

Scientific and Medical Expert Conclusion
№578 dated «6» November 2025
On the educational manual «Modern aspects of the control of metabolic syndrome in outpatient conditions».

Required parameter / evaluation criterion	Information on availability / compliance with the criterion and established requirements
Title of the manuscript	«Modern aspects of the control of metabolic syndrome in outpatient conditions».
Planned circulation	100
Year of publication	2025
Author(s) (academic degree, title, place of work, position)	Gulnaz Nuskabayeva, candidate of medical sciences, associate professor, Dean of Medical Faculty, Khoja Akhmet Yassawi International Kazakh-Turkish University.
Reviewers	1. Sadykova K. Zhi., PhD, associate professor, head of department of "Special clinical disciplines" Khoja Akhmet Yassawi International Kazakh-Turkish University 2. Gaipov A. E., M.D., Doctor of Medical Sciences, Doctor of the highest category in nephrology, Professor at the School of Medicine, Nazarbayev University.
Discipline title (indicating the corresponding training cycle and code according to the Classifier of higher and postgraduate education programs)	The material presented may be useful for medical university students, general practitioners, internists, cardiologists, and endocrinologists, as well as for all specialists interested in the problem of metabolic syndrome and its impact on public health.
<i>Evaluation of compliance with the structure and design requirements</i> <i>(in accordance with the Regulation on the Procedure for Granting the Grif of the Educational and Methodological Association of the Republican Educational and Methodological Council)</i>	
Title page and back side	The following are indicated: UDC 616-036.22, LBC 51.9, N95; ISBN 978-601-305-702-6. The abstract comprises 101 words, which meets the established requirements (at least 100 words).
List of abbreviations and glossary	The glossary and the list of abbreviations are fully used throughout the text of the book and comply with the established requirements.
Table of contents	The structure is logical; it consists of a list of abbreviations, an introduction, four chapters, a conclusion, assessment tools, a glossary, and a list of references.
Introduction	The introduction outlines metabolic syndrome as a multifactorial cluster of disorders – abdominal obesity, insulin resistance, dyslipidemia, and hypertension – that substantially increase the risk of cardiovascular, endocrine, and certain oncological diseases, contributing to premature mortality. It highlights the global epidemiological burden, noting prevalence rates of 20 – 30% of adults with regional variability influenced by lifestyle, demographics, and diagnostic criteria. The text emphasizes the role of insulin resistance as a central pathogenic mechanism, further exacerbated by obesity, inflammation, genetic

	predisposition, and microbiota alterations. Rising incidence is attributed to dietary “westernization,” sedentary behavior, socioeconomic change, and population aging, underscoring the growing healthcare challenge. International and national guidelines advocate integrated strategies aimed at reducing overall cardiovascular risk and improving quality of life rather than treating isolated components. The introduction further stresses the pivotal role of primary care providers in early diagnosis, prevention, and management, while positioning the study guide as a tool to expand theoretical knowledge, enhance clinical and analytical skills, and provide practice-oriented resources for effective outpatient management of metabolic syndrome.
Main text	The main text of the publication meets the established requirements for structure and formatting, presenting in a logical sequence the essential information on the epidemiology, pathogenesis, risk factors, clinical manifestations, diagnostics, and modern approaches to the treatment of metabolic syndrome. Particular attention is given to the role of primary care physicians in the timely detection and prevention of this condition, as well as to methods for assessing the quality of medical care at the outpatient level. The study guide fully reflects the stated content, corresponds to the educational program of the discipline, and is aimed at developing both theoretical knowledge and practical skills among healthcare professionals.
Conclusion	The material presented on metabolic syndrome represents a significant contribution to understanding the epidemiology, pathogenesis, risk factors, clinical manifestations, and approaches to diagnosis and treatment of this widespread condition. Special emphasis is placed on the role of primary healthcare in the timely detection and management of metabolic syndrome, as well as on methods of evaluating the quality of medical care at the outpatient level. The integration of up-to-date scientific data, clinical guidelines, and practical tools makes this study guide a valuable resource for improving professional competencies and enhancing the effectiveness of healthcare delivery.
References	The list of references contains 81 sources.
Quality of formatting (language, design, technical accuracy)	The publication is supplemented with figures, tables, and diagrams consistent with the content. The language of the text is English throughout. The design is standard, typical for this type of academic publication.
Volume requirement (minimum 6 printed sheets for a textbook)	The volume of the printed edition is 101 pages, which corresponds to 6.3 printed sheets.
Evaluation of content compliance <i>(in accordance with the Regulation on the Procedure for Granting the Grif of the Educational and Methodological Association of the Republican Educational and Methodological Council)</i>	
Evaluation of the working concept of the educational publication for compliance with State Educational Standard of	The working concept of the textbook fully complies with the State Compulsory Educational Standard of Higher and Postgraduate Education of the Republic of Kazakhstan, the

Higher and Postgraduate Education of the Republic of Kazakhstan; National Qualifications Framework of Higher Education; Sectoral Qualifications Framework and Professional Standard.	National Qualifications Framework of the Republic of Kazakhstan, the Sectoral Qualifications Framework of the Republic of Kazakhstan, and the Professional Standard.
Evaluation of the content of the educational publication for compliance with the current scientific level, expected learning outcomes, and objective assessment criteria for their attainability	The content of the educational manual corresponds to the modern scientific level in the field of healthcare. It is fully aligned with the expected learning outcomes, ensuring the development of both theoretical knowledge and practical skills. The presence of objective assessment tools, including the sections self-assessment questions and case-based tasks, provides clear and measurable criteria for evaluating the achievement of these outcomes.
Focus on developing the ability to create specific, relevant professional products based on theoretical knowledge, analytical and transformative methodology, and practical application skills	The educational manual is aimed at developing profession-specific competencies for training specialists in the field of healthcare. It is based on theoretical knowledge, the methodology of its analysis and application, as well as the practical skills required for its effective use.
Evaluation of the methodological system of presentation and updating of the educational material, and its adaptability to competency-based educational technologies	The educational manual follows a classical system of presenting educational material, where the content of each topic logically and consistently builds upon the previous one, while the text is supplemented with illustrative materials such as figures, tables, and diagrams.
Degree of compliance with psychological and pedagogical requirements for the content and design of the educational publication	The degree of compliance with psychological and pedagogical requirements for the content and design of the study guide is assessed as high. The proposed material is logically structured, accessible for perception, and takes into account the characteristics of the target audience. The design contributes to active perception of information through the use of visual aids, including diagrams, figures, and tables. The study guide fosters cognitive activity, motivation, and deep assimilation of the material.

Expert Opinion:

The educational manual «Modern Aspects of the Control of Metabolic Syndrome in Outpatient Conditions» is recommended for approval.

Decision:

To approve the educational manual «Modern Aspects of the Control of Metabolic Syndrome in Outpatient Conditions», authorize its publication in print, and recommend it for the endorsement of the Educational and Methodological Association of the Republican Educational and Methodological Council in the field of «Healthcare».

Expert group:

Director of the Department of
Medical Education and Science,
RSE on REM “Salidat Kairbekova National
Scientific Center for Health Development,”
Candidate of Chemical Sciences,
Associate Professor, MBA

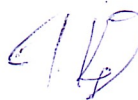


A. Murat

Members of Expert group:

1. Independent experts in the specialties «Endocrinology» and «General Medicine» (from the database of independent experts for conducting scientific and medical expertise)
2. Methodological and Technical Support Group:

Head of the Department for the
Development of Medical Science, Master's Degree



G.T. Kalymzhan

Lead Specialist of the Department for the
Development of Medical Science, Master's Degree



E.S. Khazhgaliyeva

Deputy Chair of the Board of the RSE on REM
“Salidat Kairbekova National
Scientific Center for Health Development,”
Ministry of Health of the
Republic of Kazakhstan



A. Tabarov