



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Ime predmeta:	Vplivi okolja in zdravje
Course title:	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

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

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

Nosilec predmeta / Course coordinator:

Red. prof. dr. Ivan Eržen
Red. prof. dr. Radovan Hojs (sonosilec)
Red. prof. dr. Dušanka Mičetić-Turk (sonosilka)

Jeziki /Languages:

Predavanja / Lectures: slovenski/slovene

Vaje / Tutorial: slovenski/slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites for enrolling in the course or for performing study obligations:

Vsebina (kratek pregled učnega načrta):

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

Content (syllabus outline):

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.

najpomembnejšimi dejavniki delovnega in bivalnega okolja. Spoznali bodo nekatere primere škodljivega delovanja dejavnikov delovnega in bivalnega okolja na zdravje. Seznani 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.	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.
<u>b) Geriatrija</u> 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). Seznani se s posebnostmi zdravljenja starostnika. Spozna problem nezmožnosti (disability) starostika in možnosti prevence bolezni pri starostniku.	<u>b) Geriatrics</u> 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.
<u>c) Klinična prehrana</u> -Ocena prehranskega stanja -uporaba in analiza dietnega dnevnika, klinična in biokemijska analiza stanja prehranjenosti, prehranski vnos glede na sestavo po posameznih skupinah hranil in energetske vnos, 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	<u>c) Clinical nutrition</u> - 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 illpatients (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.Slovensko združenje za Klinično prehrano in Ministrstvo za zdravje R Slovenije, Klinična prehrana, 2017
 - 3.Bendich A.,DeckelbaumR.J., Preventive nutrition. The Comprehensive Guide for Health Professionals. Humana Press, Totowa NJ.2014
 - 4.Garrow JS,James WPT, Ralph A., Human Nutrition and Dietetics.10th edition. Churchill Livingstone , Harcourt Publishers Limited, 2005
 - 5.Mahan K. EScott-Stump S.Krause, Food,Nutrition &Diet therapy (12th ed) WBSaunders Company, Philadelphia,2008
 - 6.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**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

Cilji : poznavanje prehrane za vzdrževanje zdravja in za različna bolezenska stanja in motnje hranjenja 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
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Objectives: knowledge of nutrition to maintain health and disease states, and eating disorders General competences: 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.

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.
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b) Geriatrija

Študent spozna »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.)

c) Klinična prehrana

Študent razume pomen prehrane v zdravju in bolezni
Pozna osnove učinkov hrane na bolezenske procese in razume patofiziološko dogajanje pri različnih motnjah

Prenesljive/ključne spretnosti in drugi atributi:

a) Okoljska medicina

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.

b) Geriatrija

Zgodnja spoznava vulnerabilnosti starostnika in kompleksnost bolezenskih procesov

c) Klinična prehrana

Pozna različne načine prehranske podpore bolnikov in zna načrtovati prehrano

Ima teoretično podlago za sodelovanje pri raziskovalnem delu.

Metode poučevanja in učenja:**a) Okoljska medicina**

Predavanja, seminarji, študij primerov, diskusije, nastopi, delo v manjših skupinah, reševanje konkretnih problemov, individualne naloge.

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.)

c) Clinical nutrition

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 pathophysiological processes in different disorders

Transferable/Key Skills and other attributes:

a) Environmental medicine

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.

b) Geriatrics

An early detection of vulnerability of an old person and complexity of illness processes

c) Clinical nutrition

Student have to know the different types of nutritional support and know planning nutrition

Student have the theoretical foundation to collaborate in research work

Learning and teaching methods:**a) Environmental medicine**

Lectures, seminars, case study, student's presentations, small group work, consultations, team work, individual work.

<u>b) Geriatrija</u> Predavanja služijo kot osnova, ki jo študent nadgradi z aktivnim sodelovanjem pri seminarjih.	<u>b) Geriatrics</u> <u>Lectures are the basis, which is upgraded with active participation in seminars.</u>
<u>c) Klinična prehrana</u> Predavanja Seminarske vaje –sodelovanje z gosti iz prakse	<u>c) Clinical nutrition</u> Lectures Seminar tutorial-including guests from practice

Načini ocenjevanja:		Delež (v %) / Share (in %)	Assessment methods:
Način (pisni izpit, ustno izpraševanje, naloge, projekt):			Type (examination, oral, coursework, project):
<u>a) Okoljska medicina</u> Kolokvij		50	<u>a) Environmental medicine</u> Partial exam
<u>b) Geriatrija</u> kolokvij		25	<u>b) Geriatrics</u> Partial exam
<u>c) Klinična prehrana</u> kolokvij		25	<u>c) Clinical nutrition</u> Partial exam
ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV			ACADEMIC OBLIGATIONS OF STUDENTS:
a) Okoljska medicina: 80% udeležba na predavanjih, seminarjih in vajah			<u>a) Environmental medicine</u> 80% Participation at lectures and and seminars
b) Geriatrija: 80% udeležba na seminarjih			<u>b) Geriatrics</u> 80% Participation at seminars
<u>c) Klinična prehrana</u> 80% udeležba na predavanjih, seminarjih in vajah			<u>c) Clinical nutrition</u> 80% Participation at seminars
POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA			REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING:
a) Okoljska medicina: 80% udeležba na predavanjih, seminarjih in vajah			<u>a) Environmental medicine</u> 80% Participation at lectures and and seminars
b) Geriatrija: 80% udeležba na seminarjih			<u>b) Geriatrics</u> 80% Participation at seminars
<u>c) Klinična prehrana</u> 80% udeležba na seminarjih			<u>c) Clinical nutrition</u> 80% Participation at seminars

Reference nosilca / Course coordinator's references:

IVAN ERŽEN:

GALIČIČ, An, ROŽANEC, Jan, KUKEC, Andreja, CARLI, Tanja, MEDVED, Sašo, ERŽEN, Ivan. Identification of indoor air quality factors in Slovenian schools : national cross-sectional study. *Processes*. [Online ed.]. 2023, vol. 11, iss. 13, 16 str., ilustr. ISSN 2227-9717. <https://www.mdpi.com/2227-9717/11/3/841>, DOI: [10.3390/pr11030841](https://doi.org/10.3390/pr11030841). [COBISS.SI-ID [146393347](https://cobiss.si/146393347)], [JCR, SNIP, WoS]

2. GILLES, Liese, ERŽEN, Ivan, HORVAT, Milena, JANEV HOLCER, Natasa, MAZEJ, Darja, SNOJ TRATNIK, Janja, VOGEL, Nina, et al. Harmonization of human biomonitoring studies in Europe : characteristics of the HBM4EU-aligned studies participants. *International journal of environmental research and public health*. [Online ed.]. 2022, vol. 19, no. 11, str. 6787-1-6787-23. ISSN 1660-4601. DOI: [10.3390/ijerph19116787](https://doi.org/10.3390/ijerph19116787). [COBISS.SI-ID [110184451](https://cobiss.si/110184451)], [JCR, SNIP, WoS do 14. 4. 2023: št. citatov (TC): 19, čistih citatov (CI): 12, čistih citatov na avtorja (CIAu): 0,67, [Scopus](https://scopus.com/146393347) do 14. 4. 2023: št. citatov (TC): 23, čistih citatov (CI): 11, čistih citatov na avtorja (CIAu): 0,62]

3. ŠÖMEN JOKSIĆ, Agnes, SNOJ TRATNIK, Janja, MAZEJ, Darja, KOCMAN, David, STAJNKO, Anja, ERŽEN, Ivan, HORVAT, Milena. Polycyclic aromatic hydrocarbons (PAHs) in men and lactating women in Slovenia Results of the first national human biomonitoring : results of the first national human biomonitoring. *International journal of hygiene and environmental health*. 2022, vol. 241, str. 113943-113943-14. ISSN 1438-4639. DOI: [10.1016/j.ijheh.2022.113943](https://doi.org/10.1016/j.ijheh.2022.113943). [COBISS.SI-ID [96619267](https://cobiss.si/96619267)], [JCR, SNIP, WoS do 30. 3. 2023: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,29, [Scopus](https://scopus.com/96619267) do 5. 4. 2023: št. citatov (TC): 4, čistih citatov (CI): 3, čistih citatov na avtorja (CIAu): 0,43]

4. JEREB, Gregor, ERŽEN, Ivan, ODER, Martina, POLJŠAK, Borut (avtor, korespondenčni avtor). Phosphate drinking water softeners promote Legionella growth. *Journal of water and health*. 2022, vol. 20, no. 7, str. 1084-1090, ilustr. ISSN 1996-7829. <https://iwaponline.com/jwh/article/20/7/1084/89592/Phosphate-drinking-water-softeners-promote>, DOI: [10.2166/wh.2022.055](https://doi.org/10.2166/wh.2022.055). [COBISS.SI-ID [118381059](https://cobiss.si/118381059)], [JCR, SNIP, WoS do 24. 2. 2023: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,25, [Scopus](https://scopus.com/118381059) do 28. 3. 2023: št. citatov (TC): 1, čistih citatov (CI): 1, čistih citatov na avtorja (CIAu): 0,25]

5. HRŽENJAK, Vesna Viher, KUKEC, Andreja, ERŽEN, Ivan, STANIMIROVIĆ, Dalibor. Effects of ultrafine particles in ambient air on primary health care consultations for diabetes in children and elderly population in Ljubljana, Slovenia : a 5-year time-trend study. *International journal of environmental research and public health*. [Online ed.]. Jul. 2020, vol. 17, iss. 14, str. 1-19, ilustr. ISSN 1660-4601. <https://www.mdpi.com/1660-4601/17/14/4970>, DOI: [10.3390/ijerph17144970](https://doi.org/10.3390/ijerph17144970). [COBISS.SI-ID [23124995](https://cobiss.si/23124995)], [JCR, SNIP, WoS do 2. 10. 2022: št. citatov (TC): 2, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,50, [Scopus](https://scopus.com/23124995) do 29. 11. 2022: št. citatov (TC): 3, čistih citatov (CI): 2, čistih citatov na avtorja (CIAu): 0,50]

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](https://doi.org/10.1111/j.1525-1594.2011.01401.x). [COBISS.SI-ID [4393279](https://cobiss.si/4393279)], [JCR, SNIP, WoS do 11. 4. 2013: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 1, [Scopus](https://scopus.com/4393279) do 20. 3. 2013: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]

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