



COURSE UNIT (MODULE) DESCRIPTION

Course unit (module) title	Code
PREVENTIVE MEDICINE	

Academic staff	Core academic unit(s)
Coordinating: Assoc. Prof. Lina Zabulienė MD, PhD Others: Lecturers of the Department of Infectious Diseases and Dermatovenereology and Clinic of Gastroenterology, nephrourology and surgery at the Institute of Clinical Medicine, and a lecturers at the Department of Pathology, Forensic Medicine and Pharmacology at the Institute of Biomedical Sciences	Clinic of Rheumatology, traumatology – orthopaedics and reconstructive surgery, Institute of Clinical Medicine of the Faculty of Medicine of Vilnius University, Santariskiu 2, Vilnius LT-08661

Study cycle	Type of the course unit
Undergraduate (bachelor)	Compulsory

Mode of delivery	Semester or period when it is delivered	Language of instruction
Mixed teaching (online and/or classroom)	Year 2, semester 3-4	Lithuanian

Requisites	
Prerequisites: Basic Human Anatomy; Human Biology, Parasitology; Genetics and Basic Genomics; Basic Human Physiology; Introduction to Public Health; Introduction to Bioethics; Basic Bioethics; Sociology of Health; Fundamentals of Healthy Lifestyle; Academic and Scientific English.	Co-requisites (if relevant): Microbiology and Immunology; Anthropology of Health; Psychology of Health; Health Policy and Management; Foundations of Public Mental Health; Ageing and Public Health

Number of ECTS credits allocated	Student's workload (total)	Contact hours	Individual work
7	189	94	95

Purpose of the course unit		
The aim of Preventive Medicine is to provide the basic knowledge and skills needed to participate effectively in modern preventive medicine and public health. This includes the ability to deal independently with public health problems at different stages. Students will gain a thorough understanding of health risk factors, their impact on personal and public health, methods of their management and prevention, principles of infectious disease epidemiology, causes and agents of disease, modes and routes of infection and control, principles of asepsis and antisepsis, and pharmacovigilance. Students will develop the skills to develop primary, secondary, and tertiary prevention plans and programmes, learn how to support family health and contribute to social and psychological well-being, and be able to professionally and efficiently communicate prevention messages to the public and to different target groups. The Preventive Medicine subject consists of 5 parts (prevention of internal diseases, infectious diseases, surgical diseases, prevention of skin and sexually transmitted diseases, and the basics of pharmacology), which are taught by lecturers from different departments of the Faculty of Medicine of Vilnius University.		
Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
Students will be able to think systematically, creatively, abstractly, and critically, to express ideas orally and in	Lectures, seminars, and independent work.	Cumulative evaluation: Continuous assessment

writing in a fluent and well-reasoned manner, to be creative and proactive, to evaluate the quality of their own work and to be self-critical, to solve problems and take appropriate decisions (<i>Learning outcomes 1.1</i>)	The "flipped classroom" method. Analysis and presentation of scientific literature. Activities in operating theatres, surgical wards, and procedural rooms, and observation of patient dressings. Familiarisation with the most common diagnostic methods used in the practice of dermatovenerologists and physicians of infectious diseases. Group discussions. Analysis of clinical cases and situations. Learning by teaching others. Practical tasks. Group exercises. Developing skills in preparing and presenting information material to the public. Developing a disease prevention plan. Feedback and peer assessment.	of knowledge and skills in seminars and workshops, either orally or through assignments, or tests in each of the 5 parts of the course. Assessment at the end of each of the 5 parts of the course.
Students will be able to effectively communicate and collaborate with students, colleagues, other professionals, the community, various institutions, and stakeholders to represent health interests in an interdisciplinary context in national and international contexts, and to properly select and apply communication methods (use of modern information and communication tools and social networks) (<i>Learning outcomes 2.1 and 11.1</i>)		
Students will be able to work in an interdisciplinary multicultural team, exchange information, provide constructive feedback, organise, plan, and implement projects, solve problems, make joint decisions, and evaluate the impact of joint decisions, respecting diversity of opinions and ensuring equality (<i>Learning outcomes 3.1 and 13.1</i>)		
Students will be able to independently collect information and data from a variety of sources, critically appraise, analyse, organise, store, formulate conclusions and recommendations, update and communicate information clearly and comprehensibly, act with integrity and ethical obligations, be empathetic, tolerant and confidential, and respect and uphold patients' rights and do not infringe on them (<i>Learning outcome 4.1</i>)		
Students will be able to determine and evaluate major environmental, lifestyle, psychological, and biological risk factors of health, their negative impact, management, and avoidance principles (<i>Learning outcome 5.1; 5.2; 6.1; 7.1</i>)		
Students will be able to know potential causes and pathogens of diseases, contamination methods and transmission pathways, as well as their control methods, aseptic and antiseptic principles, in order to safeguard public health (<i>Learning outcome 5.1; 5.2; 6.1; 7.1; 8.1</i>)		
Students will be able to know the infectious disease epidemiological surveillance and control principles, epidemiology and control of hospital infections, general principles of immunoprophylaxis (<i>Learning outcome 5.1; 5.2; 6.1; 7.1; 8.1</i>)		
Students will be able to be aware of existing disease risk questionnaires, principles of disease and injury classification, early symptoms, and target methods of early diagnosis (<i>Learning outcome 5.1; 5.2; 6.1; 7.1; 8.1</i>)		
Students will be able to know the principles, tools and techniques of preventive medicine, to be able to determine public health priorities, to define the primary, secondary and tertiary prevention possibilities and the needs, to conduct disease primary prevention and self-create prevention plan of adverse event, condition, injury or disease (<i>Learning outcome 5.1; 5.2; 6.1; 7.1; 8.1; 10.1</i>)		
Students will be able to know the principles of preventive periodic health examinations, to understand how to develop and implement programs and evaluate their effectiveness, to demonstrate and prove disease prevention programs, healthy environment, and lifestyle improvement projects, to participate in the promotion and implementation of prevention programs (<i>Learning outcome 5.1; 5.2; 6.1; 7.1; 8.1; 10.1</i>)		

Students will be able to understand health education, training, promotion, and public information techniques, apply them purposefully to build confidence and support, and prepare information materials for the public. To create a favourable environment for a healthy lifestyle, to explain and consult healthy individuals, patients, and relatives on a healthy lifestyle (rational nutrition, exercise, harmful habits, and the use of stress avoidance), allergy prevention, and hygiene skills issues (<i>Learning outcome 5.1; 5.2; 7.1; 8.1; 10.1; 12.1</i>)		
Students will be able to determine stress, harmful habits and addictions, improper diet, lack of physical activity, and other health risks, impact, and potential threats to health, to identify and explain the protective factors, to encourage quitting the harmful habits, and recommend preventive measures (<i>Learning outcome 5.1; 5.2; 7.1; 8.1; 10.1; 12.1</i>)		
Students will be able to identify peculiarities and possible changes in aging, isolate and analyse the health problems in children of different ages, adolescents, and individuals of reproductive age, assess the impact of environmental factors and threats to health, and their management. To identify the consequences of an unhealthy environment, which may reduce the efficiency of working-age individuals, cause disability (<i>Learning outcome 5.1; 5.2; 7.1; 8.1; 10.1; 12.1</i>)		
Students will be able to maintain contacts with the public, to collaborate and communicate with a variety of health care, personal and public health care services, in collecting, transmission and dissemination of science-based knowledge, information and good practice to the public, patients, their relatives, medical staff and other specialists, to advise individuals of a healthy lifestyle matters and to know how to assess the changes of this activity (<i>Learning outcome 11.1; 12.1; 13.1</i>)		
Students will be able to assimilate basic principles of general pharmacology, main medication groups, outcomes of their interaction, side effects, pharmacovigilance principles, Good Clinical Practice, medications control and registration mechanism, discharge, compensation, and promotional opportunities, public awareness medicine principles (<i>Learning outcome 5.1; 8.1</i>)		
Students will be able to know, follow, and apply national laws regulating health care, personal and public health care facilities, and services they provide (<i>Learning outcome 8.1; 9.1</i>)		

Topics	Contact hours							Individual work: time and assignments	
	Lectures	Tutorials	Seminars	Workshops	Laboratory work	Internship	Contact hours, total	Individual work	Tasks for individual work
Preventive Medicine Part I (Semester 3)									
Prevention of internal diseases (Part I)									
1. An introduction to preventive medicine. Basic concepts of preventive medicine - health, health promotion, targeted disease prevention (primary, secondary, tertiary). The importance of prevention in health care. Links between personal and public health. Relationship between public health professionals, doctors, and patients. The role of advocacy in preventive medicine. Legislation regulating activities.	1	-	3	1	-	-	4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic. Analysis of legislation.
2. Key risk factors for non-communicable diseases (behavioural, genetic, environmental) and principles of their management. Impact of non-communicable diseases on public health and healthcare systems. Periodic health check-ups. High-risk strategy. Prevention programmes in Lithuania and worldwide. Patient safety, adverse events. Legislation regulating activities.	1	-	3	1	-	-	4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Selection of paper topic.
3. Health literacy. Health promotion and strengthening. Models of behavior change. Strategies for promoting healthy behaviors. Patient education. Patient engagement, empowerment, motivation. Innovative technologies in individual and public health care. Patients' rights and obligations. Legislation regulating activities.	2		3	1			5	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
4. Patient-centered care. Management of chronic diseases. Multimorbidity issues. A public health professional is a member of the family doctor team. Sickness and disability issues. Long-term disability: causes, consequences, and social services. Legislation regulating activities.	1		3	1			4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for discussion and presentation. Analysis of legislation.
5. Concept of family health. Fertility and infertility, public health aspects. Pregnancy care. Newborn, baby, and child care principles. Puberty and adolescent health peculiarities and problems. Child socialization: family, school, and society. Principles of Public health care in schools.	1	-	3	1	-	-	4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of

Psychological climate in the family. Family and children crisis. Violence and abuse in the family. Manipulation. Social work with the family. Legislation regulating activities.									legislation.
6. Adolescent and transitional period health peculiarities. Adolescent development. Nutrition and physical activity for adolescents. Mental health and well-being. Gender differences. Sexual activity. Sexual and reproductive health of young people. Substance use and abuse. Violence and injury prevention. Chronic health conditions in adolescence. Youth-friendly healthcare services. Effective communication with adolescents. Social determinants of adolescent health. Adolescent health challenges in different cultural contexts. Digital health and technology use. Legislation regulating activities.	2	-	4	2	-	-	6	6	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation.
7. Lifestyle, individual and public health. Lifestyle medicine. Healthy family eating habits. Eating disorders. Diseases due to unhealthy eating. Types, physiological changes, and the value of physical activity to family health. The Importance of Kinesiotherapy for Maintaining Public Health. Professional athletes' health problems. Doping. Prevention of addictions (smoking, alcoholism, drug, and psychotropic medication addiction). Legislation regulating activities.	-	-	3	1	-	-	4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Dealing with queries arising from paperwork.
8. Allergy: epidemiology, main risk factors, high-risk individuals, main reasons, symptoms, hypersensitivity to food, insect stings, medicine, allergic diseases during pregnancy, and prevention methods. Care principles of children with dermatitis. Impact of allergies on health economics. Legislation regulating activities.	-	-	3	1			4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Presentation of the paperwork.
Basics of Pharmacology									
9. The subject of pharmacology. Classification of medicines (groups). Forms, containers, and route of administration of medicines. Mechanisms of action of medicines, effects of interactions, adverse effects of medicines, and principles of pharmacovigilance. Trends in the use of medicines in Lithuania and worldwide. Sources of obtaining medicines. Information on medicinal products, sources of information, advertising, and control of medicinal products. Legislation regulating activities.	-	-	2	-	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for seminar and discussion.

10. Narcotic drugs and psychotropic substances and their control. Hormonal preparations. Vitamin preparations and their role in disease prevention. Phyto-preparations, homeopathic remedies, and food supplements, and their interaction with medicines. Polypharmacy, typical adverse reactions. Legislation regulating activities.	-	-	2	-	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for seminar and discussion.
11. Disinfectants and antiseptics. Anti-infective drugs. The importance of rational use of antimicrobial drugs. Public education and training on responsible use of medicines, patient information, and education. Legislation regulating activities.	-	-	2	-	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for seminar and discussion.
Prevention of surgical diseases									
12. The subject of surgery, modern methods of diagnosis and treatment. Antisepsis and asepsis. Organisation of the operating theatre and surgical department. Principles, methods, and terms of instrument sterilisation and room disinfection. Emergency first aid. External bleeding and methods of stopping it. Legislation regulating activities.	-	-	-	2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshop and discussion.
13. Surgical wound, prevention of infection. Post-operative period, risk factors for complications, and their prevention. Surgical infections: abscess, cellulitis (phlegmon), closed body cavity infections, intoxication, risk factors for sepsis, septic shock, early symptoms, diagnosis, patient care, and prevention methods. Principles of antimicrobial therapy. Legislation regulating activities.	-	-	-	2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshop and discussion.
14. Epidemiology and risk factors of cancer, classification, high-risk individuals, early symptoms, complications, principles of diagnosis, preventive measures, and prevention programmes. Legislation regulating activities.	-	-	-	2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshop and discussion.
Part I, total	8	-	25	21	-	-	54	54	
Preventive Medicine Part I (Semester 3)									
Prevention of internal diseases (Part II)									
15. Cardiovascular diseases: epidemiology, main risk factors, high-risk individuals, main reasons, risk questioners, and prevention methods, Lifestyle modifications for heart health. Cardiovascular disease prevention program. Legislation regulating activities.	2	-	3	1	-	-	6	6	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
16. Pulmonary diseases: epidemiology, main risk factors, high-risk individuals, main reasons and prevention methods,	2	-	3	1	-	-	6	6	Preparing for the seminar and workshop: listening to the VMA lecture, searching for

smoking cessation strategies. Care principles of children with bronchial asthma in school. Legislation regulating activities.									information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
17. Health programming. Metabolic and endocrine diseases: epidemiology, main risk factors, high-risk individuals, main causes, importance of early detection and prevention. Care principles of children with diabetes mellitus in school. Legislation regulating activities.	4	-	3	1	-	-	8	9	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
18. Gastrointestinal diseases: epidemiology, dietary strategies for digestive health, main risk factors, high-risk individuals, main reasons, and prevention methods. Screening and prevention of colorectal cancer. Legislation regulating activities.	2	-	1	1	-	-	4	4	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
19. Bone and joint diseases: epidemiology, main risk factors, high-risk individuals, main reasons, and prevention methods. Legislation regulating activities.	1		2	-			3	3	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
20. Blood diseases: epidemiology, main risk factors, high risk individuals, main reasons and prevention methods. Legislation regulating activities.	1	-	2	-	-	-	3	3	Preparing for the seminar and workshop: listening to the VMA lecture, searching for information, reading and analysing scientific literature on the lecture topic, preparing for presentation and discussion. Analysis of legislation. Preparation of public information material.
Prevention of dermatological and sexually transmitted diseases									
21. Skin anatomy. Inflammatory skin diseases (psoriasis, dermatitis (contact, atopic), acne), possible causes, early signs, diagnostic possibilities, and prevention principles. Options and principles of prevention.	-	-	-	2	-	-	2	2	Study of the literature on the topic; preparation for workshop and discussion. Case studies. Familiarisation with the most common diagnostic methods used in dermatological practice.
22. Infectious skin diseases and sexually transmitted infections (syphilis, gonorrhoea, chlamydiosis, trichomoniasis): epidemiology, risk factors, possible causes and causative agents, routes of transmission, early signs, diagnostic options, and	-	-	-	2	-	-	2	2	Study of the literature on the topic; preparation for workshop and discussion. Case studies.

prevention principles.									
23. Premalignant skin diseases and tumours: risk factors, possible causes, early signs, diagnostic possibilities and prevention principles, clinical features, diagnostic principles and prevention.	-	-	-	2	-	-	2	2	Study of the literature on the topic; preparation for workshop and discussion. Case studies. Familiarisation with diagnostic methods for premalignant skin diseases and tumours in daily practice, as well as the treatment methods used.
Prevention of infectious diseases									
24. Infectious diseases, epidemiology, principles of epidemiological history-taking, risk factors, persons at high risk of disease, possible causes and agents of disease, modes of infection and routes of transmission, principles of diagnosis and prevention. Differential diagnosis of symptoms, signs, and syndromes of major infectious diseases. Principles of epidemiology of nosocomial infections. Basics of immunoprophylaxis: vaccinations, vaccines, traveller vaccinations. HIV infection and AIDS. Opportunistic infections: epidemiology, risk factors, high-risk individuals, early and late symptoms, complications, basic diagnosis, and prevention. Legislation regulating activities.	-	-	-	2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshops, seminars, and discussions. Case studies.
25. Differential diagnosis of fever and rashes. Influenza, ARI, COVID-19 infection, measles, rubella, chickenpox, infectious mononucleosis, meningococcal infection, bacterial and viral meningitis, tick-borne diseases: epidemiology, risk factors, persons at high risk, possible causes and causative agents, routes of transmission, early symptoms, complications, diagnostic possibilities, and principles of prevention. Legislation regulating activities.	-	-	-	2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshops, seminars, and discussions. Case studies.
26. Diarrhoea, viral hepatitis (A, B, C, E), infectious diseases of pregnancy: epidemiology, risk factors, persons at high risk, possible causes and causative agents, routes of transmission, early signs, complications, diagnostic possibilities, and principles of prevention. Legislation regulating activities.	-	-		2	-	-	2	2	Study of literature on the subject; analysis of legislation; preparation for workshops, seminars, and discussions. Case studies.
Part II, total	10	-	14	16	-	-	40	41	

Assessment strategy	Weight (%)	Assessment period	Assessment criteria
Examination	Average grade of the 5 parts of the Preventive Medicine course unit	During the exam session at the end of the IV semester (in June)	This is the total score of the final assessments of the five parts of the subject/module, each part being assessed separately: prevention of internal diseases (Part I and Part II) – 60%, prevention of infectious diseases – 10%, prevention of skin and sexually transmitted diseases – 10%, basic pharmacology – 10%, prevention of surgical diseases – 10%.

			Proficiency in the subject shall be assessed on a 10-point system: 10 – excellent, exceptional knowledge and skills, level of synthesis and understanding, application of theoretical knowledge, complete answers to all questions; approximate percentage of required knowledge > 92%; 9 – strong, good knowledge and skills, with an approximate percentage of 82–91% of the required knowledge; 8 - better than average knowledge and skills, level of understanding and application of knowledge, with occasional minor errors, approximate percentage of knowledge required 74–81%; 7 – average knowledge and skills, level of understanding and application of knowledge, occasional minor errors, approximate percentage of knowledge required 66–73 %; 6 – knowledge and ability/skills below average, with some errors, approximate percentage of knowledge required 58–65 %; 5 – knowledge and skills (skills) meet minimum requirements, level of understanding and application of knowledge, many errors, approximate percentage of knowledge required 50–57 %; 4 and below - minimum requirements not met: 4 – 40–49 %.; 3 – 30–39 %; 2 - 20–29 %; 1 – <19%.
Prevention of internal diseases (Part I and Part II)			
Written Course credit	40%	During semesters 3 and 4	These are 2 written tests in Semester 3 and 2 in Semester 4, designed to assess mastery of the subject's theoretical and practical knowledge and skills. Each question is scored on a 10-point system, and the arithmetic mean of the answers is calculated.
Activity during seminars and workshops	30%	During semesters 3 and 4	Work during seminars and workshops is evaluated on a 10-point system, and an arithmetic average of the results is calculated at the end of the semester. Brief questioning and discussion on the topic of the day (written or oral), presentation of information material to the public, active participation in group discussions, analysis of situations, completion of group tasks, answering questions, raising problems and exploring possible solutions, formulating critical comments, giving feedback, and peer assessment. Attendance of at least at 80% is required, and attendance must be accounted for.
Paperwork or project	30%	During semesters 3 and 4	The written thesis or project (development of a prevention plan and preparation of information material for the public, information for a website or other patient education material) must be on a topic of your choice; the thesis must be precise, clear, logical, worded in a manner and style that meets the requirements of a written thesis; it must include all the necessary parts (introduction, which introduces the relevance of the topic, an overview of the topic using the most recent literature in the subject, an interpretation of the literature, and a conclusion); and the references must be cited properly. The written work is assessed on a 10-point system and must be assessed positively
Basics of Pharmacology			
Activity during seminars	20%	During semester 3	The work in the exercises is evaluated on a 10-point system, and the arithmetic mean of the results is calculated at the end of the semester. Brief questioning and discussion on the topic of the day (written or oral), active participation in discussions, answering questions, raising problems and possible solutions, and making critical comments. Attendance of at least at 80% is required, with accountability for missed sessions.
Control work	80%	At the end of the subject	The test consists of 50 questions of varying difficulty. It is scored on a 10-point system, and the percentage of correct answers is calculated.
Prevention of surgical diseases			
Activity during workshops	20%	During semester 3	The work in the exercises is evaluated on a 10-point system, and the arithmetic mean of the results is calculated at the end of the semester. Brief questioning and discussion on the topic of the day (written or oral), active participation in discussions, answering questions, raising problems and possible solutions, and making

			critical comments. Attendance of at least at 80% is required, with accountability for missed sessions.
Control work	80%	At the end of the subject	This is a 1-hour test, and the student draws 2 tickets (out of 32 possible). It is scored on a 10-point scale based on the quality and quantity of the answers to the questions (10 points equal 100% accuracy and logic), and the arithmetic mean of the answers is calculated.
Prevention of dermatological and sexually transmitted diseases			
Control work	100%	At the end of the subject	The assessment consists of 50 closed-ended questions covering theoretical and practical knowledge, as well as clinical situations. 1 hour for the final examination. The questions are open to both single- and multiple-choice answers. A partially correct question will be given credit in proportion to the proportion of the correct answer. The maximum possible score is 50 points, which is automatically converted into a 10-point system. Attendance of at least at 80% is required, with accountability for missed sessions.
Prevention of infectious diseases			
Activity during workshops	30%	During semester 4	Brief oral or written questioning (clinical situation, test) during each exercise at the discretion of the lecturer. The summative mark for the work during the exercises is 30% of the final grade. Attendance of at least at 80% is required, with accountability for missed sessions.
Control work	70%	At the end of the subject	The assessment consists of 30 closed-ended questions covering theoretical and practical knowledge, as well as clinical situations in infectious diseases. The examination takes 0,5 hours. The questions may be answered with one correct answer.

Author (-s)	Publishing year	Title	Issue of a periodical or volume of a publication	Publishing house or web link
Required reading				
Prevention of internal diseases (Part I and Part II)				
V. Andrejevaitė ir kt.	2021	Šeimos medicina: šiuolaikinis ligų diagnostikos, gydymo ir prevencijos vadovas		Vilniaus universitetas medicinos fakultetas, Nacionalinis mokymų centras
L. Valius ir kt.	2016	Šeimos medicinos pagrindai: praktiniai įgūdžiai		Kaunas, UAB Vitae Litera. Available at: https://ebooks.vitaelitera.lt/eb/1553/seimos-medicinos-pagrindai-praktiniai-igudžiai/
L. Zabulienė, J. Butkus	2009	Suaugusiųjų antrojo tipo cukrinio diabeto prevencija: Mokomoji knyga		Vilnius, Logotipas
L. Zabulienė, E. Rudinskienė	2020	Pažinti Hipoglikemiją: mokomoji knyga		Vilniaus universiteto leidykla. Available at: https://www.knygynas.vu.lt/pazinti-hipoglikemija
J.C. Prata, A. Isabel R. Rocha-Santos, T. Rocha-Santos	2022	One Health: Integrated Approach to 21st Century Challenges to Health		Elsevier Inc. Available at: https://www.sciencedirect.com/book/9780128227947/one-health
MB Audito projektai	2020	Lėtinėmis neinfekcinėmis ligomis (cukriniu diabetu, bronchų astma ir dermatitu) sergančių vaikų, ugdomų bendrojo ugdymo įstaigose, sveikatos priežiūros mokyklose metodinės rekomendacijos		Sveikatos mokymo ir ligų prevencijos centras. Available at: https://www.smlpc.lt/media/image/Programas%20ir%20projektai/Rekomendacijos_LNL_koreg_2020_05.pdf
J.C. Prata, A. Isabel R. Rocha-Santos, T. Rocha-Santos	2022	One Health: Integrated Approach to 21st Century Challenges to Health		Elsevier Inc. Available at: https://www.sciencedirect.com/book/9780128227947/one-health

Bartkevičiūtė R, Barzda A, Bulotaitė G. ir kt.,	2022	Sveikos ir tvarios mitybos rekomendacijos (papildytos)		Sveikatos mokymo ir ligų prevencijos centras. Available at: http://www.smlpc.lt/media/image/Na ujenoms/2017%20metai/Lankstukai /Sveikos_ir_tvarios_mitybos_rekom. pdf
Zumeras R.	2021	Bendrosios fizinio aktyvumo rekomendacijos visoms amžiaus grupėms		Sveikatos mokymo ir ligų prevencijos centras. Available at: http://www.smlpc.lt/media/image/Na ujenoms/2017%20metai/Lankstukai /Bendrasis_Fizinis_aktyvumas_reko. pdf
Kisling LA, Das JM.	2023	Kisling LA, M Das J. Prevention Strategies. 2023 Aug 1. In: StatPearls [Internet].		Treasure Island (FL): StatPearls Publishing; 2024 Jan-. PMID: 30725907. Available at: https://www.ncbi.nlm.nih.gov/books/ NBK537222/
Chaari L.	2020	Digital Health in Focus of Predictive, Preventive and Personalised Medicine		Springer; Available at: https://link.springer.com/book/10.10 07/978-3-030-49815-3
Podbielska H, Kapalla M	2023	Predictive, Preventive, and Personalised Medicine: From Bench to Bedside		Springer; Available at: https://link.springer.com/book/10.10 07/978-3-031-34884-6
Basics of Pharmacology				
B. G. Katzung	2007	Bazinė ir klinikinė farmakologija	9th ed.	Vilnius, Charibdė
J. R. Burchum, L. D. Rosenthal	2019	Lehne's Pharmacology for Nursing Care, 10th Edition	10th ed.	St. Louis, Missouri: Elsevier. 1456 p. ISBN 978-0-323-51227-5
Prevention of surgical diseases				
J. Pundzius (sudarytojas)	2013	Chirurgija I tomas. Bendroji dalis		Kaunas: Vitae Litera. Available at: https://ebooks.vitaelitera.lt/eb/2249/c hirurgija-i-tomas-bendroji-dalis/
J. Pundzius (sudarytojas)	2013	Chirurgija II tomas. Specialioji dalis		Kaunas: Vitae Litera. Available at: https://ebooks.vitaelitera.lt/eb/2250/c hirurgija-ii-tomas-specialioji-dalis/
C. M. Townsend, R. D. Beauchamp, B. M. Evers, K. L. Mattox	2021	Sabiston Textbook of Surgery	21th ed.	Philadelphia, PA, Elsevier Saunders
Prevention of dermatological and sexually transmitted diseases				
R. R. Bonamigo, S. I. T. Dornelles	2018	Dermatology in Public Health Environments		Cham, Springer
W. H. C. Burgdorf, G. Plewig, H. H. Wolff, M. Landthaler	2009	Braun-Falco's Dermatology	3th ed.	Berlin, Springer
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