



## Pomeranian Medical University in Szczecin

### SYLLABUS of the MODULE (SUBJECT) General Information

Module title: Elements of clinical nutrition 2020/2021	
Module type	Facultative
Faculty PMU	Faculty of Medicine and Dentistry
Major	Medicine
Level of study	long-cycle (S2J)
Mode of study	full-time studies
Year of studies, semester	Year 2 semester 3 and 4
ECTS credits (incl. semester breakdown)	1
Type/s of training	Lectures: 20h e-learning (10h sem. 3; 10h sem 4)
Form of assessment*	<input type="checkbox"/> graded assessment: <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> descriptive</li> <li><input type="checkbox"/> test</li> <li><input type="checkbox"/> practical</li> <li><input type="checkbox"/> oral</li> </ul> <input type="checkbox"/> non-graded assessment <input type="checkbox"/> final examination <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> descriptive</li> <li><input type="checkbox"/> test</li> <li><input type="checkbox"/> practical</li> <li><input type="checkbox"/> oral</li> </ul>
Head of the Department/ Clinic, Unit	prof dr hab Ewa Stachowska
Tutor responsible for the module	prof dr hab Ewa Stachowska
Department's/ Clinic's/ Unit's website	Department of Human Nutrition and Metabolomics, Pomeranian Medical University in Szczecin zbicz@pum.edu.pl ul. Broniewskiego 24 71 - 460 Szczecin tel. 91 441 4806; fax. 91 441 4807 <a href="https://www.pum.edu.pl/wydzialy/wydzial-nauk-o-zdrowiu/katedra-i-zaklad-zywienia-czlowieka-i-metabolomiki">https://www.pum.edu.pl/wydzialy/wydzial-nauk-o-zdrowiu/katedra-i-zaklad-zywienia-czlowieka-i-metabolomiki</a>

\* replace ☐ into ☒ where applicable

**Annex to PMU Rector's Ordinance No. 4/2020**

Language	English
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**Detailed information**

<b>Module objectives</b>		Preparing the student to conduct nutritional counseling.
Prerequisite /essential requirements	Knowledge	<i>The student has knowledge of the principles of rational nutrition. The student has knowledge of physiology and biochemistry</i>
	Skills	<i>Can find the connection between nutrition and food ingredients and body function</i>
	Competences	<i>Has the ability to constantly learn.</i>

**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 the consequences of improper nutrition, including prolonged starvation, eating too abundant meals and using an unbalanced diet, as well as disorders of digestion and absorption of digestive products;	C.W50	GA

**Table presenting LEARNING OUTCOMES in relation to the form of classes**

No. of learning outcome	Learning outcomes	Type of training						
		Lecture	Seminar	Practical classes	Clinical classes	Simulations	E-learning	Other...
W01	C.W50						x	

**Table presenting TEACHING PROGRAMME**

No. of a teaching programme	Teaching programme	No. of hours	References to learning outcomes
<b>Winter semester</b>			
<b>Lectures 10h (winter semester)</b>			
TK01	Basic methods of the nutritional therapy	2	C.W50
TK02	Intestinal microbiota disorders Concepts of the axes: gut-brain axis , gut - liver axis, gut -skin axis	2	C.W50
TK03	Nutrition in dysbiosis - low FODMPs diet. Nutrition in inflammatory bowel disease.	2	C.W50
TK04	Prolonged fasting, hunger strike, and the lowcarbohydrate diet in the treatment of obesity and other metabolic disorders	2	C.W50
TK05	Nutrition of patients before and after bariatric surgery. Long-term strategy for nutritional treatment of the obese patient	2	C.W50

Summer semester 10h			
TK01	Nutrition of the patient during the perioperative period	2	C.W50
TK02	Dietotherapy of the cancer patients	2	C.W50
TK03	Dietotherapy of the women with polycystic ovarian syndrome	2	C.W50
TK04	Nutrition in the cardiovascular diseases. Nutrition in the neurodegenerative diseases	2	C.W50
TK05	Nutrition in the food allergies	2	C.W50

**Booklist**

Obligatory literature:

1. B. Bishop Manual of Dietetic Practice Thomas 2010 Blackwell Publ.
2. . ESPEN guideline: Clinical nutrition in surgery. Clin Nutr 2017 Jun;36(3):623-650

Supplementary literature:

1. Rosalind S Gibson Principles of Nutritional Assessment 2nd Edition
2. Guidelines for the Provision and Assessment of Nutrition Support Therapy in the Adult Critically Ill Patient: Society of Critical Care Medicine (SCCM) and American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.). Journal of Parenteral and Enteral Nutrition and Critical Care Medicine 2016

**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	20
Time spent on preparation to seminars/ practical classess	
Time spent on reading recommended literature	10
Time spent on writing report/making project	10
Time spent on preparing to colloquium/ entry test	
Time spent on preparing to exam	
Other .....	
Student's workload in total	
<b>ECTS credits for the subject (in total)</b>	1
<b>Remarks</b>	

\* Selected examples of methods of assessment:

EP – written examination

EU – oral examination

**Annex to PMU Rector's Ordinance No. 4/2020**

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 –  
multimedial presentation  
other...