

## COURSE SYLLABUS

### (1) GENERAL

<b>SCHOOL</b>	HEALTH SCIENCES MANAGEMENT AND ECONOMICS SCIENCES		
<b>DEPARTMENT</b>	<ul style="list-style-type: none"> <li>▪ SOCIAL WORK</li> <li>▪ NUTRITION AND DIETETICS SCIENCES</li> <li>▪ BUSINESS ADMINISTRATION AND TOURISM</li> </ul>		
<b>LEVEL OF STUDY</b>	Graduate/Master's		
<b>COURSE CODE</b>	<b>CDDA-B07</b>	<b>SEMESTER</b>	<b>B</b>
<b>COURSE TITLE</b>	Prevention and Management of Chronic Diseases and Disability		
<b>INDEPENDENT TEACHING ACTIVITIES</b>		<b>TEACHING HOURS WEEKLY</b>	<b>CREDIT UNITS (ECTS)</b>
		3	7.5
<b>COURSE TYPE</b>	General knowledge. Optional Mandatory		
<b>PREREQUISITE COURSES:</b>	No		
<b>LANGUAGE OF TEACHING and EXAMINATIONS:</b>	Greek		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	No		
<b>COURSE WEBSITE (URL)</b>	<a href="https://eclass.hmu.gr/courses/SW355/">https://eclass.hmu.gr/courses/SW355/</a>		

### (2) LEARNING OUTCOMES

<b>Learning Outcomes</b>
<ul style="list-style-type: none"> <li>▪ To understand the term Evidence Based Practice as well as its usefulness and necessity in the modern clinical environment, as well as the basic steps of designing an Evidence Based Practice.</li> <li>▪ To know the methods of critical approach and the models of implementation of Evidence-based Practice to evaluate and choose the appropriate methodology (models) for their own professional environment.</li> <li>▪ To acquire critical thinking in order to select the appropriate data, as well as to acquire knowledge and skills regarding the processes of synthesizing, evaluating, and presenting research evidence.</li> <li>▪ To know the use of study control and evaluation tools, assess the degree of applicability of research data to clinical practice, and understand the basic principles of applying research data to clinical practice.</li> <li>▪ To acquire the appropriate skills to be able to integrate prevention and rehabilitation interventions of Chronic Diseases and Disability.</li> <li>▪ To understand the usefulness and necessity of prevention programs for chronic diseases.</li> <li>▪ To know available national and international policies and strategies aimed at ensuring the health of the population (EU, WHO, etc.) and to understand terms and concepts related to the implementation and evaluation of the effectiveness of these strategies/policies.</li> <li>▪ Understand Greek and EU health policies on Healthy Aging and judge the effectiveness of health policies on aging and long-term care.</li> <li>▪ To understand the necessary participation of all health sciences in the design of the services that the health systems must offer, always based on documented data.</li> </ul>
<b>General Skills</b>
<ul style="list-style-type: none"> <li>▪ Search, analysis and synthesis of data and information, using the necessary technologies</li> <li>▪ Adaptation to new situations</li> <li>▪ Decision making</li> <li>▪ independent work</li> </ul>

- Teamwork
- Work in an international environment
- Work in an interdisciplinary environment
- Generating new research ideas
- Project planning and management
- Promotion of free, creative and inductive thinking

### (3) COURSE CONTENT

1. Writing a Clinical Research Question (PICO)
2. Evidence-Based Practice Implementation Models
3. Evaluation and application of guidelines in clinical practice
4. Integration and application of nutrition and metabolism guidelines in clinical practice
5. Evaluation of research data and evidence-based practice
6. Elements of management of chronic wounds and pressure ulcers
7. Sources of research evidence for the development of Evidence-Based Practice
8. Basic principles of prevention
9. Evaluation of prevention programs
10. Health policies and strategies for the prevention and management of chronic diseases
11. Long-Term Health Care (LHC)-Aging & Healthy Aging. Policies of Greece & the EU
12. Health service design with nursing care and evidence-based practice
13. Long-Post Covid- Chronic Illness and cause of disability?

### TEACHING and LEARNING METHODS - EVALUATION

<b>METHOD OF DELIVERY</b>	<b>The teaching includes:</b> <ul style="list-style-type: none"> <li>• Interactive face-to-face (in vivo) and distance learning lectures.</li> <li>• Case studies and critical commentary, exercises and group assignments.</li> <li>• Tutorial-level exercises.</li> </ul>	
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b>	Presentation of PowerPoint slides and videos. Use of the e-class electronic platform to upload presentations for access by students. Frequent communication with students through the same platform for anything related to the educational process.	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures	39
	Literature study and analysis	66
	Unguided study	80
	Exam Preparation	40
	<b>Total Course</b>	<b>225</b>
<b>STUDENT EVALUATION</b>	Written exams of Multiple Choices, Questions with brief responses, Open questions, Problem Solving questions. All graded papers are accessible to students	

### (4) RECOMMENDED-BIBLIOGRAPHY

**- Suggested Bibliography:**

- Altmiller, G. (2022). *Interprofessional teamwork and collaboration. Quality and Safety Education for Nurses: Core Competencies for Nursing Leadership and Care Management*, 225.
- Bauer UE, Briss PA, Goodman RA, Bowman BA. *Prevention of chronic disease in the 21st century: elimination of the leading preventable causes of premature death and disability in the USA. Lancet.* 2014 Jul 5;384(9937):45-52. doi: 10.1016/S0140-6736(14)60648-6. Epub 2014 Jul 1. PMID: 24996589

*Critical Appraisal Skills Program (CASP) part of Oxford Center for Triple Value Healthcare Ltd*  
Dang, D., Dearholt, SL, Bissett, K., Ascenzi, J., & Whalen, M. (2021). *Johns Hopkins evidence-based practice for nurses and healthcare professionals: Model and guidelines*. Sigma Theta Tau.

European Commission (2022) *Healthier together—EU non-communicable diseases (NCD) initiative*.[https://health.ec.europa.eu/system/files/2022-06/eu-ncd\\_initiative\\_publication\\_en\\_0.pdf](https://health.ec.europa.eu/system/files/2022-06/eu-ncd_initiative_publication_en_0.pdf)

*Introduction to Program Evaluation for Public Health Programs: A Self-Study Guide*. Available online at:<https://www.cdc.gov/evaluation/guide/introduction/index.htm>

Kisling LA, M Das J. *Prevention Strategies*. 2022 May 8. In: *StatPearls [Internet]*. Treasure Island (FL): StatPearls Publishing; 2022 Jan–. PMID: 30725907.

Thomas, RK, & Thomas, RK (2021). *Strategic planning*. *Health services Planning*, 215-245.

*Ulrich and Canale's Care Plans in Clinical Nursing-Priorities, Assignments and Clinical Rationales* Edition: 1/2022 Authors: Haugen Nancy, Galura Sandra J. ISBN: 9789925588374

**- Related scientific journals:**

- Disability and Rehabilitation
- Global Health Action
- Implementation Science
- International Journal of Evidence-Based Healthcare
- Journal of Aging and Health
- Journal of Chronic Diseases
- Journal of Health Services Research & Policy
- Journal of Nursing Management
- Journal of Nursing Scholarship
- Patient Education and Counseling
- Preventive Medicine