

CHART OF DISCIPLINE/ SYLLABUS

1. Study Program Data

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| 1.1 Higher Education Institution | “VICTOR BABEȘ” UNIVERSITY OF MEDICINE AND PHARMACY OF TIMIȘOARA |
| 1.2 Faculty | MEDICINE |
| 1.3 Department | VII –Internal Medicine II |
| 1.4 Study Domain | HEALTH |
| 1.5 Study Cycle | LICENCE |
| 1.6 Study program/ Qualification | MEDICINE/MEDICAL DOCTOR |

2. Discipline Data

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| 2.1. Discipline name | Nutrition in pathology | | | | | | |
| 2.2 Course tutor(s) | | | | | | | |
| 2.3 Practical activity tutor(s) | - | | | | | | |
| 2.4 Year of study | V | 2.5 Semester | I | 2.6. Assessment type | Colloquium | 2.7 Discipline rank | Content |
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| | | | | | | | DOP |

3. Duration/Estimated Time (number of hours/semester of teaching activity)

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|---|--------------------------|--------------------|-----------|----------------|----------|
| 3.1 Number of hours/ week | 1 | 3.2 lecture/course | 1 | 3.3 laboratory | 0 |
| 3.4 Total hours of curriculum | 14 | 3.5 lecture/course | 14 | 3.6 laboratory | 0 |
| Time distribution for educational activities | | | | | hours |
| Study support- manuals, lectures, references and notes | | | | | 20 |
| Additional documentation – library, dedicated platforms from domain | | | | | 14 |
| Documentation for seminars/ practical activity/ projects, themes, portfolios and essays | | | | | 12 |
| Tutorship | | | | | - |
| Assessment | | | | | 2 |
| Other activities | | | | | - |
| 3.7 Total number of hours for individual study | 46 | | | | |
| 3.8 Total number of hours per semester | 1 credit = 30 ore | | | | |
| 3.9 Number of credits | 60 | | | | |
| | 2 | | | | |

4. Preconditions (if applicable and requested)

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| 4.1 of curriculum | - |
| 4.2 of competence | - |

5. Conditions (if applicable and requested)

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| 5.1 for courses | <ul style="list-style-type: none"> Course attendance is mandatory, with a maximum number of accepted absences being of 50% of the total number of courses |
| 5.2 for laboratories/practical activities | - |

6. Specific competencies and skills

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| Professional Competencies | <ol style="list-style-type: none"> Learning the basic terminology in the nutrition of various pathologies The capacity to evaluate the energetic and nutritional intake of a person in various pathologies Description of the concepts and necessary nutritional needs in various pathologies Interpreting of lab results relating to the various aspects of the studied pathologies and the recommended diets proposed as treatment |
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| Transversal Competencies | 1. Identifying the role and responsibilities in a multidisciplinary team and undergoing of projects specific to this domain, with the proper application of the deontological norms of professional ethics |
| | 2. The efficient use of information and communication sources, assisted professional development in the undergoing of projects and studies in order to assure continuous professional and personal development |
| | 3. The preoccupation for professional improvement through the training of critical and analytical thinking, demonstrated through active participation during the course; |
| | 4. Implication in research through writing studies and articles; |
| | 5. The efficient use of information and communication sources and those of assisted professional development (portals, specialty software, data bases, online courses) in both Romanian and an internationally spoken language. |

7. Discipline/Course objectives (based on the specific competences)

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| 7.1 Discipline/Course general objectives | Basic knowledge regarding healthy nutrition and food safety in various pathological states |
| 7.2 Discipline/Course specific objectives | <ol style="list-style-type: none"> 1. Gaining the ability to promote health in various pathological states. 2. Gaining the ability to evaluate of the state of health in various pathological states and provide adequate nutritional counseling. |

8. Learning results

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| Knowledge | <ul style="list-style-type: none"> • The student can list the most important nutritional principles in each of the studied pathologies • The student explains the need for various nutritional principles in each of the studied pathologies • The student recognizes specific foods that should be avoided in in each of the studied pathologies • The student recognizes specific foods that should be preferred in in each of the studied pathologies |
| Skills | <ul style="list-style-type: none"> • The student uses the principles learned in the course to determine the adequate caloric intake of the patient with a certain pathology • The student uses the principles learned in the course to determine the adequate macronutrient distribution in the patient's diet according to the pathology • The student proposes a nutritional plan for patients with a given pathological condition • The student adapts the nutritional plan to the patients personal and cultural needs without sacrificing the main principles needed in each specific pathology • The student provides arguments for the nutritional plan in the identified pathology |
| Responsibility and autonomy | <ul style="list-style-type: none"> • The student can select appropriate bibliographic sources and analyze them. The student Respects the principles of academic ethics, correctly citing the bibliographic sources used. • The student applies principles of professional ethics/deontology in the analysis of the impact of proposed solutions in the field of nutrition and in the patients life. • The student analyzes, interprets and exploits business/entrepreneurial development opportunities in the field of nutrition. • The student demonstrates skills in managing real-life situations such as patients with preconceptions about the disease or with a very well-established culinary habit that could possibly worsen his/her medical condition |

9. Content

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| <ul style="list-style-type: none"> • Structured oral presentations supported by Powerpoint slides, interactive, accompanied by pictures. • The lectures are periodically checked-up and completed with relevant new information. • Each lecture begins with the disclaimer of the educational objectives and finishes with a brief summary of the knowledge presented. • Team exercises in which students provide nutritional support option for the various pathological situations discussed during the course | |
| 9.2 Course | Number of hours |
| 1. Nutrition for the patient with obesity | 1 |

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| 2. Nutrition for the patient with dyslipidemia | 1 |
| 3. Nutrition for the patient with type 1 diabetes mellitus | 1 |
| 4. Nutrition for the patient with type 2 diabetes mellitus | 1 |
| 5. Nutrition for the patient with gout | 1 |
| 6. Nutrition for the patient with hepatic cirrhosis | 1 |
| 7. Nutrition for the patient with chronic kidney disease | 1 |
| 8. Nutrition for the patient with hemorrhagic colitis and Chron's disease | 1 |
| 9. Nutrition for the patient with stomach ulcers | 1 |
| 10. Nutrition for the patient with celiac disease | 1 |
| 11. Nutrition for the patient with oncologic pathology | 1 |
| 12. Nutrition for the patient with pancreatic pathology | 1 |
| 13. Nutrition for the patient with irritable bowel | 1 |
| 14. Nutrition for the patient with arterial hypertension | 1 |

Mandatory references:

1. Janice L Raymond, Kelly Morrow. Krause and Mahan's Food and the Nutrition Care Process 16th Edition, 2022.
2. Donna K. Arnett et. al. 2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines, 2019.
3. Yearly updated power point presentations available on MOODLE.

10. Correlations between the content of the course and the requirements of the professional field and relevant employers

Knowledge is diversified and modified in each patient according to the pathology;
 In the current conditions this subject assures that qualified personnel are available for the monitoring of persons with varied pathology with a major impact in society
 The interest for programs which evaluate the nutritional status according to associated pathology is high and opens clear new perspectives in the future.

11. Assessment

| Activity type | 11.1 Assessment criteria | 11.2 Assessment methods | 11.3 Percentage of the final grade |
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| 11.4 Course | <p><i>Knowledge for grade 5:</i> -summary notions regarding the nutrition of a patient according to the associated pathology</p> <p><i>Knowledge for grade 10:</i> - extensive notions regarding the nutrition of a patient according to the associated pathology -knowledge of the methods through which the nutritional status of the patient may be evaluated according to the associated pathology -steps taken in the monitoring and evaluation of intervention according to associated pathology</p> | <p><i>Final evaluation:</i> paper presentation on a given theme;</p> <p><i>Continuous evaluation:</i> evaluation of activity during the course.</p> | 100% |
| <p>11.6 Minimum performance standard-basic knowledge Knowledge of the clinical and paraclinical indicators of nutritional status in patients with the following pathologies: cardiovascular, oncologic, digestive and metabolic.</p> | | | |

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| Date | Signature of the course holder | Signature of the laboratory/seminar holder |
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| Signature of the Head of Discipline | | |
| Date of approval in the Department | Signature of the Head of Department | |