



The Physiology of Pregnancy

1. IMPRINT

Academic Year	2026/2027
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniforms MSc
Form of studies	Full-time program
Type of module/ course	Obligatory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	I Department of Obstetrics and Gynaecology 02-015 Warsaw, Starynkiewicza Square 1/3 Tel: (22) 58 30 301 ; Fax. (22) 58 30 302 e-mail: iwona.dmochowska@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Professor Artur Ludwin MD, PhD
Course coordinator	Professor Artur Ludwin MD, PhD; artur.ludwin@wum.edu.pl
Person responsible for syllabus	Associate Professor Barbara Suchońska, MD, PhD; barbara.suchonska@wum.edu.pl Bartosz Korzeb, MD, bartosz.korzeb@wum.edu.pl

Załącznik nr 4A do Procedury opracowywania i okresowego przeglądu programów studiów
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Teachers	Justyna Romańska, MD : justyna.romanska@wum.edu.pl Izabela Choregiewicz, MD izabela.choregiewicz@wum.edu.pl Elżbieta Bumbul-Mazurek, MD; elzbieta.bumbul-mazurek@wum.edu.pl Joanna Blok, MD ; joanna.blok@wum.edu.pl Izabela Walasik-Szewczyk, MD ; izabela.walasik@wum.edu.pl Joanna Blok, MD, joanna.blok@wum.edu.pl, Daria Stelmach, MD, daria.stelmach@wum.edu.pl Bartosz Korzeb, MD, bartosz.korzeb@wum.edu.pl, Kamil Jasak, MD, kamil.jasak@wum.edu.pl Łucja Zaborowska, MD, lucja.zaborowska@wum.edu.pl Karolina Stachyra, MD, karolina.stachyra@wum.edu.pl Julita Zembala, MD, julita.zembala@wum.edu.pl, Katarzyna Makowska, MD, katarzyna.makowska@wum.edu.pl, Aleksandra Śliwka, MD, aleksandra.sliwka@wum.edu.pl, Malgorzata Satora, MD, malorzata.satora@wum.edu.pl, Franciszek Ługowski, MD, Franciszek.lugowski@wum.edu.pl,
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2. BASIC INFORMATION			
Year and semester of studies	III year; V Semester	Number of ECTS credits	1
Forms of classes		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)		6	0,24
Seminar (S)		-	-
Discussions (D)		-	-
e-learning (e-L)			
Practical classes (PC)		9	0,36
Work placement (WP)		-	-
Unassisted student's work			
Preparation for classes and completions		10	0,4

3. COURSE OBJECTIVES	
O1	To familiarize students with basic medical knowledge of the physiology of pregnancy, delivery and neonatal care.
O2	The main goal of education is to familiarize students with physiological changes in the body of a pregnant woman, the course of uncomplicated pregnancy and childbirth, as well as puerperal changes.
O3	Developing student's ethical, social and legal conditions for exercising the medical profession and principles of health promotion based on scientific evidence and accepted standards of conduct.
O4	To make students aware of the need to systematically supplement their knowledge in the field of:

	- knowledge and understanding of the causes, symptoms and principles of diagnosis and therapeutic procedure in relation to the course of physiological pregnancy, - knowledge about the woman's reproductive functions, disorders related to them, principles of procreation planning.
O5	In terms of skills, the student should: - recognize signs and symptoms of normal pregnancy and symptoms of abnormal pregnancy (uterine bleeding, uterine contractions), - interpret the results of the physical pumpkin of a pregnant woman (blood pressure, pregnant heartbeat) and the results of laboratory tests that show the correct course of pregnancy, - know the correct mechanism of delivery (start of delivery and it's incorrect duration), - interpret the signs and symptoms during the puerperium, - establish recommendations and contraindications for the use of contraception methods, - effectively use sources of information on medical issues and verifies their credibility, - have self-study skills.
O6	In terms of competence, the student should: - show respect for the patient and concern for his welfare, - adhere to the ethical principles and patient rights in its activities (protection of personal data, intimacy), - systematically supplement and update knowledge and is able to critically analyse data from the literature – can work in a group and implement camaraderie principles, - effectively cooperate with representatives of other professions in the field of health protection, - demonstrate responsibility for his professional development and contribution to the further development of medical sciences, - recognize its own limitations, assesses its own deficit and education all needs, and plan educational activity and its evaluation.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning	Effects of learning in time
Knowledge – Graduate* knows and understands:	
E.W17.	hormonal conditions of a woman's body in individual stages of life;
E.W18.	impact of nutrition and alcohol and other psychoactive substances addictions on the development of the fetus in pregnant women;
E.W19.	principles of dental care for pregnant women;
Skills– Graduate* is able to:	
D.U12.	demonstrate responsibility for improving their qualifications and passing on knowledge to others
G.U12.	explain and apply the standards of the Code of Medical Ethics and international standards of medical ethics
G.U13.	follow ethical principles in professional activities
G.U16	respect the patient's rights

5. ADDITIONAL LEARNING EFFECTS	
Number of learning effect	Effects of learning in time :
Knowledge – Graduate knows and understands:	
K1	issues in the field of medicine and natural sciences - in the basic scope.
K2	issues in the field of dentistry – at an advanced level.
K3	health education issues.
K4	principles of conducting scientific research and disseminating their results.
K5	organization of dentist practice and management principles in the healthcare system.
Skills– Graduate is able to:	
S1	conduct clinical proceedings based on knowledge and respecting the principles of humanitarianism.
S2	plan your own educational activity and constantly improve your skills to update your knowledge.
S3	inspire other people's learning process.
S4	communicate with the patient and his family in an atmosphere of trust, taking into account the needs of the patient.
S5	communicate with colleagues in the team and share knowledge.
S6	critically evaluate the results of scientific research and properly justify the position.
Social Competencies – Graduate is ready for:	
SC1	establishing and maintaining deep and respectful contact with the patient, as well as showing understanding for ideological and cultural differences.
SC2	patient welfare.
SC3	respecting the medical confidentiality of patient's law.
SC4	taking actions towards the patient based on ethical principles, with the awareness of social conditions and limitations resulting from the disease.
SC5	noticing and recognizing one's own limitations, self-assessing deficits and educational needs.
SC6	promotion of health behaviours.
SC7	using objective sources of observation.
SC8	formulate conclusions from own mentor observations.
SC9	implementation of the principles of professional camaraderie and cooperation in a team of specialists, including representatives of other medical professions, as well as in a multicultural and multinational environment.

SC10	hold opinions on various aspects of professional activity;
SC11	assume responsibility for decisions taken in their professional activity, including in terms of their own safety and safety of others.

6. CLASSES		
Form of class	Class contents	Effects of Learning
LECTURE	L1 – Lecture 1 - Physiological changes in normal pregnancy. The scope of the lectures include objective and subjective symptoms of early pregnancy, methods of diagnosis, determination of the date of birth and the changes that occur in the different systems of the pregnant woman. Lecture – Katarzyna Makowska, MD	E.W17.
	L2 – Lecture 2 -The physiology o the neonatal period. The lecture takes into account the basis of neonatal examination after a physiological birth and all the steps that should be taken after the birth of the fetus. Lecturer – Izabela Chorągiewicz, MD	E.W18.
	L3 – Lecture 3 - Physiological childbirth. The lecture covers the basic concepts of anatomy of the pelvis taking into account obstetrical concepts, foetal anatomy and onset of labour. These are physiological parturition, taking into account external and internal examinations. Lecturer - Izabela Walasik-Szewczyk , MD	E.W19.
Practical classes	Practical classes - exercises - cover a range of topics on the knowledge from lectures in a practical aspect. Classes will be held in the labour ward and on medical models.	
	PC1 - Practical classes 1 - Practical discussion, on the examples, of the menstrual cycle, hormonal changes during pregnancy, objective and subjective symptoms of early pregnancy, methods of diagnosing pregnancy, determining the date of delivery and identification of changes occurring in the various systems of a pregnant woman.	D.U12., G.U12., G.U13., G.U16., K1 -K5, S1- S6, SC1-SC11.
	PC2 - Practical classes 2 - Discussion the impact of diet and environmental factors on the development of a child in the fetal, neonatal and infancy period with examples.	D.U12., G.U12., G.U13., G.U16., K1 -K5, S1- S6, SC1-SC11.
	PC3 - Practical classes 3 - Discussion successive stages of physiological childbirth, including external and internal obstetric examination - exercises on phantoms, videos of physiological childbirth and operative delivery, and caesarean section. Classes take place in the delivery room and on phantoms in the simulation center.	D.U12., G.U12., G.U13., G.U16., K1 -K5, S1- S6, SC1-SC11.

7. LITERATURE
Obligatory
Obstetrics and gynecology. Samanta M. Pfeifer. Wolters Kluwer 2008.

Supplementary

Obstetrics and Gynaecology. Charles R.B. Beckman At al 2013.

8. ASSESSMENT THE EFFECTS OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Criteria
E.W17., E.W18., E.W19.,	Check the attendance and active participation in the field of discussion: physiology of pregnancy, childbirth and care of the newborn.	The pass mark is the active participation and maximum attendance at lectures exercises
D.U12., G.U12., G.U13., G.U16., K1 -K5, S1- S6, SC1-SC11.	Oral exam evaluating the last practical classes (including materials from both lectures and practical classes).	The oral test on the day of the last practical classes (80% correct answers are required to receive credit scope of lectures and practical classes). - observing the student's work, - assessment of activity during classes, - assessment of preparation for classes, - discussion during classes,

9. ADDITIONAL INFORMATION

Students are required to have their own name identifier , shoes and protective clothing (uniform) in order to take part in practical classes in the labour ward.

On the first day of the classes, students will be assigned a locker (1 person per 1 locker), allowing them to leave their clothes in a change. The refundable deposit for the issue is **100** zloty.

Losing the key to the locker obliges the department to keep the deposit by the secretariat to cover the cost of making the extra key.

The block of classes lasts 3 weeks:

Obligatory participation in three lectures (2 hours each) on the basics of physiology for pregnancy, childbirth and newborn care.

Obligatory participation in practical exercises at phantoms and delivery room (3 meetings once a week for 3 hours).

Absence justification for classes:

During the course, one excused absence is permitted in exceptional circumstances. This absence must be made up with the Course Coordinator.

To have an absence excused, the student is required to notify the Course Coordinator or the group tutor by email or in writing no later than **3 working days** after the day on which the classes took place. Submission of an excuse after this deadline is permitted if the student was unable to provide it for justified reasons, in such cases, the document should be submitted as soon as the reason for the delay no longer exists.

To facilitate the submission of excuses and other documents, they may be sent electronically to iwona.dmochowska@wum.edu.pl or directly to the group tutor.

An absence lasting more than one day of classes results in the obligation to make up the entire course block either with another group or individually with the Course Coordinators after the completion of the course block.

Course completion:

In the case of an excused absence from an assessment, the student has the right to complete the assessment at the next date scheduled by the unit. Passing the course will be possible only after making up any **outstanding work and/or absences**, and no later than **3 weeks after the completion of the course block**.

An unexcused absence constitutes grounds for recording a failure to pass the course on that assessment date. If a student does not pass the course on the final assessment date designated for a given academic year, the student will not receive credit for the course.

If a student receives a failing grade in a course that concludes with a pass/fail assessment, the student is entitled to two resit opportunities, with the dates arranged individually with the group tutor or the Course Coordinator.

Organization of classes:

Depending on the group classes at the I Department of Obstetrics and Gynaecology take place from Monday to Friday from 10.45-15.00. (including a 15-minute break):

- 10.45-12.15 - lectures in the lecture hall or on-line (2h),
- 12.30-14.45; 12.45-15.00 - practical classes – exercises,
- 12.15 -12.30; 12.30-12.45 – break.

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ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students' Survey of Evaluation of Classes and Academic Teachers