

**Thematic plan of seminar-type classes  
in discipline «Comorbid patient: a contemporary perspective on the issue »  
for students of 2020 year of admission  
under the educational programme  
31.05.01 General Medicine  
specialisation (profile) General Medicine  
Specialist's  
form of study full-time  
for the 2025-2026 academic year**

<b>№</b>	<b>Thematic blocks</b>	<b>Practical training within the framework of a thematic block <sup>3</sup></b>	<b>Hours (academic) <sup>4</sup></b>
<b>12 semester</b>			
1.	Chronic non-communicable diseases in the 21st century. Epidemiology. Problems of comorbidity in therapeutic practice. Classification of comorbidity. Mechanisms of comorbidity development.. <sup>1</sup> Formulation of primary disease, associated conditions, and coexisting illnesses. Modern methods and methodologies for determining individual cumulative risk (tests and scales). Modern approach to management and therapy of patients with comorbidities. <sup>2</sup>	WP	6
2.	Comorbidity and cardiovascular continuum, Risk factors <sup>1</sup> Metabolic syndrome and cardiovascular diseases. Diabetes mellitus and cardiovascular comorbidity. Rational hypertension pharmacotherapy in patients with combined pathology. Features of comorbid pathology in elderly and senile age groups <sup>2</sup>	WP, SM	6
3.	Diagnosis, treatment, and prevention of most common therapeutic diseases in the context of comorbidity. <sup>1</sup> chronic obstructive pulmonary disease and cardiovascular diseases. Non-alcoholic fatty liver disease and comorbidity issues. Principles of rational drug use in polymorbid patients <sup>2</sup>	WP, SM	6
4.	Diagnosis, treatment, and prevention of the most common therapeutic diseases in the context of comorbidity. <sup>1</sup> Management of anemia in patients with comorbidities. Modern diagnostic techniques and differential diagnostics. Rational approaches to therapy, assessment of drug side effects. Prophylaxis, supportive therapy. Chronic kidney disease in a patient with comorbidities. Modern diagnostic techniques and differential diagnostics. Rational approaches to therapy, symptomatic medications, nephroprotectors, spa-resort treatments, physical therapies. Prophylaxis, supportive therapy. <sup>2</sup>	WP	6
5.	Specific features of managing comorbid patients in the context of rheumatic diseases. <sup>1</sup> Modern diagnostic techniques and differential diagnosis. Joint syndrome in a patient with comorbidities. Metabolic syndrome and musculoskeletal pathology. Rational approaches to	WP	6

	therapy, sanatorium-resort treatment, physiotherapeutic procedures. Prevention, supportive therapy. <sup>2</sup>		
Total			30

<sup>1</sup> – topic

<sup>2</sup> – Essential content

3 –SM (Simulation modules), WP (Working with a patient)

<sup>4</sup> – One thematic block includes several sessions, each session lasts 45 minutes, with a break between sessions of at least 5 minutes

Considered at the department meeting hospital therapy  
protocol of «27» May 2025 г. № 12.

Head of the Department



LN. Shilova