





Department of Internal and Occupational Diseases and Hypertension		2													
<b>TOTAL per year:</b>															
12 hours in winter semester	2	6			4										
<b>Educational objectives (max. 6 items)</b> C1. Discussion of the principles of healthy nutrition in the prevention of cardiovascular disease and cancer. C2. Draw attention on the recognition of quantitative and qualitative malnutrition and obesity, the importance of these disorders to health, their prevention and treatment. C3. Presentation of the health consequences of disorders in lipid and carbohydrate metabolism. C4. Draw attention to the distinct dietary needs of the elderly and their clinical consequences. C5. Showing the student the principles of rational nutrition in selected chronic diseases and physiological states.															
<b>Education result matrix for module/course in relation to verification methods of the intended education result and the type of class</b>															
Number of course education result	Number of major education result	Student who completes the module/course knows/is able to				Methods of verification of intended education results (forming and summarising)	Form of didactic class <i>**enter the abbreviation</i>								
K 01	E.K1	Knows the environmental and epidemiological nutritional conditions of the most common diseases.				test	L, S								
K02	E.K7	Knows and understand the causes, symptoms, principles of diagnosis and therapeutic intervention with respect to the most common internal diseases occurring in adults, and their complications.				test	SE, CC								
K03	E.K9	Understands the causes and knows the basic distinctions in the most common diseases occurring the elderly and the principles of dietary treatment in basic geriatric syndromes.				test	SE								
K04	E.K23	Knows the environmental and epidemiological conditions of the most common human cancers.				test	L, SE								
K05	E.K25	Knows the capabilities of modern cancer therapy, taking into account the role of proper				test	SE								



		nutrition.		
K06	E.K36	Knows and understands the causes, symptoms, principles of diagnosis and therapeutic intervention in the most common nutritional problems in family doctor practice.	test	SE
S 01	E.S1	Performs medical history of the patient adult concerning dietary behaviors.	test	CC
S 02	E.S3	Performs physical examination of the patient, focused on the nutritional status .	test	CC
S 03	E. S16	Plans to diagnostic, therapeutic and prevention in the field of dietetics.	test	CC
S 04	E.S20	Qualifies the malnourished patient for home and hospital treatment.	test	SE
S 05	E.S25	Can apply nutritional therapy.	test	L, SE
S 06	E. S32	Can plan specialist consultation focused on nutritional recommendations.	test	SE

\*\* L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .

Please mark on scale 1-5 how the above effects place your classes in the following categories:  
communication of knowledge, skills or forming attitudes:

Knowledge: +++/++++

Skills: +++/++++

**Student's amount of work (balance of ECTS points)**

Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
1. Contact hours:	12
2. Student's own work (self-study):	3,8
Total student's workload	15,8.
ECTS points for module/course	0,5
Comments	

**Content of classes** (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

**Lectures**



1. The basic concepts of nutrition: energy supply, distribution of nutrients, changes resulting from the physiological and pathological conditions. The guidelines of nutrition.
2. The principles of healthy nutrition by the World Health Organization as the prevention of cardiovascular disease and cancer.

#### Seminars

1. Significance of polyunsaturated fatty acids (omega-3 and 6) for human consumption. The impact of nutrition on the immune processes of the body. Antioxidants - their natural food source.  
(S 1h - **Department of Internal and Occupational Diseases and Hypertension**)
2. The impact of obesity on the body's metabolic functions in health and disease. The diseases associated with obesity. Reasonable normalization of body weight.  
(S 1h - **Department of Internal and Occupational Diseases and Hypertension**)
3. Nutritional Prevention of atherosclerosis. Food allergy.  
(S 1h - **Department of Cardiology**)
4. The impact of nutrition on water-electrolyte and acid-base balance.  
(S 1h - **Department of Cardiology**)
5. Malnutrition quantitative and qualitative. The impact of malnutrition on the course and treatment of acute and chronic diseases. General principles of treatment of malnutrition.  
(S 1h - **2nd Department of General and Oncological Surgery**)
6. Nutrition in the prevention and treatment of cancer. The importance of nutrition in the elderly (in health and disease).  
(S 1h - **2nd Department of General and Oncological Surgery**)

#### Practical classes (4 h - Department of Gastroenterology and Hepatology)

1. Malnutrition-related diseases: inflammatory bowel disease, chronic pancreatitis, liver failure, kidney disease, chronic cardiac, neurological diseases.
2. The disorder of lipid metabolism: nutritional therapy, health consequences. Metabolic syndrome.
3. The disorder of carbohydrate metabolism: nutritional therapy, health consequences. Simple carbohydrates and complex carbohydrates.
4. Nutrition and nutritional prevention in selected chronic diseases. The importance of nutrition in selected physiological states: pregnancy, breast feeding, menopause and the postmenopausal period.

#### Other

1. ---
2. ---
3. ---

#### Basic literature (list according to importance, no more than 3 items)

1. **Advancing Dietetics and Clinical Nutrition** A. Payne, H. Barker, Churchill Livingstone 2010, 1st edition
2. **Clinical Dietitians Essential Pocket Guide** M. Width, T. Reinhard, Lippincott Williams & Wilkins 2009, 1st Edition



3. Nutrition Essentials and Diet Therapy, N Peckenpaugh Saunders Elsevier, 11th Edition

Additional literature and other materials (no more than 3 items)

1. Human Nutrition: Science for Healthy Living, TJ Stephenson, WJ Schiff  
McGraw-Hill Higher Education, 2015
2. Basics in clinical nutrition, *Editor-in-Chief*: L Sobotka, Galen 2011
3. 60 ordonnances alimentaires, L Chevallier , Elsevier Masson 2nd Edition

Didactic resources requirements (e.g. laboratory, multimedia projector, other...)  
computer, multimedia projector

Preliminary conditions (minimum requirements to be met by the student before starting the module/course)

1. Knowledge of the anatomy and physiology.
2. Knowledge of the clinical pathophysiology.
3. Knowledge of the concepts in the field of gastroenterology, cardiology and internal medicine.
4. The ability to investigate and interview with the patient.

Conditions to receive credit for the course (specify the form and conditions of receiving credit for classes included in the module/course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades)

Test

<b>Grade:</b>	<b>Criteria</b> (only for courses/modules ending with an examination)
Very Good (5.0)	91-100% of positive answers in the final test
Good Plus (4.5)	86-90% of positive answers in the final test
Good (4.0)	76-85% of positive answers in the final test
Satisfactory Plus (3.5)	71-75% of positive answers in the final test
Satisfactory (3.0)	60-70% of positive answers in the final test



**Name and address of module/course teaching unit, contact: telephone and e-mail address**

Division of Dietetics, Department of Gastroenterology and Hepatology  
Phone: 71 733 21 20, 71 733 21 31  
gastro@gastro.umed.wroc.pl

**Coordinator / Person responsible for module/course, contact: telephone and e-mail address**

Dr hab. Elżbieta Poniewierka, prof. nadzw.

phone: 71 733 21 20  
gastro@gastro.umed.wroc.pl

**List of persons conducting specific classes: full name, degree/scientific or professional title, discipline, performed profession, form of classes.**

dr hab. Elżbieta Poniewierka, prof. nadzw., specialist in internal medicine,  
gastroenterologist – clinical classes

prof. dr hab. Marta Negrusz-Kawecka – specialist in internal medicine, cardiologist, -  
seminar, Department of Cardiology

dr n. med. Adam Skalski- general surgery specialist - seminar, 2nd Department of General  
and Oncological Surgery

dr hab. Rafał Poręba, prof. nadzw., specialist in internal medicine, cardiologist,  
diabetologist - seminar, Department of Internal and Occupational Diseases and  
Hypertension

dr n. med. Katarzyna Neubauer, specialist in internal medicine, gastroenterologist –  
lecture, clinical classes

dr n. med. Radosław Kempieński, specialist in internal medicine, gastroenterologist –  
clinical classes

dr n. med. Robert Dudkowiak, specialist in internal medicine – clinical classes

dr n. med. Adam Smereka – internist – clinical classes

lek. med. Iga Gromny- internist – clinical classes

lek. med. Izabela Smoła- internist – clinical classes

lek. med. Magdalena Panek- Jeziorna- internist – clinical classes



**Date of Syllabus development**

30.06.2017

**Syllabus developed by**

**Izabela Smoła**

**Magdalena Panek-Jeziorna**

*I. Smoła, M. Panek*

**Elżbieta Poniewierka**

Uniwersytet Medyczny we Wrocławiu  
KATEDRA GASTROENTEROLOGII  
I HEPATOLOGII  
.....  
KLINIKA GASTROENTEROLOGII  
I HEPATOLOGII  
kierownik  
*E. Poniewierka*  
dr hab. Elżbieta Poniewierka, prof. nadzw.

**Signature of Head of teaching unit**

**Signature of Faculty Dean**

Wrocław Medical University  
FACULTY OF MEDICINE  
VICE-DEAN FOR STUDIES IN ENGLISH  
*A. Hendrich*  
.....  
Prof. Andrzej Hendrich, PhD

