INTERNATIONAL HIGHER SCHOOL OF MEDICINE
Department
of Introduction to therapy and family medicine

SYLLABUS

Family medicine
2026-2027 academic year
for students of medical faculty
5 course 10 semester
5 credits (150 h, including auditorial 80 h, independent work – 70 h)
form of control:control survey, testing, presentation, role-playing games, credit

Lecturer: **Osmonova A.T,** head of the department,PhD .,
+996777104510, +996707104510
Email: aliamed@yandex.ru
Venue: Zoom

Practical classes: **Ormokoeva A.B.**
assistant, +996556120672,
Email:ormokoevaaigyl@mail.ru
ZholdoshalievaZhyldyz assistant,+996500877322
Email: jyldyzshamyrbekovnava@gmail.com
Burhanova Sayara assistant,+996550736473
Email:www.sunny.sayara@gmail.com
Askarova Chinara assistant,+996997444651
Email:askarova.chinara1993@gmail.com

The Syllabus is considered at the meeting of the department of Introduction to therapy and family medicine
Protocol №1 dated 27.08.2026
Head of the department A.A.Kamchybekova

The purpose of mastering the discipline of family medicine is to master a large stock of knowledge for a mixed reception (children, women, adults), as well as the principles of organizing medical and preventive care at the pre- hospital stage, the skills and abilities to recognize diseases, emergency conditions, treatment tactics and their management

The objectives of the discipline are:

1. students acquire knowledge in the field of anatomy, physiology, pathophysiology, propaedeutics of internal diseases, pediatrics, obstetrics and gynecology, gerontology.
2. teaching students to recognize the main frequent diseases when examining a patient, determining the severity of the condition, determining the tactics of examination, treatment and prevention.
3. training students in the preparation of medical documentation (outpatient medical card, disability certificate, etc.);
4. formation of communication skills with the patient, taking into account ethics and deontology, depending on the revealed pathology and characterological characteristics of patients;

After studying the discipline the student must:

Know: NCDs risk factors,
Physiological changes in the body of children, elderly women during pregnancy Indicators of biochemical and clinical studies confirming the diagnosis
standard algorithms for diagnosis and treatment of the most common diseases
Be able to: identify the main risk factors for the development of non-communicable diseases
To analyze the results of biochemical and clinical studies to identify the main criteria confirming the clinical diagnosis
apply standard algorithms for diagnosis, treatment of the most common diseases Apply the method of pregnancy management
Establish cause-and-effect relationships of changes in health status with environmental factors, prevent the occurrence and spread of diseases
Possess: Methods of stratification of risk factors for the development of non-communicable diseases Skills of reasoned justification of clinical diagnosis
Skills of correction of treatment of the most common diseases within the framework of standard algorithms in accordance with the principles of evidence-based medicine
The technique of obstetric examination of a woman during pregnancy
Practical skills of primary prevention of the most common diseases, skills of promoting hygienic knowledge and a healthy lifestyle

Pre-requisites: normal anatomy, normal physiology, biochemistry, pathanatomy,pathophysiology,propedotherapy,internal diseases, polyclinic therapy, pediatrics , obstetrics and gynecology

Post-requisites: state exam, postgraduate study

THEMATIC PLAN OF LECTURES

№	Theme of lecture	Hours	Date
1	Principles and philosophy of family medicine. Screening of non- communicable diseases in the practice of a family doctor	2	According to the schedule

2	Outpatient antenatal care for a healthy pregnant woman (physiological pregnancy)	2	Accordin to the g schedule
3	Extragenital pathology of pregnant women (heart disease, hypertension, bronchial asthma, pyelonephritis)	2	Accordin to the g schedule
4	Extragenital pathology of pregnant women (diabetes mellitus, thyroid disease, iron deficiency anemia, sexually transmitted infections (STIs). Family planning.	2	Accordin to the g schedule
5	Outpatient postpartum monitoring of the parent (the problem of lactation, prevention of mastitis, thrombophlebitis, postpartum depression, postpartum contraception).	2	Accordin to the g schedule
6	IMCI (cough) in the practice of a family doctor	2	Accordin to the g schedule
7	IMCI (fever, ear and throat pain)	2	Accordin to the g schedule
8	IMCI (diarrhea, malnutrition, anemia)	2	According to the schedule
9	IMCI (neonatology)	2	According to the schedule
10	Headache Syndrome.	2	According to the schedule
11	Dizziness Syndrome	2	According to the schedule
12	Knee Pain	2	According to the schedule
13	Pain in the arm and shoulder.	2	According to the schedule
14	Pain in the lower abdomen	2	According to the schedule
15	Urological diseases in the practice of a family doctor	2	According to the schedule
16	The main features of diseases in the elderly and senile age	2	According to the schedule
Total		**32**	

THEMATIC PLAN OF PRACTICAL CLASSES

Unit	№	Theme of practical classes	Hours	Date
Screening for noncommunicabl e diseases in the practice of a family doctor	1	Screening and prevention of noncommunicable diseases among children (at risk groups) and adults»	4	the first week of the class according to the schedule
Outpatient antenatal and postnatal care in the practice of a family doctor	1	Outpatient antenatal care for a healthy pregnant woman (physiological pregnancy)	4	the first week of the class according to the schedule
	2	Extragenital pathology of pregnant women (heart disease, hypertension, bronchial asthma, pyelonephritis)	4	the first week of the class according to the schedule
	3	Extragenital pathology of pregnant women (diabetes mellitus, thyroid disease, iron deficiency anemia, sexually transmitted infections (STIs)	4	the first week of the class according to the schedule
	4	Outpatient postpartum monitoring of the parent (lactation problem, prevention of mastitis, thrombophlebitis, postpartum depression, postpartum contraception)	4	the first week of the class according to the schedule
	5	testing	2	At the end of the unit
IMCI (cough) in the practice of a family doctor	1	IMCI (cough)	2	the second week of the class
	2	IMCI (fever, ear and throat pain)	4	the second week of the class
	3	testing	2	At the end of the unit
IMCI (diarrhea, malnutrition, anemia, neonatology)	1	IMCI (diarrhea, malnutrition, anemia)	4	the second week of the class
	2	IMCI (neonatology)	4	the second week of the class
	3	testing	2	At the end of the unit
Management of the elderly in the practice of a family doctor	1	Gerontology, geriatrics. Age-related changes, features of pharmacokenetics, pharmacotherapy. Pneumonia, hypertension, CHD, acute myocardial infarction in the elderly.	6	the second week of the class
	2	testing	2	At the end of the unit

		Total	48	

THEMATIC PLAN OF INDEPENDENT WORK OF STUDENTS

Unit	Theme of independent work	Hours
Screening for noncommunicabl e diseases in the practice of a family doctor	Features of the work of a family doctor. Medical records. Home visit. Prevention of noncommunicable diseases among adults and children. Methods of screening used in the practice of a family doctor in a polyclinic. Frequency of screening based on evidence-based medicine. Screening of diseases: diabetes mellitus, arterial hypertension, cancer of the breast, prostate, cervix, stomach, large intestine.	**20**
Outpatient antenatal and postnatal care in the practice of a family doctor	Physiological normal pregnancy critical stages of pregnancy physiological changes in a woman's body during pregnancy objective signs of early pregnancy methods and ways of establishing the term of pregnancy methods of examination of pregnant women Diseases of the cardiovascular system and pregnancy classification of heart defects chronic arterial hypertension,gestational arterial hypertension,preeclampsia,eclampsia,treatment and prevention Management of pregnant women with : -bronchial asthma -pyelonephritis -diabetes mellitus -thyroid diseases -sexually transmitted diseases -iron deficiency anemia Management of the postpartum period -classification of postpartum mastitis, general principles of mastitis treatment and their prevention -Postpartum thrombophlebitis, management tactics, treatment and prevention -postpartum contraception -postpartum depression Family planning	**24**
IMCI (cough) in the practice of a family doctor	IMCI, principles,main components,elements Common signs of danger. The main symptoms in children from 2 months to 5 years. Assessment of a child with cough and difficulty breathing, fever, ear pain, sore throat according to IMCI The outpatient phase of the integrated management of childhood diseases in children from 2 months to 5 years: -ARI (croup, otitis media, pharyngitis). -eye infections -stomatitis -measles complications	**20**

IMCI (diarrhea, malnutrition, anemia, neonatology)	Diarrhea syndrome,classification,algorithm for diagnostics and differential diagnostics, family doctor tactics. Eating disorders Feeding full-term and premature babies, calculation of the main food ingredients, parenteral nutrition, prevention of hypogalactia.Prevention and treatment of hypoglycemia Anemia in newborns and in children from 2 to 5 years, assessment of the condition and tactics of the family doctor Newborn baby, full-term criteria Assessment of the condition of a newborn child Vaccine prophylaxis. Vaccination of newborn children. The standard in vaccination against viral hepatitis B (HBV). The standard in vaccination against tuberculosis (BCG). Standard in Polio Vaccination (OPV).	**10**
	Breastfeeding, its features, proper breastfeeding technique Jaundice in newborns, the tactics of a family doctor Treatment of seizures in a newborn.	
Management of the elderly in the practice of a family doctor	Gerontology, geriatrics. Age-related changes, features of pharmacokenetics, pharmacotherapy. Pneumonia, hypertension, CHD, acute myocardial infarction in the elderly.	**26**
	Total	**100**

Recommended reading for the discipline:

Basic:

1.T.R. Harrison Principles of Internal Medicine Harrison's 16th ed., V. 1 2005 editor-in-chief, T.R. Harrison

2.Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone

3.General medical practice. National guidelines in 2 volumes edited by Academician I.N. Denisova, "GEOTAR-
Media", 2016
https://nashol.biz/searchdoc/125536

4.Internal medicine. IN AND. Makolkin, "GEOTAR-Media", 2015, pp. 33-36, 44-48.
https://www.rosmedlib.ru/book/ISBN9785970433355.html

5.WHO Handbook Integrated Management of Childhood Diseases 2000 Edition RESUMED https://apps.who.int/iris/handle/10665/92106

6.Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Additional:

7. Kumar and Clark's Clinical Medicine 2009 год editor-in-chief, P. Kumar / M. Clark 7th ed.-Saunders Elesevier

8. R.M.Kliegman J.W.ST Geme III Textbook of Pediatrics 2020 год Nelson 21-ed,v-1,2

9. Turdieva A.,Turdiev A. Introduction to Obstetrics, 2015 год, Textbook for Foreign Student

Grading policy and procedures for all types of work

For the period of studying the discipline, the student gains points for the relevant parameters (per unit):

a. current score (class activity, homework) - 40 points
b. independent work - 20 points

c. control score (final assessment of knowledge per unit)

- 40 points Maximum score - 100 (40+20+40)

Grading system for student's achievements

Grading criteria per discipline				
Maximum score	Intervals			
	«unsatisfactory»	«satisfactory»	«good»	«excellent»
Current control - 40	0-23	24-30	31-35	36-40
Interval description	Does not know theory and practice. No communication skills	knows some part of theory and practice. Average communication skills	Knows well, but not completely theory, practice, communication skills are developed	knows theory, practice. Communication skills are developed
Independent work - 20	0-11	12-15	16-17	18-20
Interval description	Didn't do anything Or passed and everything is wrong	completed, but not completely and with errors	. everything is done , but there are errors	Everything is done completely and correctly
Control work (module) - 40	0-23(0-59%)	24-30(60-75%)	31-35(76-85%)	36-40(86-100%)
Interval description	Doesn't know anything, can't show the acquired knowledge	Not particularly able to apply the knowledge gained, a lot of mistakes	Knows how to apply the acquired knowledge, but gets confused.	.Knows how to apply the acquired knowledge, solves everything correctly

Conduct Policy: (lateness, absence, behavior in the auditorium, late submission of work).

- Punctuality and completion of tasks.

- Mandatory attendance of classes.
- Attending class in a clean medical uniform.
- Eliminating conversations on a cell phone in the classroom.
- Active participation in the learning process.
- Doing homework on time.
- Academic detention at the time specified by the teacher.

For violations of the Conduct Policy, the total points for discipline might be reduced to 1-5 points.

Academic Ethics Policy.

- Be tolerant, respect the opinions of others.
- Formulate objections in the correct form.
- Constructively support feedback in all classes.
- Plagiarism and other forms of dishonest work are unacceptable. Plagiarism includes the following: the absence of references when using printed and electronic materials, quotes, thoughts and works of other authors or students.
- Prompting and cheating during tests, exams, classes is unacceptable as well as passing an exam for another student, unauthorized copying of materials.

For violations of the Academic Ethics Policy, the total points for the discipline may be reduced to 1-5 points.

Guidelines for the lessons of the discipline Unit 1. Key questions covered in lesson 1.

1. What are the main groups of all diseases, depending on the causes and conditions of their occurrence?
2. What is the main difference between non-communicable diseases and contagious (infectious).
3. . What measures for the prevention of noncommunicable diseases are available to everyone?
4. Why do you think the prevention of noncommunicable diseases is most effective in childhood and adolescence?

Recommended reading for the lesson:

[1],T.R. Harrison Principles of Internal Medicine Harrison's 16th ed., V. 1 2005 editor-in-chief, T.R. Harrison

[2], .Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone

[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Resources of the information and telecommunication network

"Internet" Computer training programs: video trainings

Unit 1

https://www.youtube.com/watch?v=WPcQA0aPTG8
https://www.youtube.com/watch?v=kPbGUEvOXpU
https://www.youtube.com/watch?v=H5PSVQ22fjk
https://www.youtube.com/watch?v=sQTrPIwtWaw https://www.youtu.be.BWolWB3tSEU

Unit 2. Key questions covered in lesson 1.

1. What are the features of outpatient management of pregnant women?
2. What is the required scope of examination of pregnant women in the antenatal clinic?
3. What is the required scope of examination of pregnant women in the antenatal clinic?
4. What specialized techniques are there in the antenatal clinic?
5. Features of the lifestyle of pregnant women. Regime, diet.

Recommended reading for the lesson:

[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016

Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900 [9], Turdieva A.,Turdiev A. Introduction to Obstetrics, 2015 год, Textbook for Foreign Student

Key questions covered in lesson 2.

1. Diseases of the cardiovascular system and pregnancy.
2. What is the classification of heart defects?
3. What is the tactics of pregnancy management in women with essential hypertension?
4. What are the basic principles of hypertension treatment during pregnancy?
5. Management of pregnant women with bronchial asthma.
6. What are the features of the course of pyelonephritis during pregnancy?

Recommended reading for the lesson:

[1], T.R. Harrison Principles of Internal Medicine Harrison's 16th ed., V. 1 2005 editor-in-chief, T.R. Harrison [2],.Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone

[3],..General medical practice. National guidelines in 2 volumes edited by Academician I.N. Denisova, "GEOTAR- Media", 2016

https://nashol.biz/searchdoc/125536
[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Key questions covered in lesson 3.

1. What is the tactics of managing pregnant women with diabetes?
2. What are the features of the course of diffuse toxic goiter during pregnancy?
3. What is the tactics of pregnancy and childbirth management in thyrotoxicosis?
4. What is the medical tactics for pregnancy and hypothyroidism?
5. What is the classification of anemia during pregnancy?

Recommended reading for the lesson:

[1],.T.R. Harrison Principles of Internal Medicine Harrison's 16th ed., V. 1 2005 editor-in-chief, T.R. Harrison [2],..Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone
[3],.General medical practice. National guidelines in 2 volumes edited by Academician I.N. Denisova, "GEOTAR-
Media", 2016 , https://nashol.biz/searchdoc/125536
[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Key questions covered in lesson 4.

1. The postpartum period. The length of the postpartum period.
2. Lactation, the benefits of breastfeeding.
3. What is the classification of postpartum mastitis?
4. What is postpartum thrombophlebitis?
5. Postpartum depression.
6. What is postpartum contraception.

Recommended reading for the lesson:

[1],T.R. Harrison Principles of Internal Medicine Harrison's 16th ed., V. 1 2005 editor-in-chief, T.R. Harrison
[2], .Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone
[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900 [9], Turdieva A.,Turdiev A. Introduction to Obstetrics, 2015 год, Textbook for Foreign Student **Resources of the information and telecommunication network "Internet"**

Computer training programs: video trainings

Physiological Changes During Pregnancy - YouTube
Pregnancy Physiology: Cardiovascular, Hematologic & Respiratory System– Obstetrics | Lecturio - YouTube Stages of Labor: Stages 1, 2 & 3 of Normal Labor – Obstetrics | Lecturio - YouTube
Antenatal Care – Obstetrics | Lecturio - YouTube
https://www.youtu.be/_8qeiOUIshw_
https://www.youtu.be/rx_yn_cN8gg_
https://www.youtu.be/QKLsmNUoRNk_

Unit 3. Key questions covered in lesson 1.

1. The outpatient phase of the integrated management of childhood diseases. ARI (bronchitis, pneumonia).
2. Common signs of danger.
3. The main symptoms in children from 2 months to 5 years.
4. Classification and treatment

Recommended reading for the lesson:

[5], . WHO Handbook Integrated Management of Childhood Diseases 2000

Edition RESUMED https://apps.who.int/iris/handle/10665/92106

[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900 [8], R.M.Kliegman J.W.ST Geme III Textbook of Pediatrics 2020 год Nelson 21-ed,v-1,2

Key questions covered in lesson 2

1. The outpatient phase of the integrated management of childhood diseases. ARI (croup, otitis media).
2. Assessment of a child with fever, ear pain, sore throat according to IMCI. Classification and treatment.

Recommended reading for the lesson:

[5], . WHO Handbook Integrated Management of Childhood Diseases 2000 Edition RESUMED https://apps.who.int/iris/handle/10665/92106

[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900 [8], R.M.Kliegman J.W.ST Geme III Textbook of Pediatrics 2020 год Nelson 21-ed,v-1,2

Resources of the information and telecommunication network "Internet" Computer training programs: video trainings

https://www.youtube.com/watch?v=Qk6APyQ5mAM
https://www.youtube.com/watch?v=hNhLYQeGHRo&list=PLkrFr119irjOisP8vCmcJq4IvP32ovMdb
https://www.youtube.com/watch?v=LRDUVrq8IWM
https://www.youtube.com/watch?v=gndR3Li8xnA&list=PLcEgm1Iz38PcEjIxkVAh8FYRh-0dCDW-_&index=1 https://www.youtube.com/watch?v=mDw5gMXkc_I
https://www.youtu.be/kOxwxXZoXAI
https://youtu.be/_M_DPWCOz2o

Unit 4. Key questions covered in lesson 1.

1. The outpatient stage of the integrated management of childhood diseases (diarrhea, malnutrition, anemia) in children from 2 months to 5 years.
2. The stages of treatment indicated in the scheme, evaluate and classify.
3. Follow-up plan.

Recommended reading for the lesson:

[5], . WHO Handbook Integrated Management of Childhood Diseases 2000 Edition RESUMED https://apps.who.int/iris/handle/10665/92106
[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Key questions covered in lesson 2.

1. List the activities for the primary care of the newborn after childbirth. Assess the condition of the newborn on the Apgar scale at the 1st and 5th minutes.
2. List the signs of the normal state of the newborn.
3. Helping the mother to latch on the baby to the breast. Explain to the mother and check for signs of correct attachment of the baby to the breast.
4. List the conditions in which the mother should immediately seek medical attention (danger signs).
5. Treatment of newborns with jaundice.
6. Treatment of seizures in a newborn.
7. Feeding full-term and premature babies, calculation of the main food ingredients, parenteral nutrition, prevention of hypogalactia.
8. Prevention and treatment of hypoglycemia.

Recommended reading for the lesson:

[5], . WHO Handbook Integrated Management of Childhood Diseases 2000 Edition RESUMED https://apps.who.int/iris/handle/10665/92106
[6], .Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900 [8], R.M.Kliegman J.W.ST Geme III Textbook of Pediatrics 2020 год Nelson 21-ed,v-1,2 **Resources of the information and telecommunication network "Internet"**
Computer training programs: video trainings

https://www.youtube.com/watch?v=DhK1wSkF424
https://www.youtube.com/watch?v=7aKt2IV0a68
https://www.youtube.com/watch?v=UXVZCN6dPyo
https://www.youtube.com/watch?v=q-fPnkWtMjY
https://www.youtube.com/watch?v=q-fdWSS6H1q8Y

Unit 5. Key questions covered in lesson 1.

1. Gerontology definition, its components
2. The basic changes of bodies and the systems, connected with aging

Recommended reading for the lesson:

[2], .Davidson's Principles and practice of Medicine 2014. editor-in-chief, Davidson's 22th ed.-Churchil Livingstone

[3], .General medical practice. National guidelines in 2 volumes edited by Academician I.N. Denisova, "GEOTAR-Media", 2016 https://nashol.biz/searchdoc/125536

[4], Internal medicine. IN AND. Makolkin, "GEOTAR-Media", 2015, https://www.rosmedlib.ru/book/ISBN9785970433355.html

[6], Robert E.Rakel,MD David P.Rakel,MD Textbook of Family Medicine 2016 Ninth edition https://www.amazon.com/Textbook-Family-Medicine-Robert-Rakel/dp/0323239900

Resources of the information and telecommunication network "Internet" Computer training programs: video trainings

The Science of Healing: Geriatrics - YouTube Gerontology Meaning - YouTube
Common Health Problems Associated With Ageing - Most Common Health Problems In Old Age - YouTube Understanding the Normal Aging Process - YouTube

Methodological instructions for the implementation of independent work on the discipline

1. working with lecture material
2. search and review of literature and electronic sources of information on a given topic
3. study of the material submitted for independent study
4. watching educational films
5. completing homework for the lesson
6. preparation of presentations on the given topics