1. TEMAT ZAJĘĆ: PSYCHOLOGY AND IMMUNOBIOLOGY OF AGEING
2. Data, miejsce i godziny zajęć
Termin: 03.03, 17.03, 31.03., 14.04. 2027 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
Profil interdyscyplinarny, kompetencje miękkie; seminaria łączące zagadnienia z zakresu:

- psychologii,
- fizjologii,
- biologii,
- immunologii.

Zajęcia mają charakter interdyscyplinarny i są skierowane do doktorantów reprezentujących różne dyscypliny nauk biomedycznych.
5. Dyscyplina
Nauki medyczne i nauki o zdrowiu
6. Koordynator zajęć
Dr n. med. Aleksandra Słodka
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: aleksandra.slodka@umed.lodz.pl
9. Karta przedmiotu-dawniej sylabus zajęć
Course title: PSYCHOLOGY AND IMMUNOBIOLOGY OF AGEING
Course aims: To provide students with a comprehensive understanding of the biological and psychological mechanisms of ageing, highlighting the bidirectional interactions between immune system function, psychological factors, and overall health in older adults.

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:
Basig knowledge of human physiology**, biology and immunology**
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:

1. Introduction to the Psychology of Ageing, Biological theories of ageing and age-related health conditions. The older individual as a patient (experiences and methods)
2. The ageing body and changes to the brain (neuroplasticity, personality and emotional development) and Mental health and Cognition
3. Cognitive reserve, Interventions and Neurocognitive Disorders in Late Life. Relationships, Families, and Ageing
4. Ageing, Work and Retirement. The Dying process, death and bereavement (with Widowhood)
5. Cultural Differences in Ageing Experience.
6. Immunosenescence: From Theory to Practice and Prophylactic Strategies

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 knows:

- the various stages of life and ageing
- changes in the body and brain occurring during the ageing process
- problems and solutions regarding treating older patients
- challenges of ageing within specific cultures and demographics
- how to help patients with death and bereavement
- biological theory of ageing
- how to understand immunosenescence process

Skills

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

- analyzes and interprets the physiological, neurobiological, and immunological changes occurring in the body and brain throughout different stages of ageing
- identifies complex health issues specific to older adults and formulates effective, evidence-based solutions for managing and treating geriatric patients
- demonstrates the ability to provide compassionate, psychologically informed care and guidance for patients dealing with terminal illness, end-of-life processes, and bereavement
- demonstrates a practical understanding of the immunosenescence process and evaluates its clinical implications for systemic health and disease risk in the elderly

Attitudes and transferrable (generic) competencies

After the course student should in practice:

- exhibits high ethical standards, empathy, and cultural sensitivity when interacting with ageing individuals, their families, and grieving patients
- recognizes the necessity of integrating biological, psychological, and socio-cultural perspectives in geriatric care and multidisciplinary medical teams

Required and recommended learning resources (readings):

Required: All the learning materials will be delivered to the students during the course.

Recommended: Stephen Palmer, *„Coping with stress at University"*, 2006. Sage Publications Inc.

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.