examples. He/she knows how to find the most adequate forms of conflict resolution.</p> <p>The tests are completed in full, all 100% of the answers are correct, the answers to the open questions are complete and justified.</p> <p>The student freely solves situational tasks (including calculations), confidently</p>

	demonstrates practical skills on the theme of seminar class and correctly interprets the data obtained. He/she expresses his own creative opinion on the theme, demonstrates creative thinking.
Good «4»	<p>The student participates in the seminar class. He/she have mastered the material of the seminar class and shows the necessary knowledge, but answers the questions with some mistakes. He/she participates in discussing problem situations. He/she uses the basic educational and methodological and scientific literature. The student expresses his own opinion on the theme of seminar class.</p> <p>The tests are completed in full, not less than 70% of the answers are correct, the answers to the open questions are generally correct, but there are some mistakes in definitions.</p> <p>The student correctly solves situational tasks (including calculations), but admits minor inaccuracies and demonstrates more standardized practical skills on the theme of seminar class with correct interpretation of the received data. He/she expresses his own opinion on the theme, demonstrates creative thinking.</p>
Satisfactory «3»	<p>The student sometimes participates in the seminar class. He/she partially intervenes and asks questions, answers the questions with mistakes. He/she passively works in practical exercises. He/she demonstrates fragmentary knowledge of the conceptual apparatus and literary sources.</p> <p>The tests are completed in full, not less than 50% of the answers are correct, the answers to the open questions are illogical, with obvious significant errors in definitions.</p> <p>The student does not have sufficient knowledge of the material to solve situational problems (including calculations). He/she uncertainly demonstrates practical skills on the theme of seminar class and interprets the data with significant errors, does not express his/her opinion on the topic of the situational problem.</p>
Unsatisfactory «2»	<p>The student does not participate in the seminar class, just observes the learning process. He/she never speaks out or asks a question. He/she is disinterested in the study of the material. The student gives incorrect answers to questions, demonstrates poor knowledge of the conceptual apparatus and literary sources.</p> <p>The test has not been completed.</p> <p>The situation task has not been completed.</p>

Credit Test is considered, if the student has completed all the tasks of the working program of the educational discipline. He/she took actively participated in the practical exercises, and completed an individual work. The student has an average current rating of at least 3.0 and has no academic debt.

Distribution of points, obtained by the student

The average grade in the discipline is converted to the national grade and converted to points on a multi-point scale (200-point scale).

Conversion of traditional assessment into 200-point is carried out by the information and technical department of ONMedU by the special program by the formula:

Average score (current academic performance) x 40.

Conversion table of traditional to multi-point

National score for the discipline	The sum of scores for the discipline
Excellent («5»)	185 – 200
Good («4»)	151 – 184
Satisfactory («3»)	120 – 150
Unsatisfactory («2»)	Less than 120

Possibility and conditions for obtaining additional (bonus) points: not provided.

Independent work of students

Independent work involves preparation for each seminar class.

EDUCATIONAL DISCIPLINE POLICY

Deadline and re-take policy

- Absences of classes for non-respectable reasons are worked out according to the schedule of the teacher on duty.
- Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

Academic Integrity Policy:

Students must observe academic integrity, namely:

- independent performance of many works, tasks, forms of control provided for by the work program of this educational discipline;
- references to sources of information with using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

Unacceptable in educational activities for participants of the educational process are:

- using family or official ties to get a positive or higher grade during any form of control of learning outcomes or academic performance;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, smartphones, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

For violation of academic integrity, students may be held to the following academic responsibility:

- a decrease in the results of an assessment of control work, assessment in class, credit, etc.;
- retaking the assessment (control work, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- inspecting other works by the violator.

Attendance and Tardiness Policy:

Uniform: a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

Equipment: notebook, pen.

State of health: students suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "nb" in the journal, he must re-take it in the general order.

Mobile devices

Mobile devices may be used by students with the permission of the instructor if they are needed for the assignment.

Behavior in the audience:

The behavior of students and teachers in the classrooms must work and calm, strictly comply with the rules established by the Regulations on academic integrity and ethics of academic relations at Odessa National Medical University, under the Code of Academic Ethics and University Community Relations of Odessa National Medical University, Regulations on Prevention and detection of academic plagiarism in the research and educational work of students of higher education, scientists and teachers of Odessa National Medical University.