Course Title	**Diabetes and Cardiovascular health**
Course Code	MD445
Course Type	Clinical Elective
Level	1st Cycle (MD)
Year / Semester	4th Year - 8th Semester 5th Year 9th Semester / 10th Semester
Teacher's Name	TBA

ECTS	3	Lectures / week	1 / 16 weeks	Laboratories / week	0 / 16 weeks

Course Purpose and Objectives	The objectives of the course are: 1. To familiarize students with the clinical manifestations, diagnosis, and management of Diabetes Mellitus in primary care. 2. To familiarize students with the clinical manifestations, diagnosis, management and prevention of cardiovascular disease in primary care. 3. To recognise, understand, interpret and apply methods for the management and prevention of diabetes. 4. To introduce students to the management of major cardiovascular risk factors such as hypertension, hyperlipidaemia, and other metabolic disorders.
Learning Outcomes	Upon successful completion of this course students should be able to: • Define the principles of health promotion and relate those principles to management diabetes and other cardiovascular risk factors. • Identify and diagnose the most frequently encountered cardiovascular risk factors (hypertension, hyperlipidemia, smoking, etc.). • Demonstrate an understanding of the etiology, incidence, pathophysiology and clinical manifestations of diabetes mellitus Discuss the principles of clinical assessment of diabetes mellitus including diagnostic criteria and other tests • Describe the assessment and management of chronic complications of diabetes mellitus • Identify and diagnose the most frequently encountered diabetes emergencies (hypoglycemia and diabetic ketoacidosis) in a primary care unit. • Describe the principles of lifestyle and pharmacological management for people with diabetes mellitus and cardiovascular risk factors • Deliver management strategies for the investigation and treatment of patients at increased cardiovascular risk

	• Demonstrate knowledge and competence in preventative cardiovascular medicine, develop and deliver preventative cardiovascular interventions for the wider population. • Describe a range of practices of improving cardiovascular risk management and enhance the implementation of best practices
Prerequisites	None **Co-requisites** None
Course Content	The course is one of the elective courses of clinical years during medical studies. It comprises 3 ECTS towards the total required for completion of the study program. The goals of this course are to enable students to manage diabetes mellitus and its complications effectively and to provide a range of practices for improving cardiovascular risk management and aims to enhance the implementation of best practices in primary care settings. Diabetes and cardiovascular disease have major impact on mortality as well as on the cost and quality of life worldwide and are largely preventable. A large proportion of these cases could be prevented or effectively managed by lifestyle modifications alone. A balanced mix of community and medical approaches holds the most promise for managing diabetes and promoting cardiovascular health. In this context, you will examine current data in epidemiology, classification and pathogenesis of diabetes and cardiovascular risk factors, as well as screening. In addition, type 1 and type 2 diabetes prediabetes and diabetes in pregnancy, lifestyle interventions, medication options and regimens, monitoring, hypoglycemia and diabetic ketoacidosis will each be explored with a case-based approach. In addition, you will gain important knowledge related to detecting, managing and monitoring cardiovascular risk factors such as lifestyle modification, hypertension, hyperlipidemia
Teaching Methodology	Face-to-face
Bibliography	ESC/EAS Guidelines for the Management of Dyslipidaemias European Guidelines on cardiovascular disease prevention in clinical practice American Diabetes Association - Standards of Medical Care in Diabetes - Diabetes Care Course notes and readings
Assessment	Examinations: 70% Assignment/Lab 20% Class Participation: 10%
Language	English