

GENERAL INFORMATION		
Course	Dietology 1	
Course coordinator	Assoc. Prof. Ines Bilić Ćurčić, MD, PhD	
Assistant/Associate	Prof. Martina Smolić, MD, PhD Farah Khaznadar, MSc.pharm	
Study Programme	Integrated undergraduate and graduate university study of Medicine in German language	
Status of the course	Elective	
Year of study, semester	1 st year, 2 nd semester	
Grading scale and workload	ECTS	1
	Hours (L+S+E)	15 (5+10+0)
COURSE DESCRIPTION		
Course objectives		
<p>Nutritional needs and specifics of nutrition of different age groups. Knowledge of the importance and role of specific diet therapy applied in patients for the prevention of certain diseases, as well as the application and importance of an appropriate diet in the recovery and convalescence of patients. Getting to know the general effect of reduction diets on the body, effectiveness and biochemical-physiological background of popular reduction diets. The concept of personalized nutrition. Biochemical and physiological fate of drugs and nutrients, the potential for harmful (and desirable) interactions between drugs and food ingredients, and ways to prevent (or encourage) them.</p>		
Enrolment requirements and entry competencies		
There are no special requirements for this course except those defined by the curriculum of the entire study program.		
Learning outcomes at the Programme level		
1.1., 2.1., 3.1., 3.2., 3.3., 3.5., 4.1., 4.2.		
Learning outcomes (5-10)		
<p>Knowledge</p> <ol style="list-style-type: none"> 1. Dietary planning for people of different age groups 2. Assessment of the nutritional status of hospitalized patients and proper use of enteral and parenteral preparations 3. Knowledge of harmless and effective nutritional approaches to losing or maintaining body weight 4. Prevention and help in the treatment of the consequences of harmful interactions of food and drugs <p>Skills</p> <ol style="list-style-type: none"> 1. Trained to create menus according to age groups and nutritional status of patients 2. Competence for creating personalized nutrition plans. 3. Qualified for counseling regarding harmless interactions of medicinal substances and food ingredients 		
Course content		

Subject content

1. Reasons for changing nutritional needs in different stages of life. (P)
2. Nutrition of pregnant women. Nutrition of nursing mothers. Infant nutrition. Nutrition of preschool children. Nutrition of school-age children. Nutrition of adolescents. Nutrition of adults. Nutrition of the elderly. (S)
3. Nutritional status of hospitalized patients (P)
4. Enteral and parenteral nutrition (indications, method of implementation, types of preparations, contraindications, specificities according to age and clinical conditions) (S)
5. Diet therapy for diseases of the stomach, intestines, pancreas, liver, kidneys and bone diseases Diet therapy for diabetes The role of nutrition in the treatment of hypertension, cardiovascular diseases and malignant diseases Anorexia and bulimia(S)
6. Drawing up a menu in a reduction diet. Physiology of weight loss diets (changes in the body - potential risks). Compensation of energy input. Unscientific approaches to nutrition. Personalized nutrition – basic concepts. (S)
7. Influence of food and drink ingredients on absorption, digestion, biotransformation and excretion of drugs Metabolic enzymes of phases I and II; Induction or inhibition by food ingredients P-glycoprotein and other transport proteins Acid-base balance and effect on drug excretion Interactions of food ingredients and over-the-counter drugs Interactions of drugs with medicinal plant ingredients and dietary supplements (P)
8. Counseling with the aim of preventing unwanted interactions or adjusting the diet for the synergistic effect of drugs and food (S)

Mode of teaching	<input checked="" type="checkbox"/> lectures	<input checked="" type="checkbox"/> independent tasks
	<input checked="" type="checkbox"/> seminars and workshops	<input checked="" type="checkbox"/> multimedia and network
	<input type="checkbox"/> exercises	<input type="checkbox"/> laboratory
	<input type="checkbox"/> distance education	<input type="checkbox"/> mentoring work
	<input type="checkbox"/> field teaching	<input type="checkbox"/> other

Student obligations

Students are expected to attend all class sessions, as well as to take all the examinations. However, they are allowed for excused absences, totalling 30% of all classes.

Monitoring student work

Attending classes	x	Class activity	x	Seminar work	x	Experimental work	
Written exam	x	Oral exam		Essay		Research	
Project		Continuous knowledge verification		Paper		Practical work	
Portfolio							

Grading and evaluation of student work during classes and of the final examination

Evaluation/grading of the final written examination:

Percentage of correct answers (%)	Grade points
100%-95%	80
94,99-90%	76
89,99-85%	71
84,99-80%	66
79,99-75%	61
74,99-70%	57

Teaching activity	ECTS	Learning outcome	Student activity	Assessment methods	Grade points	
					Min.	Max.
Class attendance	0,20	1-7	Class attendance; exercises	Evidence sheet; evaluation	2	20
Written exam	0,80	1-7	Learning for the written exam	Grading of the written exam	48	80
Total	1				50	100

69,99-65%	52
64,99-60%	48

Calculation of final grade:

Based on the total sum of the points awarded during the course and the final exam, the final grade is determined according to the following distribution:

A – excellent (5): 90-100 grade points; B – very good (4): 70-79,99 grade points; C – good (3): 60-69,99 grade points; D – sufficient (2): 50-59,99 grade points

Required reading

1. Hans Konrad Biesalski et al. Ernährungsmedizin: Nach dem Curriculum Ernährungsmedizin der Bundesärztekammer. 5., vollständig überarbeitete und aktualisierte Auflage –2017. Thieme.

Additional reading

1. S. Langley-Evans: Nutrition: A Lifespan Approach. Wiley-Blackwell, 2009.
2. L. K. Mahan, S. Escott-Stump: Krause's Food & Nutrition Therapy, Saunders, 2007
3. Kok F, Bouwman L, Desiere F: Personalized Nutrition, CRC Press, 2008.
4. McCabe BJ, Wolfe JJ, Frankel EH (ur.): Handbook of Food-Drug Interactions, CRC Press, 2003

Number of copies of required literature in relation to the number of students currently attending classes in the course

Title	Number of copies	Number of students

Course evaluation procedures

Anonymous, quantitative, standardized student survey providing feedback on the course as well as on the work of course coordinators and their assistants/associates is being conducted by the QA Office of the Faculty of medicine Osijek.