Pomorski Uniwersytet Medyczny w Szczecinie

SYLLABUS of the MODULE (SUBJECT)
General Information

Module title: Elements of clinical nutrition - endocrine disorders and gastrointestinal diseases	
Module type	Facultative
Faculty PMU	Faculty of Dentistry
Major	Dentistry
Level of study	long-cycle (S2J)
Mode of study	full-time studies
Year of studies, semester	Year 4, semester VIII
ECTS credits (incl. semester breakdown)	2
Type/s of training	lectures (25 h)
Form of assessment*	☒graded assessment: ☐descriptive ☒test ☒practical ☐oral ☐non-graded assessment ☐final examination ☐descriptive ☐test ☐practical ☐oral
Head of the Department/ Clinic, Unit	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Department of Bromatology and Nutritional Diagnostics PUM Powstańców Wlkp. 72 Av; MCD1 building; 1st floor; room 111; Tel. 914661644; bdz@pum.edu.pl
Tutor responsible for the module	Prof. dr hab. n.med. i n. zdr. Małgorzata Szczuko Malgorzata.szczuko@pum.edu.pl
Department's/ Clinic's/ Unit's website	www.pum.edu.pl/studia_iii_stopnia/ informacje_z_jednostek/ wfbmiml/
Language	English

* replace ☐ into ☒ where applicable

Detailed information

Module objectives		Conveying knowledge about the importance of proper nutrition during pregnancy and at various stages of a child's development is of fundamental significance. It encompasses developing the ability to assess the nutritional status of pregnant women, infants, and children, as well as planning a well-balanced diet based on current standards and recommendations. It also involves raising awareness of the relationship between early-life nutrition, metabolic programming, and the prevention of lifestyle diseases
Prerequisite /essential requirements	Knowledge	Foundations of biology and physiology.
	Skills	The ability to evaluate the principles of rational nutrition across different life stages and physiological conditions, as well as to assess the reliability of data obtained in scientific research.
	Competences	Recognizing and identifying one's own limitations and educational needs.

Description of the learning outcomes for the subject /module			
No. of learning outcome	**Student, who has passed the (subject) knows /is able to /can:**	**SYMBOL (referring the standards)**	**Method of verification of learning outcomes***
W01	knows and understands functional importance of certain organs and systems in synthetic manner	A.W5	K/R
W02	knows and understands biochemical bases of human body integrity	B.W3	K/R
W03	knows and understands structure and functions of significant chemical compounds found in human body. In particular properties , functions, metabolism and energy aspects of proteins, nucleic acids, carbohydrates, lipids, enzymes and hormones reactions.	B.W4	K/R
W04	knows and understands human vital functions	B.W19	K/R
W05	knows and understands concepts of health and disease, mechanisms of developing disease on molecular, cellular, tissular and systemic level, clinical symptoms of disease, prognosis and its complications	C.W13	K/R
W06	knows and understands diagnostic methods used in pathomorphology and importance of laboratory investigation in prophylaxis and examination of organ and system disorders	C.W16	K/R
W07	knows and understands social attitudes towards the importance of health, disease, disability and senility, social consequences of disease and disability, socio-cultural barriers, as well as concept of life quality conditioned by health state	D.W3	K/R
W08	knows and understands symptoms of acute diseases of abdominal cavity, poisoning, symptoms of infection and septicemia	E.W7	K/R
W09	knows and understands principles of management of cysts, precancerous condition and neoplasm of head and neck	F.W8	K/R

W10	knows and understands basic terms related to health, life style and health of population	G.W4	K/R
W11	knows and unerstands rules of prevention of diseases and health improvement	G.W15	K/R
K01	is ready to notice and recognize own limitations, make self-assessment of educational deficits and needs	K.5	K/R

Table presenting LEARNING OUTCOMES in relation to the form of classes

No. of learning outcome	Learning outcomes	Type of training						
		Lecture	Seminar	Practical	Clinical classes	Simulations	E-learning	Other…
W01	knows and understands functional importance of certain organs and systems in synthetic manner	X						
W02	knows and understands biochemical bases of human body integrity	X						
W03	knows and understands structure and functions of significant chemical compounds found in human body. In particular properties , functions, metabolism and energy aspects of proteins, nucleic acids, carbohydrates, lipids, enzymes and hormones reactions.	X						
W04	knows and understands human vital functions	X						
W05	knows and understands concepts of health and disease, mechanisms of developing disease on molecular, cellular, tissular and systemic level, clinical symptoms of disease, prognosis and its complications	X						
W06	knows and understands diagnostic methods used in pathomorphology and importance of laboratory investigation in prophylaxis and examination of organ and system disorders	X						
W07	knows and understands social attitudes towards the importance of health, disease, disability and senility, social consequences of disease and disability, socio-cultural barriers, as well as concept of life quality conditioned by health state	X						
W08	knows and understands symptoms of acute diseases of abdominal cavity, poisoning, symptoms of infection and septicemia	X						
W09	knows and understands principles of management of cysts, precancerous condition and neoplasm of head and neck	X						
W10	knows and understands basic terms related to health, life style and health of population	X						
W11	knows and unerstands rules of prevention of diseases and health improvement	X						
K01	is ready to notice and recognize own limitations, make self-assessment of educational deficits and needs	X						

Table presenting TEACHING PROGRAMME			
No. of a teaching programme	**Teaching programme**	**No. of hours**	**References to learning outcomes**
Summer semester			
Lectures			
TK01	Hormonal Regulation Mechanisms and Nutrient Metabolism	2	W01; W02; W04; W10
TK02	The Role of Nutrition in the Treatment of Obesity, Metabolic Syndrome, and Type 1 and Type 2 Diabetes	2	W01; W02; W03; W05; W06; W07; W10; W11
TK03	Nutrition Principles for Insulin Resistance and Polycystic Ovary Syndrome (PCOS)	2	W01; W02; W04; W05; W06; W07; W09; W10; W11
TK04	Nutrition for Hypothyroidism and Hyperthyroidism	2	W01; W02; W05; W06; W11
TK05	Nutrition for Cushing's Disease and Addison's Disease (Adrenal Gland)	2	W01; W02; W05; W06
TK06	Neuroendocrine Tumors of the Gastrointestinal Tract	2	W05; W06; W07
TK07	Anti-Inflammatory Diet and Its Application in Endocrinology	2	W05; W07; W10; W11
TK08	Individualization of Diet Therapy for Hormonal Disorders – Case Studies	2	W05; W06; W07; W11
TK09	Diet for Chronic Constipation and Diarrhea	2	W03; W08; W11
TK10	Diet for Gastroesophageal Reflux and Peptic Ulcer Disease	2	W01; W05; W06; W07; W08; W09
TK11	Diet for Inflammatory Bowel Disease – Crohn's Disease and Ulcerative Colitis	2	W01; W02; W05; W06; W07; W08; W09; W11
TK12	Nutrition for Liver and Biliary Tract Diseases (Steatosis, Cirrhosis, PBC)	2	W01; W02; W05; W06; W07; W08; W09; W11
TK13	Graded Assessment	1	W01-W011
Practical classes			
TK01	Nutritional Standards and Menu Planning	3	U01; U03; U04; K01
TK02	Diet – Application, Components of a Properly Planned Menu	3	U01; U02; U04; K01; K02;K03
TK03	Diet – Infants at Risk for Food Allergies	3	U02; U03; U04; U05; K01;K02; K03
TK04	Test and Discussion/Report and Discussion	1	U01; U02; U03; U04; U05; K03

Booklist
Obligatory literature:
1.Ciborowska H., Rudnicka A., Żywienie zdrowego i chorego człowieka. PZWL 2021
2.Nutrition Strategy and Life Style in Polycystic Ovary Syndrome-Narrative Review. Nutrients. 2021 Jul 18;13(7):2452. doi: 10.3390/nu13072452
3.Normy żywienia dla populacji Polski – NPZ; 2025r. pod red. Ewa Rychlik, Katarzyna Stoś, Agnieszka Woźniak, Hanna Mojska.

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.pzh.gov.pl/wp-content/uploads/2025/01/normy-02.01.pdf
4.Peckenpaugh. Podstawy żywienia i dieto terapia. Pod red. D. Gajewska. Elsevier wyd.I. 2012
Supplementary literature:

Student's workload	
Form of student's activity (in-class participation; activeness, produce a report, etc.)	Student's workload [h]
	Tutor
Contact hours with the tutor	25
Time spent on preparation to seminars/ practical classes	
Time spent on reading recommended literature	10
Time spent on writing report/making project	
Time spent on preparing to colloquium/ entry test	25
Time spent on preparing to exam	
Other …..	
Student's workload in total	70
ECTS credits for the subject (in total)	1
Remarks	
Choosing the Form of ECC Verification Depending on Group Size and Group Collaboration/Involvement	

* Selected examples of methods of assessment:
EP – written examination
EU – oral examination
ET – test examination
EPR – practical examination
K – colloquium
R – report
S – practical skills assessment
RZC – practical classes report, incl. discussion on results
O – student's active participation and attitude assessment
SL – lab report
SP – case study
PS - assessment of student's ability to work independently
W – entry test
PM – multimedia presentation
other…