

Summer School of Preventive Medicine AGENDA

1 June 2026 – 31 July 2026

Department of Social Medicine and Public Health
Medical University of Warsaw

Online Summer School Track

1 June – 12 July

Participants attending the Summer School of Preventive Medicine in the online format will complete the full programme through the **e-learning platform**.

The online component is delivered **asynchronously**, meaning that participants complete the course materials, assignments, and activities at a time and pace convenient for them within the overall implementation period (1 June–12 July).

Materials for seminars S1, S2, and S3 (Modules I–III) will be provided during the on-site programme (29 June–10 July). These materials will be made available to online participants after each respective seminar has taken place and has been uploaded to the e-learning platform (<https://e-learning.wum.edu.pl/en/login/index.php>).

Form of class	Class contents	Teachers
Module I – Infectious disease prevention		
e-L L 1	Infectious diseases: epidemiology, public health and clinical practice – part I Infectious diseases with pandemic potential • What is Disease X? • What have we learned from previous epidemics? Solutions from World Health Organization, European Union, European Centre for Disease Prevention and Control, etc.	Anna Jagielska



e-l L 2	Infectious diseases: epidemiology, public health and clinical practice – part II Climate change and the rise of emerging and re-emerging infectious diseases • Urbanization, climate change and health threats • The role of climate change in the spread of vectors and vector-borne disease • Mass transit and the risk of epidemics	Anna Jagielska
e-l L 3	Infectious diseases: epidemiology, public health and clinical practice – part III Social risk factors in the emergence of infectious diseases • Health literacy, media exposure and preventive healthcare utilization • Situation across WHO's regions	Katarzyna Lewtak
e-l L 4	Infectious diseases: epidemiology, public health and clinical practice – part IV International public health emergencies	Katarzyna Lewtak
e-l L 5	Infectious diseases, conflict, and humanitarian crises – part I Health, public health, global health and humanitarian health • Historic, current, and emerging trends in humanitarian health • The resurgence of infectious diseases. • Epidemiological situation in Poland, Europe, and worldwide	Katarzyna Lewtak
e-l L 6	Infectious diseases, conflict, and humanitarian crises – part II Ethical principles, human rights and main legal framework in humanitarian crises	Katarzyna Lewtak
e-l L 7	Social inequalities in health • Understanding health inequalities	Katarzyna Lewtak



	- Addressing health inequalities in vulnerable populations: i.e. migrants and refugees, people experiencing homelessness, Roma communities - Challenges and solutions in practice	
e-l L 8	Multidrug-resistant pathogens. A new public health threat in the 21st Century – part I The increasing burden of multidrug-resistant pathogens in Poland and worldwide Analysis of trends across WHO regions	Anna Jagielska
e-l L 9	Multidrug-resistant pathogens. A new public health threat in the 21st Century – part II Use of antibiotics in animals and people - Monitoring of antimicrobial consumption and use - Examples of use of antibiotics in animal agriculture	Anna Jagielska
e-l S 1	Infectious diseases, conflict, and humanitarian crises – part III The main health needs of migrants and war refugees	Katarzyna Lewtak
e-l S 2	Strategies to improve vaccination uptake among highly vulnerable populations - Barriers on the vaccination pathway for marginalized populations - Vaccination in humanitarian emergencies - Adapting practical solutions and linking tools to address real-life challenges in preventing VPDs	Katarzyna Lewtak
e-l S 3	Healthcare-associated infections at the national and global levels - Healthcare-associated infections in Europe and worldwide - Economic burden of healthcare-associated infections - Super pathogens in hospital and long-term facilities settings	Anna Jagielska



S 1	Preparedness and response to humanitarian crises - Public health interventions in humanitarian crises - Water, sanitation, and hygiene (WASH)	Katarzyna Lewtak Anna Jagielska
e-l C/C 1	Health challenges and health care in humanitarian crises	Katarzyna Lewtak Anna Jagielska
Module II – Non-communicable disease (NCDs) prevention		
e-l L 10	Obesity and Metabolic Disorders – Innovative Topics and Challenges part I Obesity as a Chronic Disease – Latest Recommendations - Redefinition of obesity by WHO, EASO, and ADA (obesity as a chronic relapsing disease) - Clinical, psychological, and social consequences The Global "Obesogenic Environment" - Drivers of the rapid increase in obesity in low-income countries - The impact of urbanization, transport, and fast-food accessibility	Aleksandra Kozłowska
e-l L 11	Obesity and Metabolic Disorders – Innovative Topics and Challenges part II Impact of Climate Change on the Epidemiology of Obesity and NCDs Correlation between ambient temperature and energy expenditure Food shortages and economic barriers	Aleksandra Kozłowska
e-l L 12	Obesity and Metabolic Disorders – Innovative Topics and Challenges part III Innovative Non-Invasive Obesity Therapies	Katarzyna Okręglicka



	• The impact of relaxation techniques on reducing psychosomatic symptoms in obesity • Mindful eating: Conscious consumption in obesity treatment • Mobile applications supporting Mindfulness in obesity management	
e-l L 13	Obesity and Metabolic Disorders – Innovative Topics and Challenges part IV Childhood and Adolescent Obesity – A Growing Health Crisis • The role of food marketing • Metabolic disorders in young adults Comorbidities – Perspective 2025+ • MAFLD/NAFLD (fatty liver disease) as the leading cause of cirrhosis • Insulin resistance – biomarkers and rapid diagnostics	Katarzyna Okręglicka
e-l L 14	Prevention of Cardiovascular Diseases – New Trends and Public Health Priorities part I Dyslipidemia 2025 – Updated ESC/EAS Guidelines • Primary and secondary prevention strategies based on 2023–2025 updates. • The role of the recalibrated SCORE2 algorithm. Epidemiological realities in Poland and globally • Poland’s position regarding cardiovascular mortality rates in the EU • Insights from the LIPIDOGRAM 2004-2015 study – the largest European primary care study • The impact of lifestyle, diet, smoking, and alcohol consumption	Katarzyna Okręglicka
e-l L 15	Prevention of Cardiovascular Diseases – New Trends and Public Health Priorities part II The Post-Pandemic Physical Activity Crisis	Aleksandra Kozłowska



	The 30–50% decline in physical activity among young adults after COVID-19. Strategies to reverse the sedentary trend	
e-l L 16	Prevention of Cardiovascular Diseases – New Trends and Public Health Priorities part III Emerging Cardiometabolic Risk Factors - Microplastics and PM2.5 air pollution. - Sleep disorders and chronic stress.	Aleksandra Kozłowska
e-l L 17	Prevention of Cardiovascular Diseases – New Trends and Public Health Priorities part IV Personalized Prevention – Lifestyle Medicine "Exercise on prescription": Minimum vs. optimum activity plans. - Cardioprotective sleep and rest: Principles for long-term health. Innovative Technologies - Wearables (smartwatches) and continuous cardiometabolic monitoring. - AI in risk prediction (population-based risk models). CVD Prevention in Women - Hormonal specificity and cardiovascular health - Pregnancy as a cardiovascular "stress test"	Aleksandra Kozłowska
e-l L 18	Plant-Based Diets – Advanced Topics and Trends part I Whole-Food Plant-Based (WFPB) Diets in NCD Prevention - Mechanisms for improving lipid profiles, body mass, and insulin sensitivity. Plant-Forward Diets – The European Nutritional Direction - The EAT-Lancet 2025 Planetary Health Diet. - The increasing availability and market of plant-based products.	Katarzyna Okręglicka



e-l L 19	Plant-Based Diets – Advanced Topics and Trends part II Controversies and Barriers • B12, iron, and iodine – effective patient education strategies. • The myth vs. reality of "ultra-processed plant-based foods." Plant-Based Diets in Sports and Physical Performance • Metabolic adaptation in vegan athletes. • Analysis of recent performance-based research. Sustainable Nutrition in the Context of Climate Change • Carbon footprint (CO₂), meat production, and environmental impact.	Katarzyna Okręglicka
e-l L 20	Plant-Based Diets – Advanced Topics and Trends part III Populations at risk • Children and adolescents, seniors, and pregnant women.	Katarzyna Okręglicka
e-l S 4	Dietetics in the Polish reality – social and economic barriers • High food inflation and its impact on diet quality. • Addressing low "nutrition literacy" in the region. • Limited access to professional dietetic services.	Aleksandra Kozłowska
e-l S 5	Comparative Analysis of Plant-Based Models Veganism, vegetarianism, flexitarianism, and the Mediterranean-plant diet.	Aleksandra Kozłowska
e-l S 6	Obesity as a social disease • Patient weight stigma and discrimination. • Health inequalities in Poland and Eastern Europe.	Aleksandra Kozłowska
S 2	Designing population-level interventions School-based education programs and workplace wellness interventions.	Katarzyna Okręglicka Aleksandra Kozłowska



e-l C/C 2	Developing individualized nutritional plans - Obesity, PCOS, Insulin Resistance, NAFLD/MAFLD, Diabetes. Clinical Case Studies - A young patient with Class III obesity. - A patient with dyslipidemia and low motivation for change. - A patient with hypertension facing economic constraints.	Katarzyna Okręglicka i Aleksandra Kozłowska
e-l C/C 3	Utilization of digital tools and applications - Body composition monitoring tools. - Dietary tracking software (e.g., Cronometer). - In-depth analysis of macro- and micronutrients. Evidence-Based Practice (EBP) in Intervention Planning - How to evaluate the quality of clinical evidence? - Translating science into actionable patient recommendations.	Katarzyna Okręglicka i Aleksandra Kozłowska
Moduł III – Clinical communication		
e-l L 21	Communication in the interdisciplinary team – part I Theoretical principles of collaboration and communication in the interdisciplinary team. - Assumptions of coordinated and integrated care - Skill-Mix Model – basics competencies in healthcare	Magdalena Łoś
e-l L 22	Communication in the interdisciplinary team – part II The impact of emotions on the communication process. - Methods for coping with difficult emotions - Elements of mentalization and mindfulness	Magdalena Łoś
e-l L 23	Communication in the interdisciplinary team – part III The role of cyberpsychology and VR as support for medical and nonmedical staff. Assumptions of the SAPER Model	Magdalena Łoś



	• Methods working with medical and paramedical personnel using cyberpsychology and VR	
e-l L 24	Practical and theoretical aspects of patient communication – part I The psychology of vaccine hesitancy • Models of health decision-making • Factors influencing hesitancy: individual, social, cultural, economic • The difference between hesitancy and outright refusal	Magdalena Krysińska-Pisarek
e-l L 25	Practical and theoretical aspects of patient communication – part II The recommendations for talking to patients who are undecided about vaccination	Magdalena Krysińska-Pisarek
e-l L 26	Practical and theoretical aspects of patient communication – part III The Importance of communication in the context of vaccination • The role of communication in patient health education and in building trust in the healthcare system • The impact of communication on patients' decisions regarding vaccination	Magdalena Krysińska-Pisarek
e-l L 27	Practical and theoretical aspects of patient communication – part IV Ethics and responsibility in patient communication • The role of professional ethics in conversations about vaccinations – how to avoid pressure and manipulation • Respect for the patient's choice, maintaining a balance between education and respecting freedom of choice • Examples of difficult situations and ethical dilemmas (e.g., a patient refusing to vaccinate their child)	Magdalena Krysińska-Pisarek



e-l L 28	Practical and theoretical aspects of patient communication – part V Dealing with misinformation • How to respond to myths, misinformation, and fake news related to, among other things, vaccinations • Scientific evidence and reliable sources of information • Examples of the most common myths and how to effectively debunk them (e.g., based on research and medical facts)	Magdalena Krysińska-Pisarek
e-l L 29	Effective communication with patients Medical communication models - – what they are for and how to use them in practice • Calgary–Cambridge, 4Habbits, REDE	Antonina Doroszevska
e-l L 30	Lifestyle change conversations – behavior change tools The principles of motivational interviewing	Antonina Doroszevska
e-l S 7	Emotions and stress management in professional work	Magdalena Łoś
e-l S 8	Communication in the context of different age groups and social groups	Antonina Doroszevska
e-l S 9	Medical communication models during the conversation with patients	Magdalena Krysińska-Pisarek
e-l S 10	Communication protocols appropriate to the clinical situation	Magdalena Krysińska-Pisarek
S 3	Importance of communication for the effects of therapeutic treatment	Antonina Doroszevska
e-l C/C 4	Communication in the Digital Era The role of AI in the interdisciplinary team and patient communication – practical project.	Magdalena Łoś



e-l C/C 5	Practical and theoretical aspects of patient communication – part VI Trust-building strategies • Small affirmations • Shared decision making • Transparent discussion of risks	Magdalena Krysińska-Pisarek
e-l C/C 6	Techniques for effective communication with patients	Antonina Doroszevska
e-l C/C 7	Patients with special needs, patients with low health literacy, the psychosocial functioning of these groups of people and communication	Antonina Doroszevska
e-l C/C8	Non-verbal communication when interacting with patients	Antonina Doroszevska
e-l C/C 9	Models that enhance motivation in practice	Antonina Doroszevska
e-l C/C 10	Communication methods in situations where consultation time is limited.	Antonina Doroszewsk
e-l C/C 11	Communication methods in difficult situations	Antonina Doroszevska
e-l C/C 12	Assertive communication when interacting with patients	Antonina Doroszevska
e-l C/C 13	Methods of communication with patients who are undecided about vaccination	Antonina Doroszevska

Hybrid Summer School Track

Part I – Online Component: 1 June – 12 July

Participants who qualify for the hybrid format are also required to complete the same asynchronous e-learning component as participants in the online track, except for seminars and classes delivered on-site.

The online component is delivered asynchronously, meaning that participants complete the course materials, assignments, and activities at a time and pace convenient for them within the overall implementation period (1 June–12 July).

Part II – On-site Component: 29 June – 10 July

Venue: Centre for Medical Simulation, Medical University of Warsaw

3A Pawińskiego Str. 02-106 Warszawa

The on-site programme for hybrid participants includes 10 working days of in-person academic and networking activities.

DAY 1 Monday, 29 June 2026 10:00-12:00 (CET)

- Welcome Day

Dr. Katarzyna Lewtak (1h), Dr. Katarzyna Okręglicka (1h)

DAY 2 Tuesday, 30 June 2026 9:00-12:00 (CET)

Dr. Anna Jagielska (2h), Dr. Katarzyna Lewtak (2h)

- S1. Preparedness and response to humanitarian crises

DAY 3 Wednesday, 1 July 2026 9:00-12:45 (CET)

Dr. Anna Jagielska (2h), Dr. Katarzyna Lewtak (3h)

- C1. Health challenges and health care in humanitarian crises

DAY 4 Thursday, 2 July 2026 10:00-12:15 (CET)

Dr. Aleksandra Kozłowska (1h), Dr. Katarzyna Okręglicka (2h)

- S2. Designing population-level interventions (1)
- C3. Utilization of digital tools and applications

DAY 5 Friday, 3 July 2026 10:00-12:15 (CET)

Dr. Aleksandra Kozłowska (1h), Dr. Katarzyna Okręglicka (2h)

- S2. Designing population-level interventions (2)
- C3. Evidence-Based Practice (EBP) in Intervention Planning

DAY 6 Monday, 6 July 2026 10:00-12:15 + 15:00-17:15 (CET)

Dr. Aleksandra Kozłowska (1h), Dr. Katarzyna Okręglicka (2h)

- S2. Designing population-level interventions (3)
- C2. Developing individualized nutritional plans

Dr. Antonina Doroszevska (2h)

- S3. Importance of communication for the effects of therapeutic treatment
- C6. Techniques for effective communication with patients
- C8. Non-verbal communication when interacting with patients

DAY 7 Tuesday, 7 July 2026 9:00-11:15 (CET)

Dr. Antonina Doroszevska (3h)

- C5. Practical and theoretical aspects of patient communication – Trust-building strategies
- C9. Models that enhance motivation in practice
- C7. Patients with special needs, patients with low health literacy, the psychosocial functioning of these groups of people and communication

DAY 8 Wednesday, 8 July 2026 9:00-11:15 (CET)

Dr. Antonina Doroszevska (3h)

- C4. Communication in the Digital Era
- C10. Communication methods in situations where consultation time is limited
- C11. Communication methods in difficult situations
- C12. Assertive communication when interacting with patients
- C13. Methods of communication with patients who are undecided about vaccination

DAY 9 Thursday, 9 July 2026 - self-study day on e-learning platform

DAY 10 Friday, 10 July 2026 10:00-12:00 (CET)

- Closing Day (Closing remarks & Students' feedback)

Dr. Aleksandra Kozłowska (1h) Dr. Katarzyna Okręglicka (1h)

Final Assessment and Micro-credential

13 July – 31 July

For both online and hybrid participants, final assessment tasks verifying the knowledge and skills acquired during the Summer School of Preventive Medicine will be available on the **e-learning platform** from 16 July to 31 July. Completion of the final assessment is required in order to obtain the micro-credential certificate.

To successfully complete the assessment process, you must obtain:

- a passing evaluation for **Assignment 1**
- a passing evaluation for **Assignment 2**
- at least **70% of the available points** in the Final Test

Important deadline

All assessment activities, including the submission of Assignment 1, completion of the Team Assignment, the AI Use Declaration, and the Final Test, must be completed by 26 July at 23:59 (CEST).

After all assessment requirements have been completed, the **Microcredential Committee** will confirm that the required learning outcomes have been achieved and will proceed with awarding your microcredential.