SYLLABUS

NAME OF THE UNIT OFFERING THIS COURSE: Medical University of Lodz

NAME OF THE COURSE: Doctoral School

EDUCATIONAL PROFILE: Doctoral School

SPECIALIZATION: Doctoral School

LEVEL OF EDUCATION: Doctoral School

1. Course Title: Seminar for the Doctoral School "Photoprotection and Skin Care in Selected Dermatological Conditions"

2. Course Code:

3. Course Type: Basic (Elective)

4. Course Objectives: To provide current knowledge on the importance of photoprotection in the context of dermatological diseases, to discuss the mechanisms of UV radiation and its impact on healthy and diseased skin, to present the principles of selecting dermocosmetics and photoprotective agents for specific medical conditions, to develop skills in critical analysis of scientific literature in the field of dermatology, to develop competencies for providing patient education on skin care and UV protection.

5. Form of study:

6. Year of study: 1st, 2nd, 3rd, and 4th year of the International Doctoral School

7. Course format and number of hours for each course format: seminar, 5 hours

8. Number of ECTS credits and their distribution, taking into account the individual student work formats: not applicable

9. Name and surname of instructor(s): Magdalena Kutwin, MD, PhD

10. Prerequisites: basic medical knowledge in dermatology, immunology, and skin physiology, ability to analyze scientific literature, knowledge of medical terminology in Polish, openness to an interdisciplinary approach to patient care.

11. Teaching methods: oral communication, multimedia presentation

12. Course content:

1. Introduction to photoprotection:

o Types of UV radiation and their effects on the skin.

o Mechanisms of photoaging and photocarcinogenesis

o Physical and chemical UV filters – overview and mechanisms of action.

2. Skin diseases and photoprotection needs:

o The importance of photoprotection in selected diseases, e.g., rosacea and systemic lupus erythematosus

3. Photoprotection and skin cancers:

o The role of UV radiation in the development of basal cell carcinoma, squamous cell carcinoma, and melanoma

o Photoprotective recommendations for oncology patients and those undergoing immunosuppressive treatment

4. Patient education:

o How to effectively educate patients about sun protection?

5. Skin care in selected dermatological conditions:

o Skin in patients with acne vulgaris – special care needs

o Rosacea – how to choose appropriate dermocosmetic?

o What are emollients? How do they work? How should they be used in patients with atopic dermatitis?

6. Review and analysis of current scientific literature:

o Review of the latest recommendations and guidelines (PTD, AAD, EADV).

13. Learning outcomes:

Knowledge:

• The PhD student possesses advanced theoretical knowledge regarding the effects of UV radiation on both healthy and diseased skin.

• The PhD student understands the mechanisms of various photoprotective methods and their importance in prevention and treatment of selected diseases.

• The PhD student knows the principles of selecting skincare and photoprotective agents in the context of the specific needs of patients with skin diseases.

• The PhD student is familiar with current polish and international guidelines and recommendations regarding photoprotection and skin care.

Skills:

• The PhD student is able to analyze and interpret scientific literature in the field of dermatology related to photoprotection and skin care.

• The PhD student can recognize skincare needs of patients with selected skin conditions and select appropriate protective and supportive strategies.

• The PhD student uses specialized terminology related to photoprotection, dermatological cosmetology, and skin pathology.

• The PhD student can apply theoretical knowledge to propose practical therapeutic and educational solutions for patients.

Social Competencies:

• The PhD student is willing to share knowledge about photoprotection and skin care with other healthcare team members and patients.

• The PhD student demonstrates an awareness of the importance of heath prevention and patient education in the context of skin protection and care.

• The PhD student is able to collaborate effectively in interdisciplinary team to optimize care for patients with skin problems.

• The PhD student is willing to independently expand knowledge and refine skills in new skin care and photoprotective strategies.

14. List of core literature:

- „Fotoprotekcja. Rekomendacje Polskiego Towarzystwa Dermatologicznego. Część 1: Promieniowanie ultrafioletowe i preparaty zawierające filtry UV" - Joanna Narbutt, Hanna Wolska, Andrzej Kaszuba, Andrzej Langner, Aleksandra Lesiak, Joanna Maj, Waldemar Placek, Adam Reich, Lidia Rudnicka, Barbara Zegarska - Dermatol Rev/Przegl Dermatol 2018, 105, 19–29, DOI: https://doi.org/10.5114/dr.2018.74163
- „Fotoprotekcja. Rekomendacje Polskiego Towarzystwa Dermatologicznego. Część 2: Stosowanie preparatów zawierających filtry UV" - Joanna Narbutt, Hanna Wolska, Andrzej Kaszuba, Andrzej Langner, Aleksandra Lesiak, Joanna Maj, Waldemar Placek, Adam Reich, Lidia Rudnicka, Barbara Zegarska - Dermatol Rev/Przegl Dermatol 2018, 105, 30–40, DOI: https://doi.org/10.5114/dr.2018.74164
- „Zastosowanie dermokosmetyków w praktyce klinicznej. Rekomendacje Polskiego Towarzystwa Dermatologicznego. Część 1" - Barbara Zegarska, Lidia Rudnicka, Joanna Narbutt, Wioletta Barańska-Rybak, Beata Bergler-Czop, Ewa Chlebus, Magdalena Czarnecka-Operacz, Joanna Czuwara, Andrzej Kaszuba, Roman Nowicki, Agnieszka Owczarczyk-Saczonek, Waldemar Placek, Małgorzata Sokołowska-Wojdyło, Jacek Szepietowski - Dermatol Rev/Przegl Dermatol 2023, 110, 121–132, DOI: https://doi.org/10.5114/dr.2023.127834
- „Zastosowanie dermokosmetyków w trądziku pospolitym. Rekomendacje Polskiego Towarzystwa Dermatologicznego. Część II" - Barbara Zegarska, Lidia Rudnicka, Joanna Narbutt, Wioletta Barańska-Rybak, Beata Bergler-Czop, Ewa Chlebus, Magdalena Czarnecka-Operacz, Joanna Czuwara, Andrzej Kaszuba, Aleksandra Lesiak, Roman J. Nowicki, Agnieszka Owczarczyk-Saczonek, Waldemar Placek, Małgorzata Sokołowska-Wojdyło, Jacek Szepietowski - Dermatol Rev/Przegl Dermatol 2023, 110, 1–15, DOI: https://doi.org/10.5114/dr.2023.134675
- „Atopowe zapalenie skóry. Interdyscyplinarne rekomendacje diagnostyczno-terapeutyczne Polskiego Towarzystwa Dermatologicznego, Polskiego Towarzystwa Alergologicznego, Polskiego Towarzystwa Pediatrycznego oraz Polskiego Towarzystwa Medycyny Rodzinnej. Część I. Profilaktyka, leczenie miejscowe i fototerapia" - Roman J. Nowicki, Magdalena Trzeciak, Maciej Kaczmarski, Aleksandra Wilkowska, Magdalena Czarnecka-Operacz, Cezary Kowalewski, Lidia Rudnicka, Marek Kulus, Agnieszka Mastalerz-Migas, Jarosław Peregud-Pogorzelski, Małgorzata Sokołowska-Wojdyło, Radosław Śpiewak, Zygmunt Adamski, Joanna

Czuwara, Monika Kapińska-Mrowiecka, Andrzej Kaszuba, Dorota Krasowska, Beata Kręcisz, Joanna Narbutt, Sławomir Majewski, Adam Reich, Zbigniew Samochocki, Jacek Szepietowski, Katarzyna Woźniak - Dermatol Rev/Przegl Dermatol 2019, 106, 354–371, DOI: https://doi.org/10.5114/dr.2019.88253

- „Trądzik różowaty – rekomendacje diagnostyczno-terapeutyczne Polskiego Towarzystwa Dermatologicznego. Część 2. Leczenie" - Anna Woźniacka, Joanna Czuwara, Dorota Krasowska, Ewa Chlebus, Grażyna Wąsik, Anna Wojas-Pelc, Lidia Rudnicka, Joanna Narbutt, Zygmunt Adamski, Rafał Czajkowski, Magdalena Czarnecka-Operacz, Iwona Flisiak, Cezary Kowalewski, Aleksandra Lesiak, Joanna Maj, Roman Nowicki, Agnieszka Owczarczyk-Saczonek, Witold Owczarek, Małgorzata Olszewska, Waldemar Placek, Adam Reich, Małgorzata Sokołowska-Wojdyło, Jacek Szepietowski, Anna Zalewska-Janowska, Barbara Zegarska - Dermatol Rev/Przegl Dermatol 2022, 109, 397–416, DOI: https://doi.org/10.5114/dr.2022.126600
- „Rak podstawnokomórkowy skóry. Rekomendacje diagnostyczno-terapeutyczne Polskiego Towarzystwa Dermatologicznego" - Aleksandra Lesiak, Joanna Czuwara, Grażyna Kamińska-Winciorek, Dorota Kiprian, Joanna Maj, Witold Owczarek, Waldemar Placek, Lidia Rudnicka, Piotr Rutkowski, Michał Sobjanek, Małgorzata Sokołowska-Wojdyło, Jacek Szepietowski, Barbara Zegarska, Wojciech Zegarski - Dermatol Rev/Przegl Dermatol 2019, 106, 107‑126, DOI: https://doi.org/10.5114/dr.2019.85572

15. Assessment methods and criteria, including the form and requirements for course credit:

Learning outcomes are verified through active participation in classes (assessing the doctoral student's engagement in discussions, asking questions, commenting on the presented content, and the ability to critically reflect on the topics discussed) as well as full attendance at all seminar meetings.

Form of course completion: Credit based on substantive participation in classes and full attendance.

Requirements for passing the course: attendance at all meetings (no unexcused absences) and active participation in classes – confirming the achievement of the intended learning outcomes.

16. Additional information:

17. Instructor's declaration and signature:

I declare that the course content contained in this syllabus is the result of my individual creative work performed within the framework of an employment relationship arising from a civil law contract, and that no third parties are entitled to any copyrights in this respect.

18. Dean's signature:

19. Date: