



PROMISE 2021

Preventive medicine

Target students: 3rd - 5th year students of health sciences

Teaching language: English

Teaching team: Donatella Verbanac, Andrea Gelemanović, Livia Puljak, Ivana Kolčić, Ivana Carev, Marija Roguljić, Herman Goossens, Miroslav Radman, Katarina Vukojević, Tamara Milošević

Student workload: 50 – 60 hours

Estimated workload for PROMISE Preventive Medicine module (total 57:35:42)						
	Week 1	Week 2	Week 3	Week 4	Final Week	DESCRIPTION
COMPULSORY VIDEOS						
<i>Number of compulsory videos</i>	5	10	9	6	0	
<i>Duration of compulsory videos (min)</i>	0:44:54	1:04:37	1:26:24	0:45:59	0:00:00	
<i>Workload for compulsory videos (min)</i>	2:14:42	3:13:51	4:19:12	2:17:57	0:00:00	1 min video = 3 min workload
COMPULSORY READING MATERIALS						
<i>Number of compulsory reading materials</i>	5	4	1	1	0	
<i>Number of pages of compulsory reading materials (page)</i>	28	39	2	6	0	
<i>Workload for compulsory reading materials (page)</i>	4:40:00	6:30:00	0:20:00	1:00:00	0:00:00	1 page text = 10 min workload
ASSIGNMENTS						
<i>Workload for quiz (min)</i>	1:00:00	1:00:00	1:00:00	1:00:00	2:00:00	
<i>Workload for individual assignment (min)</i>	1:30:00	0:00:00	0:45:00	0:45:00	0:00:00	
<i>Workload for group assignment (min)</i>	0:00:00	0:00:00	2:30:00	6:00:00	9:30:00	
<i>Workload for transversal activity (min)</i>	2:30:00	1:30:00	2:00:00	0:00:00	0:00:00	
TOTAL WORKLOAD (min)	11:54:42	12:13:51	10:54:12	11:02:57	11:30:00	2 ECTS = 60 h workload

Brief description of the course

Preventive Medicine Module is the third among the four online modules covering personalized, participatory, preventive, and predictive medicine, each module presenting the topic considering responsible research and innovation principles. In this third module we present how important a lifestyle is in maintaining the well-being and preserving one's health.

Contents

Introduction to preventive medicine

Translational research – P4 medicine in nutrition

Identification of research gaps from systematic reviews and meta-analysis

Importance of a healthy lifestyle

Mediterranean diet as an example of a healthy dietary pattern and lifestyle

Biologically active compounds from food and herbs

Importance of oral health

Mindfulness and positive thinking

Healthy aging

Preventive health screenings and campaigns



Teaching methodology

Pedagogical videos, expert videos, written material complementing the video topics, links to selected materials existing online, and selected scientific publications will be available in the online learning platform. In addition to the materials, every week there will be individual assignments to put into practice the contents and the skills of the course. There will be a group project to be carried out during the 4 weeks of the course. During the time of the course, students can ask questions via forum to the course moderators. Course moderators monitor student work and support the students if needed.

Assessment

Weekly quizzes (weeks 1-4): There's a quiz students need to take each week after finishing studying all the required materials. Weekly quizzes will give students 20% of total points (5% each).

Final quiz (final week): In the last week of the module, students are expected to solve the final quiz which will test their understanding of all topics covered during the module. Students need 60% to pass, and the pass earns 15% of the total points.

Individual assignment 1: Think and express your opinion about Preventive Medicine (week 1)

This is an individual assignment where students will be given a choice of several questions related to preventive medicine topic and they will need to choose one and either write a short statement or make a short video giving their opinion on the selected question. Students will get up to 10% of total points.

Individual assignment 2: Systematic review on Preventive Medicine topic (weeks 3, 4)

In this individual assignment students will be given a choice of several systematic reviews dealing with a specific question related to preventive medicine where they will need to choose one based on their topic preference. Then they will need to read it, write a short summary of the key findings, and analyse it according to provided instructions. Students will get up to 15% of total points.

Transversal activity 2: Perception of P4 medicine among different EU stakeholders (weeks 1, 2, 3)

During this module, students will continue working on the transversal activity that connects all PROMISE modules and learning expeditions. Transversal activity aims to examine what different stakeholders currently know and think about P4 medicine. During this module, students will need to analyse initial survey responses in groups and then make final adjustments and disseminate it. This activity will give students 10% of total points, and participation and completion of this activity is mandatory for students who want to compete for learning expeditions.

Group assignment: Communicate with public about Preventive Medicine topic (weeks 3, 4, final)

In this module students are expected to collaborate with their peers in creating dissemination material about a specific Preventive Medicine topic in a form of a short video and presentation. Students will also need to develop dissemination strategy and will be given the opportunity to test their communication skills since they will need to interact with a targeted audience on the results of their project. This group activity will give students up to 30% of the final points.