

DESCRIPTION OF THE COURSE OF STUDY

Course code	12.6-3LEK-F-PP	
Name of the course in	Polish	Problemy płodności
	English	Fertility problems

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	medicine
1.2. Mode of study	full-time
1.3. Level of study	uniform Master's study
1.4. Profile of study*	practical
1.5. Specialization*	lack
1.6. Unit running the course of study	Faculty of Medicine and Health Sciences UJK
1.7. Person/s preparing the course description	prof. dr hab. n. med. Bogdan Chazan
1.8. Person responsible for the course of study	prof. dr hab. n. med. Bogdan Chazan
1.9. Contact	b.chazan@wp.pl

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Affiliation with the module	facultative
2.2. Language of instruction	English
2.3. Semesters in which the course of study is offered	6-9 semesters of study
2.4. Prerequisites*	Anatomy, physiology

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	Lectures: 15 hours, Classes: 20 hours
3.2. Place of classes	In didactic rooms of the UJK
3.3. Form of assessment	Credit with grade
3.4. Teaching methods	Classes in the form of seminars during subsequent weeks. Each seminar is divided into the lecture and class parts. The use of multimedia presentations, films and menstrual cycle observation charts. Discussion.
3.5. Bibliography	Required reading
	Further reading
	1. Sexual and Reproductive Health at a Glance, ISBN: 9781118460726 2. Ultrasonography in Reproductive Medicine and Infertility
	1. Oxford Handbook of Reproductive Medicine and Family Planning, ISBN: 9780199203802 2. Textbook of Human Reproductive Genetics, ISBN: 9781107683587

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

<p>4.1. Course objectives (including form of classes)</p> <p>C1 – Acquisition of knowledge concerning the physiology of the reproductive cycle in females, scientific basis of various bio-indicators of the menstrual cycle, methods of their observation, contemporary methods for recognizing fertility (Fertility Awareness Methods - FAM) and their effectiveness, and possibilities of use in family planning.</p> <p>C2 – Preparation for independent use of FAM in the diagnostics of menstrual cycle abnormalities.</p> <p>C3 – Acquisition of knowledge concerning artificial family planning methods, the mechanism of their effects, advantages and adverse effects.</p> <p>C4 – Recognition of ethical, medical, social, and cultural conditioning of the selection of family planning methods.</p> <p>C5 – Acquisition of knowledge concerning a negative effect of an inappropriate life style, risky behaviours, inadequate nutrition, and drugs on fertility, facilitating the understanding of the need for care of fertility and recognition of the causes of infertility.</p> <p>C6 – Preparation for management in the area of prophylaxis of infertility, recognition of its causes and causative treatment.</p> <p>C7 – Understanding of the mechanisms responsible for fertility in various periods of life, during puberty, sexual maturity, lactation and perimenopausal period.</p> <p>C8 – Familiarization with elements of preconception care, and care of reproductive health.</p> <p>C9 – Acquisition of knowledge concerning assisted reproduction techniques, its methods, effectiveness, effect on health of the mother and baby, ethical and medical aspects.</p> <p>C10 – Obtaining basic knowledge in the field of demography.</p> <p>C11 – Acquisition of skills of conducting counselling in the field of prevention of infertility, diagnosing and treatment of infertility, and family planning considering patients' expectations, enabling the gaining of trust and make full contact, full of</p>
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respect and understanding.

C12 – Acquisition of skills of motivating patients for health promoting behaviours and concern about reproductive health.

4.2. Detailed syllabus (including form of classes)

1. Anatomy of males and female reproductive organs. Hormonal regulation of menstrual cycle. Phases of the cycle, indicators of fertility during woman's menstrual cycle.
2. History of the method of recognizing fertility. Methods of recognizing fertility worldwide and in Poland. Recommendations by the World Health Organization.
3. A review of methods for recognizing fertility and their effectiveness. Single indicator methods, accurate thermal, Billings ovulation, Creighton Model Fertility Care, and multi-indicator methods: expanded thermal, symptomatic-thermal.
4. English method of double checking. The Creighton Model. Rules of interpretation of the symptoms of fertility. Interpretations of typical menstrual cycle charts.
5. Advantages and difficulties with application, effectiveness of the methods of recognizing fertility. Usefulness of observation in the diagnostics of menstrual cycle disorders.
6. Artificial family planning methods. Contraception – types, mechanisms of effect, effectiveness, side effects, complications. Interpretation of fertility indicators after discontinuation of hormonal contraceptives.
7. Infertility. Prophylaxis, diagnosing and treatment of causes. Conducting infertility counselling. Usefulness of methods of diagnosing fertility in the situation of problems with conception.
8. Use of methods of diagnosing fertility in preconception care. Breastfeeding. Absence of menstrual periods as a result of breastfeeding. Interpretation of menstrual cycle charts after childbirth.
9. Diet and fertility. Fertility in individual periods of life of man and woman. Interpretation of cycles during the periods of puberty and pre-menopause.
10. Assisted reproduction methods. Obtaining credits.

4.3 Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of KNOWLEDGE:		
W01	knows the reproductive function in women and men;	B. W27
W02	knows female reproductive functions, disorders associated with them as well as diagnostic and therapeutic procedures concerning in particular: a) the menstrual cycle and its disorders, b) pregnancy, c) physiological and pathological childbirth and postpartum, d) inflammations and tumors in the genital organs, e) birth control, f) menopause, g) basic methods of diagnostics and gynecological procedures;	F. W9
within the scope of ABILITIES:		
U01	makes recommendations, indications and contraindications for the use of contraceptive methods;	F. U18

4.4. Methods of assessment of the intended teaching outcomes

Teaching outcomes (code)	Method of assessment (+/-)																						
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*		Others*					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes		Form of classes					
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	C	...	L	C	...	
W01																							
W02																							
U01																							

*delete as appropriate

4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
lecture (L)	3	61%-68%
	3,5	69%-76%
	4	77%-84%
	4,5	85%-92%
	5	93%-100%
classes (C)*	3	61%-68%
	3,5	69%-76%
	4	77%-84%
	4,5	85%-92%
	5	93%-100%

- **Thresholds are valid from 2018/ 2019 academic year**

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload
	Full-time studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	35
<i>Participation in lectures*</i>	15
<i>Participation in classes, seminars, laboratories*</i>	20
<i>Preparation in the exam/ final test*</i>	
<i>Others*</i>	
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	15
<i>Preparation for the lecture*</i>	5
<i>Preparation for the classes, seminars, laboratories*</i>	5
<i>Preparation for the exam/test*</i>	5
<i>Gathering materials for the project/Internet query*</i>	
<i>Preparation of multimedia presentation</i>	
<i>Others*</i>	
<i>TOTAL NUMBER OF HOURS</i>	50
ECTS credits for the course of study	2

Accepted for execution (date and signatures of the teachers running the course in the given academic year)

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