

**MINISTRY OF SCIENCE AND HIGHER EDUCATION
RUSSIAN FEDERATION**

**FEDERAL STATE AUTONOMOUS EDUCATIONAL INSTITUTION OF
HIGHER EDUCATION
NORTH-CAUCASUS FEDERAL UNIVERSITY**

Methodological Guidelines
for Students on arranging and performing independent work
in the Discipline of "DERMATOVENEROLOGY"
for Students majoring (Specialty) in 31.05.01 General Medicine

introduction

The purpose of the discipline is to master theoretical and practical knowledge, skills and abilities in the diagnosis, treatment, dispensary and prevention of the most common skin and venereal diseases.

The objectives are:

- mastering the methods of clinical examination of patients with skin lesions, mucous membranes and sexually transmitted infections (STIs);
- developing the ability to interpret the data of clinical and laboratory research methods;
- teaching students to recognize pathological changes in the skin and mucous membranes during examination of a patient, and to determine the severity of a dermatosis;
- teaching students to identify the leading clinical signs, symptoms, and syndromes;
- teaching students to provide first medical aid to dermatovenerology patients in case of emergency;
- teaching students to provide the necessary treatment, rehabilitation, and preventive measures to patients with the most common dermatoses and sexually transmitted infections;
- developing communication skills with dermatovenerological patients, taking into account ethics and deontology, depending on the detected pathology and the patients' characterological features.

Methodological Recommendations for Studying Theoretical Material

When performing the independent study of theoretical material, the student must follow the rules as set below. The working curriculum of the respective academic discipline shall be recommended to be used as the basis for such activity. According to the schedule of classroom lessons and independent work, a different number of hours is to be allocated for studying individual topics. A significant portion of the student's independent work should be allocated to mastering the material on the covered topic, writing a summary (notes) on the specified theoretical blocks, and searching for additional literature based on the NCFU library and via the Internet system. The lecture material shall not cover all theoretical material; the greater part of it must be mastered through independent work. Given the above, working with the recommended literature is mandatory. Special attention must be paid to the content of the main provisions and conclusions, the explanation of phenomena and facts, and the understanding of the practical application of the theoretical issues under consideration. In the process of this work, the student should strive to understand and memorize the main provisions of the material being considered, the examples illustrating it, as well as to understand the illustrative material. Preparation should be completed by drawing up a plan (summary/notes) on the material (issue) being studied. This allows for the creation of a concentrated, concise representation of the issues being studied. First, studying the recommended literature is to be done. Special attention must be paid to the content of the main provisions and conclusions, the explanation of phenomena and facts, and the understanding of the practical application of the theoretical issues under consideration.

During this work, the student should strive to understand and memorize the main provisions of the material being considered, the examples illustrating it, as well as to understand the illustrative material. Preparation should be completed by drawing up a plan (summary/notes) on the material (issue) being studied. This allows for the creation of a concentrated, concise representation of the issues being studied. If necessary, one should seek (advice) consultation from the instructor. When going to a consultation, it is necessary to thoroughly think through the questions that require clarification. Keeping records contributes to turning reading into an active process, mobilizing motor memory along with visual memory. The following should be born in mind: a student who systematically keeps records creates their own individual stock of auxiliary materials for a quick review of what has been read and for the mobilization of accumulated knowledge. Records are especially important and useful when they reflect the thoughts that arose during independent work.

It is important to develop the students' capacity to compare sources and to think through the material being studied.

Improving note-taking skills among students is of great importance.

The instructor may recommend the following main forms of recording to students: a plan (simple and detailed), excerpts, and theses (abstracts).

The results of note-taking can be presented in various forms.

- A plan is an outline of the read material, a brief (or detailed) list of questions reflecting the structure and sequence of the material.
- A detailed plan fully replaces a summary.
- A summary (notes) is a systematized, logical presentation of the source material. Four types of summaries are distinguished:
 - Outline-summary (Plan-notes) – this is an expanded, detailed plan in which sufficiently detailed records are provided for those points of the plan that need explanation.
 - Textual summary – this is the reproduction of the most important provisions and facts of the source.
 - Free summary – these are clearly and briefly formulated (stated) main provisions resulting from a deep understanding of the material. It may contain excerpts, quotations, and theses; part of the material may be represented by a plan.
 - Theme-based summary – this is compiled on the basis of studying a number of sources and gives a more or less exhaustive answer according to a certain scheme (issue).

Methodological Guidelines for the Preparation for Practical Activities

When preparing for practical activities, the recommendation implies studying the control questions for the given lesson and the theoretical material from one's own notes.

The main form of work during the lessons is an interview (discussion). Each student must be ready to speak on all issues raised in the plan and demonstrate maximum activity during their consideration.

The speech must be constructed freely, convincingly, and with arguments. The instructor ensures that the speech is not reduced to a reproductive level (simple reproduction of the text); simple reading of the summary is also not allowed.

It is necessary for the speaker to show their own attitude towards what they are talking about, express their personal opinion and understanding, substantiate it, and be able to draw the correct conclusions from what has been said. In doing so, the student may refer to the entries in the summary, directly to the primary sources, use knowledge of previously studied disciplines, etc. In addition, to obtain a grade at an advanced level, students solve situational tasks based on the results of the mastered topics.

During the execution of practical works, a defense of practical skills is provided, the full list of which is specified in the fund of assessment tools.

Methodological Recommendations for the Preparation of Presentations and Reports

The report must contain elements of novelty; along with the fundamental aspect, an analysis of the current state of the problem under study must be carried out, as well as inclusion in regional issues. The report must include an introduction, a theoretical part, a conclusion, a list of literature, and a presentation that reveals the essence of the topic in graphs, pictures, diagrams, and formulas.

The report is recommended to be submitted on 1 printed sheet. The text of the work must be printed with 1.5 line spacing on one side of a standard sheet (A4) of white paper.

The text and other printed elements of the work must be black, and the contours of letters and signs must be clear, without halos and shading. The font must be Times New Roman, size 14. The titles of chapters and paragraphs are highlighted in bold. The sheet with text must have margins: left – 30 mm, right – 10 mm, top – 20 mm, bottom – 20 mm.

Page numbering of the text is done in the lower right corner of the sheet. It is necessary to number pages starting from the page where the Introduction is printed, on which the number 3 is placed. After that, all pages, including appendices, are numbered.

A space equal to two intervals is placed between the title of the chapter and the title of the paragraph of this chapter, and the title of the paragraph must not be separated from the text of this paragraph by a space. The titles of paragraphs shall be separated from the text of the previous paragraph by a space equal to two intervals. Each chapter, as well as the introduction, conclusions, appendices, and the list of used literature, begin on a new page. The word Chapter is not to be written. Chapters have ordinal numbers within the entire work, designated by Arabic numerals (for example: 1, 2, 3), followed by a period.

The word **PARAGRAPH** or the paragraph symbol (§) is not placed in the title. Paragraphs have ordinal numbers within the chapters, designated by Arabic numerals (for example: 1.1. and 1.2.).

Headings of chapters and paragraphs in the text must be centered; a period shall not be placed at the end of the title of the chapter and paragraph. It is not allowed to hyphenate (transfer) a part of a word in a heading. 4.5. The numbering of tables and figures can be running (continuous) or relate to the number of the chapter and paragraph. For example, if a table or a figure is included in the text of the first paragraph of the second chapter, the numbering is as follows: Table 2.1.1., Fig. 2.1.1.

The last digit means the ordinal number of the table (or figure) in this paragraph.

The table is to be placed as the next page after the first mention of it in the text.

Recommended literature.

Main literature:

1. Skin and Venereal Diseases. Complete Reference Book Electronic Resource / O. L. Ananyev [et al.]. - Skin and Venereal Diseases. Complete Reference Book, 2020-08-31. - Saratov : Scientific Book, 2019. - 606 p. - The book is available in the premium version of IPR BOOKS. - ISBN 978-5-9758-1832-4
2. Sitkalieva, E. V. Dermatovenereology Electronic resource : Textbook / E. V. Sitkalieva. - Dermatovenereology, 2020-02-05. - Saratov : Nauchnaya kniga, 2019. - 159 p. - The book is in the premium version of IPR BOOKS. - ISBN 978-5-9758-1724-2

Additional literature:

1. Kuznetsova, E. A. Applied Dermatology Electronic resource : Textbook / E. A. Kuznetsova, A. A. Knyazev. - Kazan : Kazan National Research Technological University, 2017. - 100 p. - The book is in the premium version of the IPR BOOKS. - ISBN 978-5-7882-2147-2
2. Textbook for practical exercises in dermatovenerology for students of the Faculty of Medicine Electronic resource / L. G. Voronina [et al.]. - Orenburg : Orenburg State Medical Academy, 2012. 187 p. - The book is in the premium version of EBS IPR BOOKS. - ISBN 2227-8397

Online resources:

1. <http://rudocctor.net> - Medical Portal
2. <http://www.e-reading.club> / - Great Online Library
3. <https://dic.academic.ru> / - Dictionaries and Encyclopedias
4. <https://roszdravnadzor.gov.ru> / - Federal Service for Supervision of Healthcare
5. <https://www.rmj.ru> / - Russian Medical Journal

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TOPIC 1. GENERAL DERMATOLOGY. BASICS OF DIAGNOSTICS OF SKIN DISEASES. PRINCIPLES OF TREATMENT.

General Dermatology

Control questions:

Structure of the skin: epidermis, dermis, subcutaneous fat; blood and lymphatic vessels; neuro-receptor apparatus, appendages of the skin. Age features of the skin.

Basics of diagnostics of skin diseases

Control questions:

Physiology and basic functions of the skin. Connection of the skin with other organs and systems. Etiology and pathogenesis of skin diseases. The role of exogenous, endogenous social, genetic factors, pathology of the nervous system, immunological disorders, diseases of internal organs in the development of dermatoses.

Principles of diagnosis and treatment

Control questions:

Identification of heredity, the influence of ante- and perinatal factors, previously suffered diseases, taking medications, living conditions. Assessment of the general condition by organs and systems. Clarification of complaints, collection of anamnesis, identification of primary and secondary morphological elements. Conducting additional dermatological examinations: scraping, vitropresia, pressing with a button probe, palpation, and sensitivity determination. Conducting allergy tests. Determining dermagraphism. Using the Wood lamp. Laboratory examination methods. Systemic therapy for skin diseases. Classification of medications based on their mechanism of action: antihistamine, desensitizing, sedative, antifungal, antiviral, antiparasitic effect, cytostatics, hormones, vitamins, non-steroidal anti-inflammatory drugs. Physiotherapy: UVA, PUVA-therapy, rePUVA-therapy, Darsonval currents, therapeutic baths, spa treatment. Contraindications. Local (external) therapy. Indications for the use of aniline dyes, lotions, poultices, powders, wet-to-dry dressings, dermatological compresses, the use of varnishes, "bolushkas". Application technique. Contraindications.

TOPIC 2. Pyoderma. Scabies. Pediculosis.

Definition, prevalence, classification

Control questions:

Definition, prevalence. Etiology and pathogenesis. The importance of exogenous (micro injuries, skin contamination, hypothermia and overheating, etc.) and endogenous (diabetes mellitus, hypovitaminosis, disorders of the immune status, taking medications, etc.) factors. Classification by etiology (staphylococcal, streptococcal and mixed), depth of lesion, course. Staphylococcal and streptococcal lesions of the skin of newborns and infants. Principles of therapy.

Scabies. Cutaneous leishmaniasis. Pediculosis

Control questions:

Scabies. The causative agent. Conditions of infection. Epidemiology. Clinical manifestations various forms. Complications. Laboratory diagnostics, treatment, diagnostics, prevention. Identification of the source of infection. Examination of contact persons. Disinfection. Cutaneous leishmaniasis. Etiology, epidemiology, classification, clinic, diagnostics, treatment, prevention. Pediculosis. Types of lice. Epidemiology. Changes on the skin. Complications. Treatment. Prevention. Disinfection.

Dermatophytoses

Control questions:

Dermatophytoses. Definition. Epidemiology of fungal diseases. Biological properties of pathogens, their variability. Microregistration. The importance of fungi-pathogens, macroorganism and environmental conditions in the incidence of mycoses. Methods of laboratory diagnostics. Clinical and epidemiological classification: keratomycosis, dermatomycosis, rubromycosis, candidiasis, deep mycosis. Clinic, diagnosis, treatment, prevention, disinfection. Prevalence. Predisposing factors. Classification: simple herpes, herpes zoster, warts, genital warts, contagious molluscum. Clinic, diagnosis, treatment, prevention.

TOPIC 3. Dermatitis

Dermatitis

Control questions:

Dermatitis. Definition. Classification. Simple (contact) dermatitis. Reasons. General characteristics. Contact allergic dermatitis. Pathogenesis. Clinical manifestations, diagnostics. Treatment and prevention of various forms of dermatitis. First aid. Toxicoderma. Definitions, etiology, pathogenesis. Clinical forms. Differential diagnosis. Lyell's syndrome. Treatment and prevention of various forms toxicoderma. Eczema. Definition. Etiology. The role of exo- and endogenous factors. Clinical forms and their characteristics. Diagnostics. Treatment. Prevention. Urticaria. Causes, pathogenesis, clinical varieties, treatment, prevention. Quincke's edema. Etiology, clinic, diagnostics. Features when the edema localization of the posterior third of the tongue and larynx Treatment. Prevention. First aid: administration of adrenaline, corticosteroids, antihistamines.

Psoriasis. Etiology and pathogenesis: epidermal hyperproliferation due to the presumably genetic or viral nature of the disease, the role of functional disorders of the nervous system, stress, focal infection, metabolic or endocrine disorders as risk factors. Seasonality. Clinical forms. Stages of the disease. The concept of an isomorphic reaction. Treatment. Prevention. Dispensary. Red flat lichen. Etiology. Pathogenesis. The importance of the condition of the maxillofacial system, pathology of the gastrointestinal tract in the occurrence of lichen planus on the oral mucosa. Differential diagnosis. Forms of lichen planus. Treatment, prevention.

Lupus erythematosus. Etiology and pathogenesis. The role of autoimmune reactions in the pathogenesis of lupus erythematosus, as well as the role of exo- and endogenous provoking factors. Classification. Clinical forms of chronic lupus erythematosus. Treatment, prevention. Acute lupus erythematosus, course, prognosis. Scleroderma. Etiology, pathogenesis, clinical forms, treatment, prevention. Dermatomyositis. Etiology, pathogenesis, clinic. Pathognomonic symptoms. Diagnostics. Treatment. Prevention.

TOPIC 6-7. SEXUALLY TRANSMITTED INFECTIONS

Syphilis

Control questions:

The causative agent of syphilis, its morphological and biological properties. Resistance in the external environment. Forms of preservation of the pale treponema. The concept of the source of infection and contacts in syphilis. Immunity in syphilis, reinfection, superinfection, and resuperinfection. General course and periodization of syphilis. Classification. Incubation period. Causes affecting its duration. Primary syphilis period. Clinical manifestations: hard chancre, scleradenitis, lymphangitis. Atypical chancres. Complications of hard chancre. Secondary period. Its periods, clinic, course. Syphilides of the secondary period. Hair damage. Polyadenitis. Damage to internal organs, nervous system. Diagnostics. Differential diagnosis. Tertiary period of syphilis. Reasons. Periods. Clinic. Course, outcome. Damage to bones, joints, internal organs, and the nervous system. Serological reactions. Diagnostics. Congenital syphilis. Definition. Ways of transmission of infection to offspring. The effect of syphilis on the course and outcome of pregnancy. Early congenital syphilis: periods, clinical picture, diagnosis. Late congenital syphilis. Clinic: reliable, probable signs, stigmas. Laboratory diagnosis of syphilis: bacterioscopic and serological. False positive reactions. Treatment of syphilis: specific, preventive, trial. Prevention of syphilis: public and individual.

Gonorrhea. Non-gonococcal urogenital infections

Control questions:

Gonorrhea. Etiology, biological properties of the pathogen. Modes of transmission. Incubation period. Classification. Clinic for men, women, and girls. Complications. Diagnostics. Treatment. Prevention. Non-gonococcal urogenital infections: trichomoniasis, chlamydia, mycoplasmosis, ureaplasmosis, and gardnerellosis. Etiology, epidemiology, clinic, diagnostics, and treatment.

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5. <https://www.rmj.ru> / - Russian Medical Journal