


**UČNI NAČRT PREDMETA / COURSE SYLLABUS**

<b>Ime predmeta:</b>	Vplivi okolja in zdravje
<b>Course title:</b>	Environment and health

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Splošna medicina, enovit magistrski študijski program		Peti	9.
General medicine, Uniform master's degree study program		Fifth	9th

<b>Vrsta predmeta (obvezni ali izbirni) / Course type (compulsory or elective)</b>	obvezni
	compulsory

**Univerzitetna koda predmeta / University course code:**

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Clinical training	Druge oblike študija Other forms of study	Samost. delo Individual work	ECTS
25	20	AV LV RV	15		60	4

<b>Nosilec predmeta / Course coordinator:</b>	Red. prof. dr. Ivan Eržen Red. prof. dr. Radovan Hojs (sonosilec) Red. prof. dr. Dušanka Mičetić-Turk (sonosilka)
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<b>Jeziki /Languages:</b>	<b>Predavanja / Lectures:</b> slovenski/slovene
	<b>Vaje / Tutorial:</b> slovenski/slovene

<b>Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:</b>	<b>Prerequisites for enrolling in the course or for performing study obligations:</b>
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**Vsebina (kratek pregled učnega načrta):**  **Content (syllabus outline):**

Predmet Vplivi okolja in zdravje je interdisciplinarni predmet, sestavljen iz treh področij:

#### **a) Okoljska medicina**

V okviru predmeta OKOLJSKA MEDICINA bodo študenti spoznali zgodovinski razvoj ter pomen in vpliv družbenega okolja za razvoj tega področja.

Predstavljen bo pomen medsebojnega ravnovesja med okoljem, osebami in posameznimi dejavniki, ki vplivajo na zdravje. Seznanili se bodo z različnimi adaptacijskimi mehanizmi. V okviru predmeta bodo prikazni najpomembnejšimi dejavniki delovnega in bivalnega okolja.

Spoznali bodo nekatere primere škodljivega delovanja dejavnikov delovnega in bivalnega okolja na zdravje. Seznanili se bodo s temeljnimi načini ukrepanja na področju zmanjševanja delovanja škodljivih dejavnikov v delovnem in bivalnem okolju. Spoznali bodo specifične pristope v okviru medicine dela za zgodnje odkrivanje nevarnosti, povezane z delom ter načine s katerimi država in delodajalci zmanjšujejo ogroženost zdravja zaposlenih.

#### **b) Geriatrija**

Študent naj spozna proces staranja in epidemiološke podatke, ki so povezani s starostjo in boleznimi v starosti. Študent spozna najpomembnejše bolezni tega obdobja, poseben poudarek je na boleznih, ki so glavni vzrok smrti (srčno-žilne bolezni, rak, itd). Seznanjeni se s posebnostmi zdravljenja starostnika. Spozna problem nezmožnosti (disability) starostnika in možnosti prevence bolezni pri starostniku.

#### **c) Klinična prehrana**

-Ocena prehranskega stanja -uporaba in analiza dietnega dnevnika, klinična in biokemijska analiza stanja prehranjenosti, prehranski vnos glede na sestavo po posameznih skupinah hranil in energetskega vnosa, ocena ustreznosti vnosa .

- Nutraceutiki in njihov pomen za zdravje
- Pomen probiotikov , prebiotikov in antioksidantov v prehrani
- Sodobne smernice prehrane dojenčkov, prešolskih in šolskih otrok ter odraslih
- Enteralna in parenteralna prehrana
- Prehranska modulacija in imunske funkcije
- Prehrana akutno bolnih ( napr. akutni gastroenteritis)
- Prehrana kritično bolnih( napr. KVČB, ledvične bolezni..)
- Motnje hranjenja in prehranska podpora teh bolnikov
- Načrtovanje prehrane akutno in kronično bolnih bolnikov in planiranje klinične dietoterapije

Subject " Environment and Health is interdisciplinary, and covers three fields:

#### **a) Environmental medicine**

Within the ENVIRONMENTAL MEDICINE course a student will introduce historical development of the discipline. The interrelationship between environment, individuals and risk factors will be presented. Special emphasis will be given to different levels of adaptation. Main risk factors in living and working environment will be presented as well. Students will deal with different case studies where the health impairment was caused by exposure to hazardous factors in environment.

Students will become aware of importance of introduction of effective measures for ensuring healthy life style and work environment.

The students will get an overview of basic measures implemented by government in order to reduce harmful exposures to living and working environment.

#### **b) Geriatrics**

Students should learn about the process of aging and epidemiological data and diseases related to old age. Student are introduced to the most important diseases of old age, with accent on the illnesses which are main cause of death (cardiovascular diseases, cancer, etc.), as well as to the particularities in treatment of the elderly. Students recognise problem of disability and possibilities of prevention in the elderly.

#### **c) Clinical nutrition**

- Assessment of nutritional status – use and analysis of diet journal( interview), clinical and biochemical analysis of nutritional status, nutritional intake regarding composition by individual nutrient groups and energy intake, intake adequacy assessment

- Nutrition in childhood and the most common gastrointestinal disorders in connection with the food
- Nutraceuticals and their importance for health
- The importance of probiotics, prebiotics and antioxidants in nutrition
- Contemporary guidelines for nutrition of infants, preschool and school children as well as the adults
- Enteral and parenteral nutrition
- Nutritional modulation and immune functions
- Nutrition of acute ill patients ( i.e. Ac.gastroenteritis)
- Nutrition of critically ill patients ( IBD, renal diseases)
- Eating disorders and nutritional support of these patients
- Planning nutrition of acute and chronic ill patients and planning of diet therapy

**Temeljni literatura in viri / Reading materials:****a) Okoljska medicina**

1. ERŽEN, Ivan, GAJŠEK, Peter, HLASTAN-RIBIČ, Cirila, KUKEC, Andreja, POLJŠAK, Borut, ZALETEL-KRAGELJ, Lijana. Zdravje in okolje : izbrana poglavja. 1. izd. Maribor: Medicinska fakulteta, 2010
2. Rudi Čajevec et al. Medicina dela, prometa in športa, Priročnik, Celje 2002.
3. <http://themes.eea.eu.int/>
4. <http://www.sigov.si/mop/>
5. <http://www.epa.gov/epahome/resource.htm>

**b) Geriatrija**

1. Evans, J. Grimley, Williams, T., Oxford textbook of geriatric medicine, Oxford: Oxford University Press, 1992.
2. Andrews, Marcia, Handbook of geriatric nursing care, Springhouse: Springhouse 1999.
3. Beers, Mark H., Merck manual of geriatrics 3rd ed., Whitehouse Station: merch Research Laboratories, 2000.

**c) Klinična prehrana**

- 1.Študijsko gradivo- zapiski predavanj/ Course material- lecture notes
  - 2.Bendich A.,DeckelbaumR.J., Preventive nutrition. The Comprehensive Guide for Health Professionals. Humana Press, Totowa NJ.2001
  - 3.Garrow JS,James WPT, Ralph A., Human Nutrition and Dietetics.10th edition. Churchill Livingstone , Harcourt Publishers Limited, 2000
  - 4.Mahan K. EScott-Stump S.Krause, Food,Nutrition &Diet therapy (12th ed) WBSaunders Company, Philadelphia,2008
  - 5.Kleinman R.E.,Greer F.R., Pediatric Nutrition,( 7th ed ),American Academy of Pediatrics, 2014
- A.S.P.E.N. and E.S.P.E.N. guidelines  
Strokovne publikacije v periodiki

**Cilji in kompetence:****a) Okoljska medicina**

Študentke in študenti bodo spoznali vplive širšega in ožjega bivalnega okolja ter delovnega okolja na človekovo zdravje, bodisi v dobrem-pozitivnem, bodisi v slabem-negativnem smislu. Cilj predmeta je približati razumevanje pomena zagotavljanja osnovnih predpogojev za zdravo življenjsko in delovno okolje. Namen predmeta je tudi študentom pomagati razumeti specifične metode dela pri odkrivanju in obvladovanju škodljivosti v delovnem in bivalnem okolju.

**b) Geriatrija**

Študent naj spozna možnosti ohranjanja starostnikovega zdravja. Spozna naj specifičnost bolezenskih procesov oz. bolezni pri starostniku (efekt domin).

**c) Klinična prehrana**

Cilji : poznavanje prehrane za vzdrževanje zdravja in za različna bolezenska stanja in motnje hranjenja

**Objectives and competences:****a) Environmental medicine**

Students should know the importance and influence of living and work environment to the health of an individual. The specific objective is to help students to understand the importance of ensuring all basic requirements for healthy living and work environment. Further on the subject aims to improve the theoretical knowledge on specific methods and approaches usually applied in order to identify and manage risk factors in living and work environment.

**b)Geriatrics**

Student recognises abilities how to sustain life of an elderly person and specificity of disease processes. Illnesses in elderly (domino effect)

**c) Clinical nutrition**

Objectives: knowledge of nutrition to maintain health and disease states, and eating disorders

General competences:

**Splošne kompetence:**

Razumevanje konceptov znanstvenih izhodišč klinične prehrane in dietetike, ki študenta usmerjajo k analiziranju in reševanju problemov.

Razvijanje zmožnosti za iskanje, izbiro in uporabo relevantnih podatkov in najnovejših informacij iz področja prehrane

**Predmetno specifične kompetence:**

Študent zna oceniti stanje prehranjenosti bolnika.

Študent zna prepoznati osnovne simptome, pozna diagnostične postopke in principe zdravljenja bolezni ter najprimernejšo obliko prehrane pri določeni bolezni vključno z vsemi oblikami umetne prehrane

Razvija sposobnosti sodelovanja v multidisciplinarnem timu

Razvija sposobnosti raziskovanja, dokumentiranja, analize rezultatov, prikaza rezultatov in njihove objave v strokovni / znanstveni literaturi

Understanding the concepts of scientific platform clinical nutrition and dietetics, which guide the student to analyze and solve problems.

Developing capabilities for search, selection and use of relevant data and the latest information from the field of nutrition

**Subject-specific competencies:**

The student is able to assess the nutritional status of the patient.

The student is able to identify basic symptoms familiar with diagnostic procedures and principles of treatment of the disease and the best form of nutrition for certain diseases including all forms of artificial nutrition

Develops the capacity to participate in multidisciplinary team

Develop the ability to research, documentation, analysis of the results, display results and their publication in professional / scientific literature

**Predvideni študijski rezultati:**

Znanje in razumevanje:

**a) Okoljska medicina**

Študentke in študenti bodo:

poznali pomen in vlogo okoljske medicine in medicine dela v zgodovini in sedanjosti, poznali pristope, probleme in rešitve pri pridobivanju podatkov za raziskave v okviru okoljske

medicine in medicine dela, sposobni opraviti osnovno oceno tveganja ob upoštevanju različnih načinov izpostavljenosti škodljivim dejavnikom,

poznali vrste in obseg problemov v okviru okoljske

medicine in medicine dela v Sloveniji in v svetu, poznali osnovne pristope in ukrepe za obvladovanje

problemov v okviru okoljske medicine in medicine dela.

**b) Geriatrija**

Študent spoznava »zdravo« starost – stanje, ki ni bolezen. Razumeti pa mora starost tudi kot stanje povečane dovzetnosti za bolezenske procese kot tudi, da bolezen pri starostniku poteka drugače (težje, sočasna prizadetost več organskih sistemov, itd.)

**Intended learning outcomes:**

Knowledge and Understanding:

**a) Environmental medicine**

On the completion of this course student will:

understand the importance and role of environmental and occupational medicine in the past

and present,

introduce basic approaches, problems and solutions

in collecting relevant data in environmental and occupational medicine,

be able to conduct a risk assessment process considering different routes and intensity of exposure,

be familiar with main problems in environmental and

occupational medicine in Slovenia,

will learn about basic approaches and measures

in

management of problems in environmental and occupational medicine.

**b) Geriatrics**

Student learn about »healthy old age« - a state not being a disease. Students have to recognise an old age as state prone to illnesses, whose course is different (more severe, at the same time more systems are affected, etc.)

<hr/> <p><b><u>c) Klinična prehrana</u></b>  Študent razume pomen prehrane v zdravju in bolezni  Pozna osnove učinkov hrane na bolezenske procese in razume patofiziološko dogajanje pri različnih motnjah</p> <p>Prenesljive/ključne spretnosti in drugi atributi:  <b><u>a) Okoljska medicina</u></b>  Študentke in študenti bodo:  s pridobljenim znanjem in veščinami lahko sodelovali pri ugotavljanju razširjenost zdravstvenih problemov in stanj, povezanih z negativnimi dejavniki v delovnem in bivalnem okolju ter pri proučevanju vzroke zanje, iskanju ukrepov za obvladovanje posledic ter pri ocenjevanju učinkovitost teh ukrepov,  usposobljeni za interdisciplinarni pristop, načrtovanje in celovito obvladovanje procesov na področju zagotavljanja zdravega delovnega in bivalnega okolja,  usposobljeni za pridobivanje informacij na področju okoljske medicine in medicine dela s pomočjo spleta, literature in drugih virov podatkov in informacij ter za timsko delo.</p> <hr/> <p><b><u>b) Geriatrija</u></b>  Zgodnja spoznava vulnerabilnosti starostnika in kompleksnost bolezenskih procesov</p> <hr/> <p><b><u>c) Klinična prehrana</u></b>  Pozna različne načine prehranske podpore bolnikov in zna načrtovati prehrano  Ima teoretično podlago za sodelovanje pri raziskovalnem delu.</p>	<hr/> <p><b><u>c) Clinical nutrition</u></b>  Student understand the role of nutrition for health and for different pathological conditions  Student know the basic concepts of the effects of food to different diseases and understand the patophysiological processes in different disorders</p> <p>Transferable/Key Skills and other attributes:  <b><u>a) Environmental medicine</u></b>  The students will:  be able to recognize and understand approaches and problems in conducting assessment of public health problems arising due to exposure to negative risk factors in working and living environment,  be able to work in a multidisciplinary team in the planning process and conducting a comprehensive process for ensuring healthy work and living environment, capable for gathering data and information in the field of environmental and occupational medicine from the web and different other credible sources.</p> <hr/> <p><b><u>b) Geriatrics</u></b>  An early detection of vulnerability of an old person and complexity of illness processes</p> <hr/> <p><b><u>c) Clinical nutrition</u></b>  Student have to know the different types of nutritional support and know planning nutrition  Student have the theoretical foundation to collaborate in research work</p>
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### Metode poučevanja in učenja:

<p><b><u>a) Okoljska medicina</u></b>  Predavanja, seminarji, študij primerov, diskusije, nastopi, delo v manjših skupinah, reševanje konkretnih problemov, individualne naloge.</p> <hr/> <p><b><u>b) Geriatrija</u></b>  Predavanja služijo kot osnova, ki jo študent nadgradi z aktivnim sodelovanjem pri seminarjih.</p> <hr/> <p><b><u>c) Klinična prehrana</u></b>  Predavanja  Seminarske vaje –sodelovanje z gosti iz prakse</p>
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### Learning and teaching methods:

<p><b><u>a) Environmental medicine</u></b>  Lectures, seminars, case study, student's presentations, small group work, consultations, team work, individual work.</p> <hr/> <p><b><u>b) Geriatrics</u></b>  Lectures are the basis, which is upgraded with active participation in seminars.</p> <hr/> <p><b><u>c) Clinical nutrition</u></b>  Lectures  Seminar tutorial-including guests from practice</p>
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Načini ocenjevanja:	Delež (v %) / Share (in %)	Assessment methods:
<p>Način (pisni izpit, ustno izpraševanje, naloge, projekt):</p> <p><b>a) <u>Okoljska medicina</u></b> Kolokvij</p> <p><b>b) <u>Geriatrija</u></b> kolokvij</p> <p><b>c) <u>Klinična prehrana</u></b> kolokvij</p> <p>ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV</p> <p><b>a) <u>Okoljska medicina:</u></b> 80% udeležba na predavanjih, seminarjih in vajah</p> <p><b>b) <u>Geriatrija:</u></b> 80% udeležba na seminarjih</p> <p>POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA</p> <p><b>a) <u>Okoljska medicina:</u></b> 80% udeležba na predavanjih, seminarjih in vajah</p> <p><b>b) <u>Geriatrija:</u></b> 80% udeležba na seminarjih</p>	<p style="text-align: center;"><b>50</b></p> <p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><b>25</b></p>	<p>Type (examination, oral, coursework, project):</p> <p><b>a) <u>Environmental medicine</u></b> Partial exam</p> <p><b>b) <u>Geriatrics</u></b> Partial exam</p> <p><b>c) <u>Clinical nutrition</u></b> Partial exam</p> <p>ACADEMIC OBLIGATIONS OF STUDENTS:</p> <p><b>a) <u>Environmental medicine</u></b> 80% Participation at lectures and and seminars</p> <p><b>b) <u>Geriatrics</u></b> 80% Participation at seminars</p> <p>REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING:</p> <p><b>a) <u>Environmental medicine</u></b> 80% Participation at lectures and and seminars</p> <p><b>b) <u>Geriatrics</u></b> 80% Participation at seminars</p>

#### Reference nosilca / Course coordinator's references:

##### IVAN ERŽEN:

KUKEC, Andreja, ERŽEN, Ivan, FARKAŠ-LAINŠČAK, Jerneja, ZALETEL-KRAGELJ, Lijana. Impact of air pollution with PM10 on primary health care consultations for respiratory diseases in children in Zasavje, Slovenia : a time-trend study = Vpliv onesnaženosti zraka s prašnimi delci pm10 na število obiskov v primarnem zdravstvenem varstvu zaradi bolezni dihal pri otrocih v Zasavju : študija časovnega trenda. Zdravstveno varstvo, ISSN 0351-0026. [Tiskana izd.], 2014, letn. 53, št. 1, str. 55-68, tabele. <http://www.degruyter.com/view/j/sjph.2014.53.issue-1/sjph-2014-0007/sjph-2014-0007.xml?format=INT>, doi: 10.2478/sjph-2014-0007. [COBISS.SI-ID 3020773], [JCR, SNIP]

KARO BEŠTER, Petra, LOBNIK, Franc, ERŽEN, Ivan, KASTELEC, Damijana, ZUPAN, Marko. Prediction of cadmium concentration in selected home-produced vegetables. Ecotoxicology and environmental safety, ISSN 0147-6513, 2013, vol. 96, str. 182-190, doi: 10.1016/j.ecoenv.2013.06.011. [COBISS.SI-ID 7658873], [JCR, SNIP, WoS do 30. 9. 2013: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 26. 8. 2013: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

FINK, Rok, ERŽEN, Ivan, MEDVED, Sašo. Environmentally induced health impacts among elderly with cardiovascular disease. *HealthMed*, ISSN 1840-2291, 2012, vol. 6, no. 11, str. 3841-3849. [COBISS.SI-ID 4487787], [SNIP, Scopus do 28. 1. 2013: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

ERŽEN, Ivan. Ocena izpostavljenosti otrok svincu v celjskih vrtcih = An assessment of lead exposure among children attending kindergartens in Celje. *Zdravstveno varstvo*, ISSN 0351-0026. [Tiskana izd.], 2011, letn. 50, št. 2, str. 113-120, ilustr., tabele. <http://versita.metapress.com/content/a252033364671786/fulltext.pdf>. [COBISS.SI-ID 2473445], [JCR, SNIP, WoS do 5. 7. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 26. 8. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

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#### **RADOVAN HOJS**

EKART, Robert, KANIČ, Vojko, PEČOVNIK-BALON, Breda, BEVC, Sebastjan, DVORŠAK, Benjamin, HOJS, Radovan. Blood pressure measurements and left ventricular mass index in hemodialysis patients. *Artificial organs*, ISSN 0160-564X, 2012, vol. 36, issue 6, str. 517-524. <http://onlinelibrary.wiley.com/doi/10.1111/j.1525-1594.2011.01401.x/pdf>, doi: 10.1111/j.1525-1594.2011.01401.x. [COBISS.SI-ID 4393279], [JCR, SNIP, WoS do 11. 4. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 1, Scopus do 20. 3. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]

HOLC, Iztok, HOJS, Radovan, ČIKEŠ, Nada, AMBROŽIČ, Aleš, ČUČNIK, Saša, KVEDER, Tanja, ROZMAN, Blaž, PAHOR, Artur. Antiphospholipid antibodies and atherosclerosis: Insights from Rheumatoid arthritis - A five-year follow-up study. *Immunobiology*, ISSN 0171-2985, 2011, vol. 216, no. 12, str. 1331-1337. <http://www.sciencedirect.com/science/article/pii/S0171298511001008>, doi: 10.1016/j.imbio.2011.05.008. [COBISS.SI-ID 4033855], [JCR, SNIP, WoS do 10. 1. 2012: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 17. 7. 2013: št. citatov (TC): 4, čistih citatov (CI): 3, normirano št. čistih citatov (NC): 1]

HOJS, Radovan, BEVC, Sebastjan, EKART, Robert, GORENJAK, Maksimiljan, PUKLAVEC, Ludvik. Kidney function estimating equations in patients with chronic kidney disease. *International journal of clinical practice*, ISSN 1368-5031, Apr. 2011, vol. 65, no. 4, str. 458-464, doi: 10.1111/j.1742-1241.2010.02597.x. [COBISS.SI-ID 3905599], [JCR, SNIP, WoS do 31. 12. 2013: št. citatov (TC): 5, čistih citatov (CI): 4, normirano št. čistih citatov (NC): 2, Scopus do 25. 12. 2013: št. citatov (TC): 4, čistih citatov (CI): 4, normirano št. čistih citatov (NC): 2]

PFEFFER, Marc A., HOJS, Radovan, NAVODNIK-PRELOŽNIK, Maja, RUS, Igor, SAKSIDA, Silvana, et al. Baseline characteristics in the trial to reduce cardiovascular events with aranesp therapy (TREAT). *American journal of kidney diseases*, ISSN 0272-6386, Jul. 2009, vol. 54, no. 1, str. 59-69. <http://www.sciencedirect.com/science/article/pii/S0272638609006404>, doi: 10.1053/j.ajkd.2009.04.008. [COBISS.SI-ID 4633151], [JCR, SNIP, WoS do 9. 5. 2013: št. citatov (TC): 20, čistih citatov (CI): 19, normirano št. čistih citatov (NC): 8, Scopus do 31. 12. 2013: št. citatov (TC): 25, čistih citatov (CI): 24, normirano št. čistih citatov (NC): 11]

PFEFFER, Marc A., NAVODNIK-PRELOŽNIK, Maja, HOJS, Radovan, SAKSIDA, Silvana, RUS, Igor, et al. A trial of darbepoetin alfa in type 2 diabetes and chronic kidney disease. *The New England journal of medicine*, ISSN 0028-4793, 2009, vol. 361, no. 21, str. 2019-2032, doi: 10.1056/NEJMoa0907845. [COBISS.SI-ID 4403007], [JCR, SNIP, WoS do 6. 1. 2014: št. citatov (TC): 491, čistih citatov (CI): 491, normirano št. čistih citatov (NC): 186, Scopus do 7. 1. 2014: št. citatov (TC): 626, čistih citatov (CI): 626, normirano št. čistih citatov (NC): 237]

#### **MIČETIĆ TURK DUŠANKA**

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