1. TEMAT ZAJĘĆ: EVIDENCE-BASED SKIN CARE AND HEALTHY AGEING

2. Data, miejsce i godziny zajęć

Termin: 30.11, 7.12 oraz 15.03, 22.03 godz. 9:00-12:45
Liczba spotkań: 4
Proponowane godziny: 4 × 5 godzin dydaktycznych
Sala: CKD, sala do ustalenia po wyborze seminarium

3. Forma zajęć

Stacjonarna

W uzasadnionych przypadkach organizacyjnych dopuszcza się możliwość realizacji zajęć w formie on-line.

4. Profil zajęć

Interdyscyplinarne seminaria łączące zagadnienia z zakresu:

- alergologii,
- dermatologii,

Zajęcia mają charakter interdyscyplinarny i są skierowane do doktorantów reprezentujących różne dyscypliny nauk biomedycznych.

5. Dyscyplina

Nauki medyczne

6. Koordynator zajęć

dr n. med. Aneta Gruchała-Cisłak, adiunkt

7. Jednostka organizacyjna odpowiedzialna za przeprowadzenie zajęć

Zakład Psychodermatologii i Neuroimmunobiologii Skóry

8. Dane kontaktowe jednostki organizacyjnej

Adres: MOLecoLAB – Centrum Badań Molekularnych Chorób Cywilizacyjnych; Łódź, ul. Mazowiecka 5; Budynek A6 (pokój 0.20, 0.21)
Telefon: 508126620
E-mail: katarzyna.tomaszewska@office365.umed.pl

9. Karta przedmiotu-dawniej sylabus zajęć

Course title: Evidence-Based Skin Care and Healthy Ageing

Course aims: The course aims to provide doctoral students with advanced knowledge of evidence-based skin care and healthy ageing, skin barrier integrity and prevention of common skin disorders. Participants will gain an understanding of scientifically validated skin care practices, the role of cosmetic and dermatological interventions.

Types of educational activities and number of hours allocated:

The course is planned as 4 seminar sessions of 5 teaching hours each.

Number of ECTS credits allocated and their structure according to students' forms of learning:

1 ECTS

Prerequisites:

Participants are expected to have a basic understanding of human biology, pathology, and principles of evidence-based medicine. They should be familiar with fundamental concepts of public health, disease prevention, and scientific literature analysis.

Learning activities and teaching methods:

The course will employ a combination of the following teaching methods:

- interactive lectures;
- seminar-group discussions;
- multimedia-based learning;
- analysis and critical appraisal of scientific publications;
- student presentations.

Course unit content

Module I: Skin Cancer Prevention and Early Detection

Skin Cancer Prevention and Early Detection part I - **30.11.2026**
Global burden of skin cancers
Melanoma and non-melanoma skin cancers
Environmental and genetic risk factors
UV radiation and photocarcinogenesis
Primary prevention strategies

Skin Cancer Prevention and Early Detection part II- **7.12.2026**
Principles of skin cancer screening
Recognition of suspicious skin lesions
ABCDE criteria and patient self-examination
Dermoscopy in clinical practice
Digital technologies and artificial intelligence in skin cancer detection
Case studies and discussion of clinical scenarios

Module II: Evidence-Based Skin Care and Healthy Ageing

Evidence-Based Skin Care and Healthy Ageing part I- **15.03.2027**
Skin structure and barrier function
Principles of evidence-based skin care
Moisturizers, cleansers and active ingredients
Sensitive skin and barrier dysfunction
Prevention of common skin disorders through appropriate skin care
Myths and misconceptions in skin care

Evidence-Based Skin Care and Healthy Ageing part II - **22.03.2027**
Biological mechanisms of skin ageing
Extrinsic and intrinsic ageing factors
Photoprotection as an anti-ageing strategy
Dermocosmetics and cosmeceuticals
Personalized skin care approaches
Future directions in preventive dermatology and healthy ageing

Course objectives

The course is designed to achieve educational outcomes in three main domains: factual knowledge, practical skills, and attitudes/transferrable generic competencies.

Knowledge

Upon completion of the course, the student:

- understands the principles of skin health and disease prevention;
- explains the major risk factors for skin cancer;
- understands current approaches to skin cancer prevention and early detection;
- describes the principles of evidence-based skin care;
- recognizes current trends and innovations in dermatology.

Skills

Upon completion of the course, the student is able to:

- critically evaluates scientific literature in dermatology;
- identifies risk factors and preventive strategies for skin diseases and skin cancers;
- applies evidence-based recommendations in skin care and photoprotection;
- communicates dermatological knowledge effectively;
- presents and discusses scientific findings.

Attitudes and transferrable (generic) competencies

Upon completion of the course, the student:

- demonstrates commitment to evidence-based practice and lifelong learning;
- promotes skin health and disease prevention;
- communicates effectively within interdisciplinary teams;
- demonstrates critical thinking and problem-solving skills;
- acts with professionalism and ethical responsibility.

Required learning resources (readings):

Bolognia JL, Schaffer JV, Cerroni L. Dermatology. Latest available edition. Elsevier.
Bolognia JL, Mistry N, Schaffer JV. Dermatology: Clinical Essentials. Latest available edition. Elsevier.

Recommended learning resources (readings):

- Dermatology Review/Przegląd Dermatologiczny
- Current European and international guidelines on skin cancer prevention, photoprotection, and evidence-based skin care

Assessment methods and criteria

Assessment method

Continuous assessment based on active participation in the seminar and completion of a short individual scientific presentation.

Students will be assessed on:

- participation in scientific discussions;
- ability to critically analyse scientific literature;
- quality and scientific accuracy of the final presentation.

Assessment criteria

The student passes the course if:

- the student actively participates in the seminar;
- the student prepares and presents the assigned scientific topic, which will be provided at least one week before the first seminar;
- the student's presentation demonstrates an appropriate use and interpretation of scientific evidence.

Rules for making up absences from classes

Attendance at all scheduled sessions is expected. In the event of an absence for justified reasons, the student is required to contact the course coordinator and complete an agreed make-up activity. The form of the make-up activity will be determined by the course coordinator.

10. Limit liczby uczestników

Minimalna liczba uczestników: 10 osób
Seminarium zostanie uruchomione, jeżeli zapisze się na nie minimum 10 doktorantów.

Maksymalna liczba uczestników: 20 osób.

Ograniczenie liczby uczestników umożliwi aktywną pracę seminaryjną, dyskusję nad publikacjami naukowymi oraz analizę przypadków klinicznych.

11. Czas trwania zajęć seminaryjnych

Łącznie: 20 godzin dydaktycznych

Zajęcia zostaną zrealizowane w formie 4 spotkań po 5 godzin dydaktycznych każde.

Zakładany całkowity wymiar seminarium wynosi 20 godzin, zgodnie z limitem określonym dla zajęć seminaryjnych.