





Department of Internal and Occupational Diseases and Hypertension		<b>1.3</b>																	
---	--	------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**TOTAL per year:**

10 hours in winter semester	<b>2</b>	<b>4</b>			<b>4</b>														
--------------------------------	----------	----------	--	--	----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--

**Educational objectives** (max. 6 items)

- 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.

**Education result matrix for module/course in relation to verification methods of the intended education result and the type of class**

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>
<b>K 01</b>	<b>E.K1</b>	Knows the environmental and epidemiological nutritional conditions of the most common diseases.	Oral pass	L, S
<b>K02</b>	<b>E.K7</b>	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.	Oral pass	SE, CC
<b>K03</b>	<b>E.K9</b>	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.	Oral pass	SE
<b>K04</b>	<b>E.K23</b>	Knows the environmental and epidemiological conditions of the most common human cancers.	Oral pass	L, SE
<b>K05</b>	<b>E.K25</b>	Knows the capabilities of	Oral pass	SE



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

<b>Student's workload</b> (class participation, activity, preparation, etc.)	<b>Student Workload (h)</b>
1. Contact hours:	10
2. Student's own work (self-study):	3,2
Total student's workload	13.2
<b>ECTS points for module/course</b>	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, criteria 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).

**Each absence must be made up, including rector's days or dean's hours.**

**Oral pass**

Grade:	Criteria for course
Very Good (5.0)	student actively participates in classes, is well prepared, is able to assess the nutrition, nutritional status and determine the need for basic nutrients, and plan and implement appropriate nutritional recommendations.
Good Plus (4.5)	student actively participates in the classes, is able to assess the diet, nutritional status and determine the need for basic nutrients, and plan and implement appropriate nutritional recommendations.
Good (4.0)	student actively participates in classes, is corrected, can assess the nutrition, nutritional status and determine the need for basic nutrients, and plan and implement appropriate nutritional recommendations
Satisfactory Plus (3.5)	student participates in the classes, his knowledge does not allow for a comprehensive presentation of the discussed problem, can assess the way of nutrition, nutritional status, the need for basic nutrients and plan and



	implement appropriate nutritional recommendations, is often corrected.
Satisfactory (3.0)	the student participates in the classes, can sufficiently assess the nutrition, nutritional status and determine the need for basic nutrients and plan and implement appropriate nutritional recommendations, but often makes mistakes

<b>Name of unit teaching course:</b>	Division of Dietetics, Department of Gastroenterology and Hepatology
Address	Borowska 213, 50-556 Wrocław, Poland
Phone	71 733 21 20, 71 733 21 31
E-mail	gastro@gastro.umed.wroc.pl

<b>Person responsible for course:</b>	Prof. dr hab. Elżbieta Poniewierka
Phone	71 733 21 20
E-mail	gastro@gastro.umed.wroc.pl

<i>List of persons conducting specific classes:</i>	<i>degree/scientific or professional title</i>	<i>Discipline</i>	<i>Performer profession</i>	<i>Form of classes</i>
Elżbieta Poniewierka	Prof. dr hab.	internal medicine, gastroenterologist	physician	lecture
Marta Negrusz-Kawecka	prof. dr hab.	internal medicine, cardiologist	physician	clinical classes
Adam Skalski	dr n. med.	surgery specialist	physician	clinical classes
Rafał Poręba	dr hab. n. med.	internal medicine, cardiologist, diabetologist	physician	seminar
Dorota Waśko-Czopnik	dr hab. n. med.	internal medicine, gastroenterologist	physician	clinical classes
Agata Mulak	dr hab. n. med.	internal medicine, gastroenterologist	physician	clinical classes
Katarzyna Neubauer	dr n. med.	internal medicine, gastroenterologist	physician	clinical classes,
Radosław Kempirski	dr n. med.	internal medicine, gastroenterologist	physician	clinical classes
Małgorzata Reszczyńska	dr n. med.	internal medicine	physician	clinical classes



Robert Dudkowiak	dr n. med.	internal medicine	physician	clinical classes
Ewa Waszczuk	dr n. med.	internal medicine	physician	clinical classes
Adam Smereka	dr n. med.		physician	clinical classes
Monika Kukulska	dr n. med.		physician	clinical classes
nna Zubkiewicz-	dr n. med.		physician	clinical classes
Wojciech Pisarek	lek. med.		physician	clinical classes
Paweł Kuźnicki	lek. med.		physician	clinical classes
Joanna Sarbinowska	lek. med.		physician	clinical classes
Karol Kowalski	lek. med.		physician	clinical classes
Martek Frączkowski	lek. med.		physician	clinical classes
Iga Gromny	lek. med.		physician	clinical classes
Izabela Smoła	lek. med.		physician	clinical classes
Magdalena Panek- Jeziorna	lek. med.		physician	clinical classes
Paweł Szewczyk-	mgr		dietetician	clinical classes



**Date of Syllabus development**

20.06.2018

**Syllabus developed by**

Izabela Smoła

Magdalena Panek-Jeziorna

Monika Kukulka

*A. Smoła*

*M. Kukulka*

Elżbieta Poniewierka

**Signature of Head of teaching unit**

**Signature of Faculty Dean**

Wrocław Medical University  
FACULTY OF MEDICINE  
VICE-DEAN FOR STUDIES IN ENGLISH

*Prof. Andrzej Hendrich, PhD*

Uniwersytet Medyczny we Wrocławiu  
KATEDRA GASTROENTEROLOGII I HEPATOLOGII  
KLINIKA GASTROENTEROLOGII I HEPATOLOGII

*Elżbieta Poniewierka*  
kierownik  
prof. dr hab. Elżbieta Poniewierka