



LIFESTYLE AND DISEASES PREVENTION

| Title of the subject (module) | Code |
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| LIFESTYLE AND DISEASES PREVENTION | |

| Lecturer(s) | Department(s) |
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| Coordinator: prof. dr. Arūnas Emeljanovas Other(s): | Vilnius University, Faculty of Medicine, Institute of Health Sciences, Department of Nursing |

| Study stage | Type of the subject (module) |
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| Second cycle (master studies) | Compulsory |

| Form of implementation | Execution period | Execution language(s) |
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| Auditorium | Third semester | Lithuanian |

| Prerequisites and corequisites | |
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| Requirements: compulsory subjects from nursing master programme | Corequisites (if any): none |

| Volume of a subject (module) in credits | Total study load per student | Contact study hours | Independent study hours |
|---|------------------------------|---------------------|-------------------------|
| 5 | 133 | 64 | 69 |

| Objective of a subject (module): competencies of the study programme | | |
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| The objective is to impart knowledge on biomedical and psychological mechanisms of healthy lifestyle and non healthy conduct, develop ability to support change in conduct on scientific theories and empiric evidence, assess objectives of regime and alteration of lifestyle based on the principles of educology and psychology. | | |
| Study outcomes of the subject (module) | Study methods | Evaluation methods |
| General competencies | | |
| Social skills 1.2. Ability to convey information based on arguments purposefully on healthy lifestyle when communicating to colleagues during seminars. | Work in groups. Reflection on activity. Seminars. | Assessment of group project. |
| Subject competencies | | |

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| <p>Knowledge and its application:</p> <p>3.1. Awareness and ability to perform national prevention and early diagnostics programs of health inspection independently within one's competence, relying on the EU directives, laws, regulations and subordinate legislation of the Republic of Lithuania in the field of nursing and health care. Ability to apply health development and prophylactics in practice, methods of management and teamwork at health care institutions.</p> <p>3.2. Awareness and ability to apply latest clinical knowledge on biomedical and psychological mechanisms of healthy lifestyle and non healthy conduct and ability to apply the same knowledge independently when developing professional experience.</p> | <p>Lectures. Task on search for information. Case study. Reflection on activity.</p> | <p>Assessment of individual project. Assessment of group project. Examination.</p> |
| <p>Ability to carry out research</p> <p>4.1. Ability to lead development of practical knowledge of clinical nursing based on results of latest research, in order to integrate scientifically based knowledge and assess their impact on improvement of professional activity.</p> | <p>Lectures. Task on search for information. Group project. Case study. Seminars. .</p> | <p>Assessment of individual project. Assessment of group project. Examination.</p> |
| <p>Special skills</p> <p>5.2. Ability to use assessment methodologies of health related indicators, conduct long-term monitoring and prophylactics of chronic infectious diseases, health dynamics, perform disease prevention and critically assess scientific literature and interpret results of research, motivate patients to practice self learning and educational activity on the matters of lifestyle and disease prevention.</p> | <p>Lectures. Task on search for information. Group project. Case study. Seminars. .</p> | <p>Assessment of individual project. Assessment of group project. Examination.</p> |

| Topics | Contact study hours | Time and tasks for independent studies |
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| | Lectures | Consultations | Seminars | Exercise | Laboratory work | Internship | Total contact study | Independent study | Tasks |
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| 1. Psychology of lifestyle. | 2 | | 2 | | | | 4 | 6 | Work in groups ^{1,2,3} |
| 2. Models and theories on alteration of health related conduct. | 2 | | 2 | | | | 4 | 4 | Analysis of legal acts. Study of literature: models of alteration of conduct. |
| 3. Infectious diseases and its prevention. | 1 | | 2 | | | | 3 | 3 | Analysis of legal acts. Study of literature: prevalence of infectious diseases. |
| 4. Non-infectious diseases and its prevention. | 2 | | 2 | | | | 4 | 4 | Study of literature. analysis of documents. |
| 5. Health related physical activity and disease prevention. | 2 | | | | | 2 | 4 | 4 | Study of literature: importance of physical activity on the body. Analysis of documents. Preparation of protocols and instructions. |
| 6. Health related physical capability and disease prevention | 2 | | | | | 5 | 7 | 9 | Study of literature: prevention of various diseases. Analysis of documents. Preparation of survey questionnaires. |
| 7. Prevention of addictive substances. | 2 | | 2 | | | | 4 | 4 | Study of literature: addictions. Analysis of situations. Workshops. |
| 8. Nutrition habits relevant to disease prevention | 2 | | 1 | | | 2 | 5 | 5 | Study of literature: healthy nutrition and guidelines. Analysis of situations. Workshops. |
| 9. Prevention of falls and traumas. | 2 | | | | | 2 | 4 | 4 | Study of literature: traumatism and accidents. Analysis of situations. Practical assessment of nursing results. |
| 10. Prevention of suicides. | 1 | | 1 | | | | 2 | 2 | Study of literature: suicides in Lithuania and abroad. Analysis of situations. |
| 11. Stress management and prevention of mental diseases. | 2 | | | | | 5 | 7 | 8 | Study of literature. Analysis of situations. Estimation and analysis of workload of nurses. Drafting of plan to correct non-compliance. |

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| 12. Development of healthy lifestyle. Lifestyle and cognitive functions | 4 | 2 | 2 | | | | 8 | 8 | Study of literature: healthy lifestyle in the society. Analysis of situations. |
| 13. Research methods of lifestyle and disease prevention | 4 | | | | | 4 | 8 | 8 | Case study and work in groups |
| Total: | 28 | 2 | 14 | | | 20 | 64 | 69 | |

| Evaluation strategy | Weight, percent | Time of Evaluation | Evaluation criteria |
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| Assessment of group project (oral presentation and in writing) | 30 | During semester | <p>Group project. Present situation of a disease (either infectious or non-infectious) (analysis, situation in Lithuania and abroad, statistics, possible proposals and prevention) and examine at least 3 scientific articles in reviewed journals.</p> <p>Group written project of students is assessed using 10 point system. Report includes assessment of communication and special abilities, ability to conduct research as well theoretical knowledge.</p> <p>Assessment system:</p> <p>10 points - excellent application of theoretical knowledge. Excellent performance of complex unorthodox tasks. Excellent and exceptional quality of performance. Excellent skills of expression and presentation. Sound understanding of the task and the reason for it.</p> <p>9 points - very good application of theoretical knowledge. Easy performance of complex typical tasks. Very good performance quality. Very good skills of expression and presentation. Understanding of methods and techniques applied and the reason for it.</p> <p>8 points - good application of knowledge. Correct performance of tasks of medium difficulty and above. Good performance quality. Good skills of expression and presentation. Understanding of methods and techniques applied.</p> <p>7 points - knowledge is applied based on examples provided. Good performance quality. Correct performance of tasks of medium difficulty. Sufficient skills of expression and presentation.</p> <p>6 points - knowledge is applied based on examples provided. Satisfactory performance quality. Ability to act on analogy. Correct performance of easy tasks but failure to understand the more complex ones. Satisfactory skills of expression and presentation.</p> <p>5 points - minimum sufficient abilities for problem solving based on examples. Ability to act on analogy. Satisfactory skills of expression and presentation.</p> <p>1-4 points - abilities do not meet the minimum requirements.</p> |
| Individual project (oral presentation and in writing) | 30 | During semester | <p>Individual project. Present situation of selected lifestyle component (analysis, situation in Lithuania and abroad, statistics, possible proposals and prevention).</p> <p>Paper of students is assessed using 10 points system.</p> <p>Report includes assessment of communication and special abilities, ability to conduct research as well theoretical knowledge.</p> <p>Assessment system:</p> <p>10 points - excellent application of theoretical knowledge. Excellent performance of complex unorthodox tasks. Excellent and exceptional quality of performance. Excellent skills of expression</p> |

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| | | | <p>and presentation. Sound understanding of the task and the reason for it.</p> <p>9 points - very good application of theoretical knowledge. Easy performance of complex typical tasks. Very good performance quality. Very good skills of expression and presentation. Understanding of methods and techniques applied and the reason for it.</p> <p>8 points - good application of knowledge. Correct performance of tasks of medium difficulty and above. Good performance quality. Good skills of expression and presentation. Understanding of methods and techniques applied.</p> <p>7 points - knowledge is applied based on examples provided. Good performance quality. Correct performance of tasks of medium difficulty. Sufficient skills of expression and presentation.</p> <p>6 points - knowledge is applied based on examples provided. Satisfactory performance quality. Ability to act on analogy. Correct performance of easy tasks but failure to understand the more complex ones. Satisfactory skills of expression and presentation.</p> <p>5 points - minimum sufficient abilities for problem solving based on examples. Ability to act on analogy. Satisfactory skills of expression and presentation.</p> <p>1-4 points - Abilities do not meet the minimum requirements.</p> |
| Examination | 40 | At the end of the third semester | <p>Examination includes assessment of theoretical knowledge (test)</p> <p>Complete assessment of knowledge and understanding:</p> <p>10 points - Excellent, exceptional and thorough knowledge and its application when dealing with complex practical problems. Independent study of additional material. Excellent understanding and views of concepts, ability to analyse the same in the wider context of the subject. Original and independent thinking. Excellent analytical and assessment skills and insight. Excellent preparation for further studies. Total points scored >90 %</p> <p>9 points - Sound, good and thorough knowledge and its application when dealing with complex practical problems. Independent study of additional material. Excellent understanding of study material, adequate use of concepts. Original and independent thinking. Very good analytical, assessment and synthesis skills. Very good preparation for further studies. Total points scored >85 %</p> <p>8 points - above average knowledge and its application when dealing with practical problems. Familiar with mandatory material. Ability of independent study with additional material. Understanding of concepts and principles and adequate application of the same. Quality argumentation and argumentation based on facts. Good preparation for further studies. Total points scored >75 %</p> <p>7 points - Average knowledge with some minor mistakes. Application of knowledge when dealing with practical problems. Familiar with main material. Understanding and use of concepts and principles. Several key parts are combined into a system. Sufficient argumentation. Sufficient preparation for further studies. Total points scored >65 %</p> <p>6 points - Lower than average knowledge with some mistakes. Application of knowledge when dealing with simple practical problems. Familiar with main material. Satisfactory understanding of concepts and ability to describe information taken in using own words. Analysis is focused on several aspects, however there is no correlation. Satisfactory preparation for further studies. Total points scored >55 %</p> <p>5 points - Knowledge meet the minimum requirements. Application of knowledge when dealing with simple practical problems. Simple</p> |

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| | | | enumeration of familiar concepts, retail of a text. Answer is focused in a single aspect. Minimum preparation for further studies. Total points scored >50 % 1-4 points - Knowledge do not meet the minimum requirements. Total points scored <50 % |
| Final assessment cumulative mark | | | Final cumulative mark consists of examination of theoretical knowledge (test) (K-0.4), assessment of group paper (project) (K-0.3) and assessment of individual project (K-0.3). Final mark is established by multiplying individual marks by weighted coefficient and by adding the products. |

| Author | Publication year | Title | No. of a periodical publication or volume of a publication | Place of publication and publishing house or a hyperlink |
|--|------------------|--|--|---|
| Compulsory bibliography | | | | |
| Susan Michie, Robert West, Rona Campbell, Jamie Brown & Heather Gainforth | 2014 | ABC of Behavior Change Theories | | Great Britain, Silverback Publishing |
| <u>Luigi Berzano, Carlo Genova</u> | 2015 | Lifestyles and Subcultures: History and a New Perspective | | England, Routledge |
| Dominic Upton; Kathryn Thirlaway, | 2014 | Promoting Healthy Behaviour: a practical guide | | England, Routledge |
| <u>Robert K. Conyne</u> | 2015 | Counseling for wellness and prevention | | England, Routledge |
| <u>Jerry Thomas, Jack Nelson, Stephen Silverman</u> | 2015 | Research methods in physical activity. | Edition 7 | Great Britain Human Kinetics |
| Supplementary bibliography | | | | |
| Rich Neil | 2014 | The research process in sport, exercise and health: case studies of active researchers | | England, Routledge |
| Hein, V.; Emeljanovas, A.; Mieziene, B. | 2017 | A cross-cultural validation of the controlling teacher behaviours scale in physical education // European Physical Education Review, IF: 0,906 | | http://journals.sagepub.com/doi/abs/10.1177/1356336X16681821 |
| Venckūnas, Tomas; Emeljanovas, Arūnas; Miežienė, Brigita; Volbekienė, Vida | 2017 | Secular trends in physical fitness and body size in Lithuanian children and adolescents between 1992 and 2012 // Journal of epidemiology and community health, IF: 3,865 | | https://www.ncbi.nlm.nih.gov/pubmed/?term=Secular+trends+in+physical+fitness+and+body+size+in+Lithuanian+children+and+adolescents+between+1992+and+2012 |
| Novak, Dario; Štefan, Lovro; Prosoli, Rebeka; Emeljanovas, Arūnas; Miežienė, Brigita; Milanovic, Ivana; Radisavljevic-Janic, Snežana | 2017 | Mediterranean diet and its correlates among adolescents in non-Mediterranean European countries: a population-based study // Nutrients. IF: 3,759 | | https://www.ncbi.nlm.nih.gov/pubmed/?term=Mediterranean+diet+and+its+correlates+among+adolescents+in+non-Mediterranean+European+countries+%3A+a+population-based+study |