

MODULE OUTLINE DYPO61

1. GENERAL INFORMATION

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| SCHOOL | SCHOOL OF SOCIAL SCIENCES | | |
| PROGRAM COURSE | PUBLIC HEALTH AND POLICIES (DYPO) | | |
| LEVEL OF STUDY | POSTGRADUATE | | |
| MODULE CODE | DYPO61 | SEMESTER OF STUDY | 2 nd |
| MODULE TITLE | Prevention and Treatment of Cardiovascular Diseases in Primary Health Care | | |
| INDEPENDENT TEACHING ACTIVITIES <i>in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits</i> | | HOURS | CREDIS |
| Weekly teaching hours 21-23 hours x 13 weeks | | 280-300 | 10 ECTS |
| COURSE TYPE Compulsory, Optional, Optional mandatory | Optional | | |
| PREREQUISITE MODULES: | None | | |
| LANGUAGE OF INSTRUCTION AND EXAMS | Greek | | |
| THE MODULE IS OFFERED TO ERASMUS STUDENTS | No | | |
| MODULE WEBSITE (URL) | https://www.eap.gr/en/dypo/dypo_them/#dypo61 Each module has its own space in the Learning Management System of EAP (https://courses.eap.gr/login/index.php), with controlled access (use of code) for students and teaching staff. | | |

2. LEARNING OUTCOMES

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| Learning Outcomes <i>The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult:</i> | |
| Upon completion of the unit, students will be able to: <ul style="list-style-type: none"> • Understand the main causes of cardiovascular diseases • Know the impacts of modern lifestyle on the development of cardiovascular diseases • know the prevention policies for cardiovascular diseases • Understand the role of Primary Health Care on prevention and Health promotion | |
| General Competences <i>Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?</i> | |
| <i>Search for, analysis and synthesis of data and information by the use of appropriate technologies,</i> | <i>Project planning and management</i> |
| <i>Adapting to new situations</i> | <i>Respect for diversity and multiculturalism</i> |
| <i>Decision-making</i> | <i>Environmental awareness</i> |
| <i>Individual/Independent work</i> | <i>Social, professional and ethical responsibility and sensitivity to gender issues</i> |
| <i>Group/Team work</i> | <i>Critical thinking</i> |
| <i>Working in an international environment</i> | <i>Development of free, creative and inductive thinking</i> |
| <i>Working in an interdisciplinary environment (Other.....citizenship, spiritual freedom, social awareness, altruism etc.)</i> | |
| <ul style="list-style-type: none"> • Search for, analysis and synthesis of data and information by the use of appropriate | |

- technologies
- Working in an international environment
- Decision – making
- Group / team work
- Working in an interdisciplinary environment
- Critical thinking
- Development of free, creative and inductive thinking
- Individual/independent work

3. MODULE CONTENT

Cardiovascular diseases are now the most common and leading cause of death both in our country and globally. The objective of the module is to analyze the fundamental causes of cardiovascular diseases related to modern lifestyle. Specifically, they are directly associated with sedentary life, unhealthy diet, lack of physical exercise, and intense psychological stress. Specific prevention methods related to lifestyle changes will be presented regarding these diseases, discussing the role of Primary Health Care in prevention and health promotion. The scientific subjects of the module are:

- Cardiovascular diseases
- Prevention of heart diseases and Risk factors
- The role of Primary Health Care in the prevention of heart diseases

4. TEACHING METHODS--ASSESSMENT

| <p>MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc.</i></p> | <p>Distance education with three Group Counseling Meetings (OSS) during the academic semester, held on weekends.</p> | | | | | | | | | | | | | | | |
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| <p>USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i></p> | <p>We use : Remote meetings tools (cisco webex), Presentation software (e.g. power point),</p> <p>Additionally, the students use office automation tools, web browsers and e-reader for digital books.</p> | | | | | | | | | | | | | | | |
| <p>MODULE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc</i></p> <p><i>The study hours for each learning activity as well as the hours of selfdirected study are given following the principles of the ECTS.</i></p> | <table border="1"> <thead> <tr> <th>Activity</th> <th>Annual Workload</th> </tr> </thead> <tbody> <tr> <td>3 OSS (x 4 hours)</td> <td>12</td> </tr> <tr> <td>2 tutorial exercises (2 x 30 hours)</td> <td>60</td> </tr> <tr> <td>1 semester assignment</td> <td>55</td> </tr> <tr> <td>Examination</td> <td>4</td> </tr> <tr> <td>Individual study (21-23 hours x 13 weeks)</td> <td>149-169</td> </tr> <tr> <td>Total module workload (hours)</td> <td>280-300</td> </tr> </tbody> </table> | Activity | Annual Workload | 3 OSS (x 4 hours) | 12 | 2 tutorial exercises (2 x 30 hours) | 60 | 1 semester assignment | 55 | Examination | 4 | Individual study (21-23 hours x 13 weeks) | 149-169 | Total module workload (hours) | 280-300 | |
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| <p>STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS</p> | <p>Completion of written assignments during the academic semester which constitute a 40 percent of each student's grade, if a pass is obtained in the final or repetitive examination. Final exam grades constitute a 60 percent of</p> | | | | | | | | | | | | | | | |

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| <p><i>Detailed description of the evaluation procedures.</i></p> <p><i>Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.</i></p> <p><i>Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students</i></p> | <p>the students' final course grade. For further information go to the EAP Study Guide.</p> |
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5. SUGGESTED BIBLIOGRAPHY

Suggested bibliography:

Anastasiou-Nana M., Iliodromitis E., Lekakis I., Paraskevidis I., Rizos I., Filippatos G. (2013) Manual of Cardiovascular Diseases., BROKEN HILL PUBLISHERS LTD (in Greek)

Anthopoulos L.P., Anthopoulos P.L. (2006) Epidemiology and Prevention of Cardiovascular Diseases. Parisianou Publishers (in Greek)

Handler C.(2009) Preventive Cardiology, BROKEN HILL PUBLISHERS LTD(in Greek)

AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation)(2022) Guidelines for cardiac rehabilitation and secondary Prevention Programs BROKEN HILL PUBLISHERS LTD (in Greek)

Related scientific Journals:

1. *European Heart Journal*
2. *European Journal of Preventive Cardiology*
3. *JAMA Health Forum*
4. *NEJM*
5. *Journal of Cardiovascular Medicine*
6. *Stroke*