

I. Department of Internal Medicine

SYLLABUS

Subject: Fundamentals in nutrition and clinical dietology

Study Year: 5th year

Study Programme: General Medicine

Term: Summer term

Academic Year: 2023/2024

Week	<p style="text-align: center;">Lectures</p> <p style="text-align: center;">1 st Dpt. of Internal Medicine – 3rd floor</p> <p style="text-align: center;">Thursday at 13:15 – 15:30</p>	Plan of practices
1.	Omega 3-PUFA a metabolic syndrome <i>doc. MUDr. Viola Vargová, PhD.</i>	Characteristics of individual nutrients
2.	Malnutrition <i>doc. MUDr. Viola Vargová, PhD.</i>	The importance of diet in the development of lifestyle diseases
3.	Weight loss diet plans and evidence based medicine <i>doc. MUDr. Viola Vargová, PhD.</i>	Principles of diet in lipid disorders, obesity and diabetes type 2 patients
4.	Principles of diet in lipid disorders, obesity and diabetes type 2 patients <i>doc. MUDr. Viola Vargová, PhD.</i>	Obesity, clinical dietology guide, cardiovascular protection diet
5.	Probiotics <i>doc. MUDr. Viola Vargová, PhD.</i>	Enteral and Parenteral Nutrition
6.	Obesity <i>doc. MUDr. Viola Vargová, PhD.</i>	Water and electrolytes (sodium, potassium, chloride)
7.	Antioxidants , Protein (deficiency, metabolism, bioavailability, food sources, requirements) <i>doc. MUDr. Viola Vargová, PhD.</i>	Protein, carbohydrate, fat, fiber intake
8.	Dietary fiber, energy balance <i>doc. MUDr. Viola Vargová, PhD.</i>	Vitamin, mineral, trace element, antioxidant, electrolyte intake

9.	Carbohydrates (food sources, requirements) <i>doc. MUDr. Viola Vargová, PhD.</i>	Function of the gastrointestinal (GI) tract
10.	Physiology related to thirst, hunger, satiety <i>doc. MUDr. Viola Vargová, PhD.</i>	Hormonal control of nutrient metabolism
11.	Nutrition physical examination (anthropometrics, body composition, skin) <i>doc. MUDr. Viola Vargová, PhD.</i>	Nutrition and immunity
12.	Nutrient intake recommendations <i>doc. MUDr. Viola Vargová, PhD.</i>	Characteristics of an adequate diet, Veganism/vegetarianism
13.	Nutritional anemias, Laboratory evaluation, Growth <i>doc. MUDr. Viola Vargová, PhD.</i>	Diarrhea, water, electrolytes, acid-base balance
14.	Sources, bioavailability, action, deficiency, excess of micronutrients <i>doc. MUDr. Viola Vargová, PhD.</i>	Chronic diseases (cancer, cardiovascular disease, hyperlipidemia, hypertension, osteoporosis)

Requirements for completion :

1. For successful completion of the practical exercises/seminars is required:

- To participate at all of practical exercises, theoretical and practical performance of all exercises/seminars.
- To get at least 60 % of total score for ongoing review of written test or the theoretical training to practical exercises.
- Two absences are allowed /justified/
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2. For successful obtained of the credits from subject is necessary:

- To gain the credit from practical exercises (paragraph 1 above).
- Evaluation: Study rules of procedure UPJŠ in Košice, the Faculty of Medicine, Par II, Art13

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- The final classification includes the evaluation of the written test and the results obtained in practical exercises

The compulsory and recommended literature:

The author	Title	year
Catherine Hankey PhD RD, Kevin Whelan PhD RD FBDA :	Advanced Nutrition and Dietetics in Obesity, Print ISBN:9780470670767 Online ISBN:9781118857991 DOI:10.1002/9781118857991© 2018 John Wiley & Sons Ltd.	2018
Ronald Watson :	Nutrition in the Prevention and Treatment of Abdominal Obesity 2nd EditioneBook ISBN: 9780128137819, Paperback ISBN: 9780128160930, Imprint: Academic Press, Published Date: 6th December 2018, Page Count: 522	2018

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