

**Thematic lesson plan of seminars
in the discipline "Polyclinic therapy"
for students of the educational program
of the specialty 31.05.01 «General Medicine»,
(specialist's level),
form of study full-time (face to face)
for the 2023-2024 academic year**

№	Thematic blocks	Hours (academic) by semester			
		9	10	11	12
1.	Organizational bases of outpatient care for adults in the profile "Therapy". ¹ The history of the discipline of polyclinic therapy. Organizational basis for providing primary health care to the adult population. The staff of the polyclinic. Organization of polyclinic activities. The therapeutic department of the polyclinic: structure, equipment. Tasks and job responsibilities of a district therapist. ²				
	part 1	2			
	part 2	2			
	part 3	2			
2.	Organization of medical examination of the adult population and preventive medical examinations. Vaccination of the adult population. ¹ The role of the polyclinic doctor in promoting a healthy lifestyle, formation of motivation among the population to lead a healthy lifestyle; reduction of health risks, including alcohol and tobacco consumption, Levels of medical prevention. Medical examination of the population: structure and content, forms of conduct, health groups. Preventive medical examination. The department of medical prevention as a structural subdivision of the polyclinic, its equipment. General principles and options for preventive counseling. The doctor-patient relationship during preventive counseling. An office for conducting a school of patients and promoting a healthy lifestyle as part of a polyclinic. Issues of planned and emergency vaccination of the adult population. ²				
	part 1	2			
	part 2	2			
	part 3	2			
3.	Tactics of management of patients with influenza, ARVI, COVID-19, tonsillitis at the outpatient stage. ¹ Features of clinical manifestations of influenza and other acute respiratory viral infections (rhinovirus, adenovirus, respiratory syncytial infection, parainfluenza, COVID-19). The possibilities of their differentiation in the				

	<p>polyclinic. Drug therapy in outpatient practice. Indications for hospitalization, examination of temporary disability and its duration. Criteria for recovery and restoration of working capacity. Primary prevention of influenza and SARS. Local changes in the tonsils (lymphoid formations of the oropharynx), classification. The difference between the clinic of angina from other diseases occurring with the defeat of lymphoid formations of the oropharynx, methods of diagnosis of these diseases. Tactics of the district doctor's therapist in case of suspected diphtheria and positive sowing from the throat. Complications of angina - early and late. Temporary disability with angina, its terms.²</p>				
	part 1	2			
	part 2	2			
4.	<p>A general approach to patients with fever at the outpatient stage.¹</p> <p>Fever of unknown origin: definition, classification. The algorithm of differential diagnosis of diseases manifested by prolonged fever or subfebrility in outpatient settings. Possibilities of examination of the patient in a polyclinic. Indications for hospitalization of patients with fever. Emergency care for a patient with hyperthermia and convulsive syndrome at the outpatient stage.²</p>				
	part 1	2			
	part 2	2			
5.	<p>A general approach to patients with cough at the outpatient stage.¹</p> <p>Types of cough: productive, unproductive, acute, subacute, chronic. The algorithm of differential diagnosis of respiratory diseases manifested by cough (acute bronchitis, acute bronchiolitis, community-acquired pneumonia, pulmonary tuberculosis) in outpatient settings. Possibilities of examination in a polyclinic. Indications for hospitalization. Providing emergency care to a patient with pulmonary hemorrhage, acute respiratory failure at the outpatient stage.²</p>				
	part 1	2			
	part 2	2			
6.	<p>A general approach to patients with bronchoobstructive syndrome at the outpatient stage.¹</p> <p>Bronchoobstructive syndrome: definition, clinical signs. Mechanisms of its occurrence. The algorithm of differential diagnosis of respiratory diseases manifested by bronchoobstructive syndrome: chronic obstructive pulmonary disease, bronchial asthma, lung cancer in a polyclinic. Early symptoms of respiratory failure, pulmonary hypertension. Principles of diagnosis formulation. Indications for hospitalization. Providing emergency care to a patient with an attack of bronchial asthma at the outpatient stage.²</p>				
	part 1	2			
	part 2	2			
7.	<p>A general approach to patients with arterial hypertension at the outpatient stage.¹</p>				

	Algorithm of differential diagnosis of diseases manifested by arterial hypertension syndrome (functional diseases, hypertension, symptomatic hypertension (vasorenal, renal, endocrine, cerebral)) in outpatient practice. The possibilities of examination at the outpatient stage. Clinical characteristics and justification in the polyclinic of the stages of hypertension and the degree of arterial hypertension. Complications of hypertension. The work of the pre-medical office in order to identify patients with elevated blood pressure. Principles of diagnosis formulation. Indications for hospitalization. Emergency care at the outpatient stage. ²				
	part 1	2			
	part 2	2			
8.	A general approach to patients with chest pain at the outpatient stage. ¹ Algorithm of differential diagnosis of diseases manifested by chest pain syndrome in outpatient practice. Heart diseases accompanied by chest pains (CHD, cardiomyopathy, myocarditis, pericarditis). Extracardial causes of chest pain: cervical thoracic osteochondrosis, pleural diseases, hernias of the esophageal orifice of the diaphragm, diseases of the abdominal cavity. Acute coronary syndrome, early symptoms of myocardial infarction. Possibilities of examination in the polyclinic. The role and significance of ECG, stress tests, echocardiography. Indications for referral to coronary angiography (echocardiography), stress echocardiography (stress echocardiography), etc. visualization methods for the verification of coronary heart disease. Principles of diagnosis formulation. ²				
	part 1	2			
	part 2	2			
9.	A general approach to patients with edema at the outpatient stage. ¹ The algorithm of differential diagnosis of diseases that manifest edematous syndrome (renal, cardiac, lymphatic, venous edema) in outpatient practice. Possibilities of examination of patients in a polyclinic. Principles of diagnosis formulation. Indications for hospitalization. ²				
	part 1	2			
	part 2	2			
10.	A general approach to patients with metabolic syndrome at the outpatient stage. ¹ Metabolic syndrome: definition, classification, clinical signs. The problem of overweight and obesity in outpatient practice. Diagnosis and treatment of lipid metabolism disorders. Clinical recommendations and approved standards in the treatment of patients with metabolic syndrome /obesity at the outpatient stage. Modern medicinal (hypolipidemic) agents, efficiency control. ²				
	part 1	2			
	part 2	2			
	part 3	2			

11.	<p>A general approach to patients with abdominal pain at the outpatient stage.¹</p> <p>Algorithm of differential diagnosis of diseases manifested by epigastric pain syndrome (peptic ulcer, gastroesophageal reflux disease, gastritis, functional dyspepsia) in outpatient settings. Methods of recognizing the type of gastritis, functional dyspepsia in a polyclinic. Principles of diagnosis formulation. Providing emergency care to a patient with bleeding from the upper gastrointestinal tract at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
12.	<p>A general approach to patients with chronic liver diseases at the outpatient stage.¹</p> <p>The algorithm of differential diagnosis of diseases manifested by cytolysis syndrome, cholestasis syndrome, mesenchymal inflammatory syndrome, hepatic cell insufficiency syndrome, portal hypertension syndrome at the outpatient stage. Possibilities of examination of the patient in a polyclinic. Principles of diagnosis formulation. Indications for hospitalization. Providing emergency care to a patient with biliary colic at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
13.	<p>A general approach to a patient with a violation of the act of defecation at the outpatient stage.¹</p> <p>The algorithm of differential diagnosis of diseases manifested by violation of the act of defecation (diarrhea, constipation) at the outpatient stage. Clinical picture and algorithm of diagnosis of irritable bowel syndrome, ulcerative colitis, Crohn's disease, ischemic colitis, enteropathy (lactase deficiency, gluten). Principles of diagnosis formulation. Indications for hospitalization. Providing emergency care to a patient with bleeding from the lower gastrointestinal tract at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
14.	<p>A general approach to patients with urinary syndrome at the outpatient stage.¹</p> <p>The algorithm of differential diagnosis of diseases manifested by urinary syndrome (hematuria, proteinuria, leukocyturia, cylindruria) at the outpatient stage. Clinical and diagnostic value of urea, creatinine, microalbuminuria and uric acid. Clinical picture and algorithm of diagnosis of glomerulonephritis, pyelonephritis. Principles of diagnosis formulation. Indications for hospitalization. Emergency care for a patient with acute renal insufficiency, renal colic at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
15.	<p>A general approach to patients with anemic syndrome at the outpatient stage.¹</p> <p>The algorithm of differential diagnosis of diseases manifested by anemic</p>				

	<p>syndrome (microcytic, normocytic, macrocytic anemia; hypochromic, normochromic, hyperchromic anemia) at the outpatient stage. The possibilities of examination in a polyclinic. Principles of diagnosis formulation. Indications for hospitalization. Providing emergency care to a patient with a hemolytic crisis at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
16.	<p>A general approach to patients with articular syndrome at the outpatient stage.¹</p> <p>The algorithm of differential diagnosis of diseases manifested by articular syndrome at the outpatient stage. Screening examination of gait, upper limbs, lower limbs, back. Articular or extra-articular, acute or chronic, inflammatory or non-inflammatory, localized or widespread lesion. The possibilities of examination in a polyclinic. Interpretation of synovial fluid examination. Principles of diagnosis formulation in rheumatoid arthritis, osteoarthritis, gout. Indications for hospitalization. Providing emergency care to a patient with acute gouty arthritis at the outpatient stage.²</p>				
	part 1		2		
	part 2		2		
17.	<p>Temporary disability and its examination.¹</p> <p>Temporary disability and its types, regulatory aspects of expertise. The importance of medical and social criteria. Principles of determining the duration of temporary disability. The procedure for processing documents in its various types. Functions and duties of polyclinic officials involved in the examination of work capacity. Structure and functions of the medical commission. The disability certificate, its functions, the procedure for issuing and extending. Features of the formation of the disability sheet in electronic form. Analysis of the structure of morbidity with temporary disability.²</p>				
	part 1			2	
	part 2			2	
	part 3			2	
18.	<p>Persistent disability and its examination.¹</p> <p>Persistent disability, organizational and legislative aspects. Bureau of Medical and Social Expertise (MSE). Methodology of medical and social expertise. The order of referral to the bureau of MSE. Prognosis, nature and degree of functional impairment. The procedure for recognizing citizens as disabled. Typical mistakes and difficulties. The procedure for processing medical documentation using electronic document management Terms of referral to the Bureau of medical and social expertise, disability criteria.²</p>				
	part 1			2	
	part 2			2	
	part 3			2	
19.	<p>Tactics of management of patients with community-acquired pneumonia at the outpatient stage.¹</p>				

	Tactics of the district therapist in the detection of community-acquired pneumonia. Clinical recommendations and approved standards in the treatment of patients with community-acquired pneumonia at the outpatient stage. Modern medicines (antibacterial, symptomatic), effectiveness control. Features of management of elderly patients. Approximate terms of temporary disability. Primary prevention, vaccination. Dispensary observation. Medical rehabilitation. Spa treatment. Features of patient management in the detection of COVID-19. ²				
	part 1			2	
	part 2			2	
	part 3			2	
20.	Tactics of management of patients with chronic obstructive pulmonary disease and bronchial asthma at the outpatient stage. ¹ Tactics of the district therapist in the detection of bronchial asthma and/or COPD. Clinical recommendations and approved standards in the treatment of patients with bronchial asthma and COPD at the outpatient stage. Modern medicines (inhaled glucocorticosteroids, beta2-agonists, cholinolytics, antileukotriene drugs), efficiency control. Features of management of elderly patients. Indications for hospitalization. Dispensary observation. Medical rehabilitation. Spa treatment. Temporary disability: its causes, criteria for duration and recovery. ²				
	part 1			2	
	part 2			2	
	part 3			2	
21.	Tactics of management of patients with arterial hypertension at the outpatient stage. ¹ Tactics of the district therapist in the detection of arterial hypertension. Clinical recommendations and approved standards in the treatment of patients with arterial hypertension at the outpatient stage. Modern antihypertensive drugs, efficiency control, principles of therapy selection. Indication for hospitalization. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Temporary disability, terms and criteria for the restoration of working capacity. ²				
	part 1			2	
	part 2			2	
	part 3			2	
22.	Tactics of management of patients with chronic and acute coronary syndromes at the outpatient stage. Issues of rehabilitation of post-infarction patients. ¹ Chronic ischemic heart disease and acute coronary syndrome in the practice of a district general practitioner. Clinical recommendations and approved standards in the treatment of patients with chronic coronary heart disease and acute coronary syndrome at the outpatient stage. Modern medicines in the treatment of coronary heart disease, efficiency control. Features of management of elderly patients. Dispensary observation. Medical				

	rehabilitation. The main methods of physical rehabilitation in the polyclinic, the organization of control over its implementation. Spa treatment. Temporary disability, terms and criteria for the restoration of working capacity. ²				
	part 1			2	
	part 2			2	
	part 3			2	
23.	Tactics of management of patients with chronic heart failure at the outpatient stage. ¹ Diseases in which congestive heart failure may occur, their main differential diagnostic signs. Diagnostics (blood pressure measurement, analysis of chest X-ray results, registration and analysis of ECG, Holter ECG monitoring, echocardiography, ultrasound dopplerography of vessels, computer and magnetic resonance imaging of the chest cavity in normal and pathological conditions). Clinical recommendations and approved standards in the treatment of patients with chronic heart failure at the outpatient stage. Modern medicines, efficiency control. The role of the day hospital in the treatment of the patient. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Temporary disability, terms and criteria for the restoration of working capacity. ²				
	part 1			2	
	part 2			2	
24.	Tactics of management of patients with atrial fibrillation and other rhythm and conduction disorders at the outpatient stage. ¹ Diagnostics of cardiac conduction and rhythm disorders (measurement of heart rate, blood pressure, analysis of chest X-ray results, registration and analysis of ECG, Holter ECG monitoring, echocardiography, computer and magnetic resonance imaging of the chest cavity in normal and pathological conditions). Clinical recommendations and approved standards in the treatment of patients with rhythm and conduction disorders at the outpatient stage. Modern medicines (antiarrhythmic, oral anticoagulants), effectiveness control. Indications for hospitalization in an arrhythmological center. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration. ²				
	part 1			2	
	part 2			2	
25.	Tactics of management of somatic therapeutic pathology in pregnant women. ¹ The importance of somatic health of women in the formation of a healthy generation. Medical indications for termination of pregnancy. Tactics of examination of pregnant women, the course of pregnancy: acquired heart defects, hypertension, kidney disease, diabetes mellitus, anemia. Principles of their treatment during pregnancy; indications and contraindications to the use of medications depending on the duration of pregnancy (antibiotics, anti-inflammatory, hypotensive, etc.). Features of the dispensary supervision of the therapist for pregnant women suffering from somatic diseases. ²				
	part 1				2

	part 2				2
	part 3				2
26.	<p>Paraneoplastic syndrome in the practice of a district therapist. Issues of geriatrics and gerontology in outpatient practice.¹</p> <p>Paraneoplastic syndrome in outpatient practice: definition, classification. Atypical manifestations of oncological diseases, "small signs syndrome". Principles of measures aimed at early detection of oncopathology (lung cancer, stomach cancer, colorectal cancer, breast cancer, prostate cancer, skin cancer). Monitoring monitoring of registered cancer patients, including those identified for the first time, receiving chemotherapy. Schools of patients on breast self-examination. Issues of geriatrics and gerontology.²</p>				
	part 1				2
	part 2				2
	part 3				2
27.	<p>Tactics of management of patients with acid-dependent diseases of the upper gastrointestinal tract at the outpatient stage.¹</p> <p>Peptic ulcer disease, gastroesophageal reflux disease, functional dyspepsia. Clinical recommendations and approved standards in the treatment of patients with acid-dependent diseases of the gastrointestinal tract at the outpatient stage. Modern medicines (proton pump inhibitors, H2-histamine blockers, prokinetics, antibiotics for eradication therapy), monitoring the effectiveness of therapy. Therapist's tactics in case of complications (bleeding, pyloric stenosis, penetration). Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration.²</p>				
	part 1				2
	part 2				2
	part 3				2
28.	<p>Tactics of management of patients with diseases of the biliary tract and pancreas at the outpatient stage.¹</p> <p>Chronic pancreatitis, chronic cholecystitis, dysfunction of the Oddi sphincter. Evaluation of the excretory function of the pancreas. Enzyme activity in duodenal juice. Clinical recommendations and approved standards in the treatment of patients with diseases of the biliary tract and pancreas at the outpatient stage. Modern medicines (enzymes, antispasmodics, prokinetics), efficiency control. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration.²</p>				
	part 1				2
	part 2				2
	part 3				2
29.	Tactics of management of patients with chronic diffuse liver diseases at the outpatient stage. ¹				

	Cholestatic, metabolic, toxic and medicinal liver diseases. Clinical recommendations and approved standards in the treatment of patients with chronic non-communicable liver diseases (chronic hepatitis, cirrhosis of the liver) at the outpatient stage. Modern medicines, efficiency control. Doctor's tactics in the development of complications at the prehospital stage. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration. ²				
	part 1				2
	part 2				2
	part 3				2
30.	Tactics of management of patients with functional and inflammatory bowel diseases at the outpatient stage. ¹ Nonspecific ulcerative colitis, Crohn's disease, irritable bowel syndrome. Clinical recommendations and approved standards in the treatment of patients with functional and inflammatory bowel diseases at the outpatient stage. Modern medicines, efficiency control. Doctor's tactics in the development of complications at the prehospital stage. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration. ²				
	part 1				2
	part 2				2
	part 3				2
31.	Tactics of management of patients with urinary tract infection at the outpatient stage. ¹ Clinical recommendations and approved standards in the treatment of patients with urinary tract infection (pyelonephritis, cystitis) at the outpatient stage. Modern medicines, efficiency control. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa treatment. Examination of temporary disability, its duration. ²				
	part 1				2
	part 2				2
	part 3				2
32.	Tactics of management of patients with chronic kidney disease at the outpatient stage. ¹ Chronic kidney disease. Chronic glomerulonephritis. Clinical recommendations and approved standards in the treatment of patients at the outpatient stage. Modern medicines, efficiency control. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Examination of temporary disability, its duration. ²				
	part 1				2
	part 2				2

	part 3				2
33.	<p>Tactics of management of patients with anemia at the outpatient stage.¹</p> <p>Issues of providing medical care to the hematological contingent of patients at the reception in the polyclinic. Post-hemorrhagic, iron-deficient, B12-deficient anemia. Clinical recommendations and approved standards in the treatment of patients with anemia at the outpatient stage. Modern medicines, efficiency control. Features of management of elderly patients. Dispensary observation. The rehabilitation program of a hematological patient. Temporary disability, criteria for recovery and restoration of working capacity.²</p>				
	part 1				2
	part 2				2
	part 3				2
34.	<p>Tactics of management of patients with chronic joint diseases at the outpatient stage.¹</p> <p>Osteoarthritis. Rheumatoid arthritis. Gouty arthritis. Clinical recommendations and approved standards in the treatment of patients with chronic joint diseases at the outpatient stage. Modern medicines, efficiency control. Features of management of elderly patients. Dispensary observation. Medical rehabilitation. Spa and orthopedic treatment. Temporary disability, criteria for recovery and restoration of working capacity.²</p>				
	part 1				2
	part 2				2
	part 3				2
35.	<p>Tactics of management of patients with type 2 diabetes mellitus at the outpatient stage.¹</p> <p>Diagnostic criteria of type I and type II diabetes mellitus. Effective control of hyperglycemia: determination of glycosylated hemoglobin, fructosamine, lipid spectrum indicators. Assessment of complications of diabetes mellitus. Clinical recommendations and approved standards in the treatment of patients with type 2 diabetes mellitus at the outpatient stage. Modern medicinal (hypoglycemic) agents, efficiency control. Features of management of elderly patients. Medical rehabilitation. Spa treatment. Dispensary observation. Temporary disability.²</p>				
	part 1				2
	part 2				2
	part 3				2
36.	<p>Dispensary observation of patients with chronic non-communicable diseases. Medical rehabilitation. The procedure for prescribing prescriptions.¹</p> <p>Organization and methodology of dispensary observation in Russia, including with chronic non-communicable diseases. The procedure for registration of medical documentation. Stages and methods of medical</p>				

	rehabilitation, including after COVID-19. Rules for prescribing and the procedure for issuing prescriptions (forms №107/u; №148-1/u-88; for narcotic and psychotropic drugs). ²				
	part 1				2
	part 2				2
	Intermediate certification				2
	Total: 186 h	46	24	44	72

¹ - subject

² - essential content

Considered at the meeting of the department of Outpatient and emergency medical care
 "_25_" May 2023, protocol № 10

Head of the Department



Krayushkin S.I.