

UČNI NAČRT PREDMETA / COURSE SYLLABUS	
Ime predmeta:	Klinična prehrana
Course title:	Clinical nutrition 1

Študijski program in stopnja Study programme and cycle	Študijska smer Study option	Letnik Year of study	Semester Semester
Splošna medicina, enovit magistrski študijski program		Tretji	5.
General medicine, Uniform master's degree study program		Third	5th

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

izbirni
elective

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
5	40						45	3
		AV	LV	RV				

Nosilec predmeta / Course coordinator:

prof. dr. Dušanka Mičetić Turk

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):

-Ocena prehranskega stanja,
- Klinična in biokemijska analiza stanja prehranjenosti, sestava telesa,
-Prehranski vnos glede na sestavo po posameznih skupinah hranil in energetski vnos, ocena ustreznosti vnosa .
-Voda in elektroliti
-Vpliv pomanjkanja makro in mikrohranil na fiziološke funkcije v različnih bolezenskih stanjih
-Nutraceutiki in njihov pomen za zdravje
- Pomen probiotikov, prebiotikov in antioksidantov v prehrani
- Sodobne smernice prehrane dojenčkov, predšolskih in šolskih otrok ter odraslih

Content (syllabus outline):

Assessment of nutritional status,
-Clinical and biochemical analysis of nutritional status, Body composition,
-Nutritional intake regarding composition by individual nutrient groups and energy intake, intake adequacy assessment
-Water and electrolytes
-The impact of macro and micronutrient deficiencies in the physiological function in various disease states
-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

- Najpogostejše prebavne motnje povezane s prehrano
- Enteralna in parenteralna prehrana
- Prehranska modulacija in imunske funkcije
- Prehrana akutno bolnih (na pr. akutni gastroenteritis)
- Prehrana kritično bolnih(na pr. KVČB, ledvične bolezni..)
- Motnje hranjenja in prehranska podpora teh bolnikov

- The most common gastrointestinal disorders in connection with the food
- 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

Temeljni literatura in viri / Reading materials:

Temeljna literatura

- 1.Študijsko gradivo- zapiski predavanj/ Course material- lecture notes
- 2.Mahan K. Escott-Stump S.Krause, Food,Nutrition &Diet therapy (12th ed) WBSaunders Company, Philadelphia,2008
- 3 Kleinman R.E.,Greer F.R., Pediatric Nutrition,(7th ed),American Academy of Pediatrics,2014.

Dodatna literatura

A.S.P.E.N. and E.S.P.E.N. guidelines

Strokovne publikacije v periodiki

Cilji in kompetence:

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.

Objectives and competences:

Goals:

Understanding the role of nutrition in health and different diseases and eating disorders

General competences:

Understanding the concepts of scientific principles of clinical nutrition and dietetics, which direct students to analyze and solve problems.

Developing the ability to find, select and use relevant data and the latest nutrition information.

Subject-specific competences:

The student can evaluate the patient's nutritional status

The student can recognize the basic symptoms, familiar diagnostic procedures and principles of treatment of the disease, and the most appropriate form of nutrition in a particular disease, including all forms of artificial nutrition
Develops the ability to participate in a multidisciplinary team

Develops the ability to research, document, analyze results, display results and publish them in professional / scientific literature

Predvideni študijski rezultati:

Znanje in razumevanje:
 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:
 Pozna različne načine prehranske podpore bolnikov in zna načrtovati prehrano
 Ima teoretično podlago za sodelovanje pri raziskovalnem delu.

Intended learning outcomes:

Knowledge and understanding:
 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:
 Student have to know the different types of nutritional support and know planning nutrition
 Student have the theoretical foundation to collaborate in research work.

Metode poučevanja in učenja:

Predavanja
 Seminarji
 Seminarske vaje –sodelovanje z gosti iz prakse

Learning and teaching methods:

Lectures
 Seminars
 Seminar tutorial-including guests from practice

Načini ocenjevanja:

Delež (v %) /
 Share (in %)

Assessment methods:

Seminarska naloga in ustna predstavitev	50	Seminar essay and oral presentation
Pisni izpit	50	Written exam

Reference nosilca / Course coordinator's references:

ŠIKIĆ POGAČAR, Maja, TURK, Eva, DOLINŠEK, Jernej, MARČUN-VARDA, Nataša, MIČETIĆ-TURK, Dušanka. Impact of obesity on health related quality of life among children and adolescents in Slovenia. HealthMed, ISSN 1840-2291, 2013, vol. 7, no. 10, str. 2765-2776, ilustr. http://www.healthmed.ba/pdf/healthmed_7_10_web.pdf. [COBISS.SI-ID 4791359], [SNIP]

GRECO, Luigi, TIMPONE, Laura, ABKARI, Abdelhak, ABU-ZEKRY, Mona, ATTARD, Thomas, BOUGUERRA, Faouzi, CULLUFI, Paskal, KANSU, Aydan, MIČETIĆ-TURK, Dušanka, MIŠAK, Zrinjka, ROMA, Eleftheria, SHAMIR, Raanan, TERZIC, Selma. Burden of celiac disease in the Mideterranean area. World Journal of Gastroenterology, ISSN 1007-9327, 2011, vol. 17, no. 45, str. 4971-4978. <http://www.wjgnet.com/1007-9327/pdf/v17/i45/4971.pdf>, doi: 10.3748/wjg.v17.i45.4971. [COBISS.SI-ID 4138303], [JCR, SNIP, WoS do 10. 12. 2013: št. citatov (TC): 7, čistih citatov (CI): 7, normirano št. čistih citatov (NC): 2, Scopus do 2. 10. 2013: št. citatov (TC): 7, čistih citatov (CI): 7, normirano št. čistih citatov (NC): 2]

MIČETIĆ-TURK, Dušanka, ŠIKIĆ POGAČAR, Maja. Klinična uporaba probiotikov v pediatriji = Clinical use of probiotics in pediatrics. Zdravniški vestnik, ISSN 1318-0347. [Tiskana izd.], dec. 2011, letn. 80, št. 12, str. 933-943. <http://ojs.szd.si/index.php/vestnik/article/view/657/627>. [COBISS.SI-ID 4156735], [JCR, WoS do 5. 4. 2012: št. citatov

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MIČETIĆ-TURK, Dušanka, ŠIKIĆ POGAČAR, Maja. Prehranska modulacija imunske funkcije in nutrigenomika = Nutritional modulation of immune function and nutrigenomics. *Zdravniški vestnik*, ISSN 1318-0347. [Tiskana izd.], 2010, letn. 79, št. 11, str. 782-789. [COBISS.SI-ID 27571929], [JCR, WoS do 11. 1. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 10. 7. 2012: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

KLEMENAK, Martina, DOLINŠEK, Jernej, LANGERHOLC, Tomaž, DI GIOIA, Diana, MIČETIĆ-TURK, Dušanka. Administration of Bifidobacterium breve decreases the production of TNF-[alfa] in children with celiac disease. *Digestive diseases and sciences*, ISSN 1573-2568, Nov. 2015, vol. 60, iss. 11, str. 3386-3392. <http://link.springer.com/article/10.1007%2Fs10620-015-3769-7>, doi: [10.1007/s10620-015-3769-7](https://doi.org/10.1007/s10620-015-3769-7). [COBISS.SI-ID 512528696], [JCR, SNIP, WoS do 2. 5. 2016: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 0, Scopus do 2. 5. 2016: št. citatov (TC): 2, čistih citatov (CI): 2, normirano št. čistih citatov (NC): 1]

KANIČ, Zlatka, MIČETIĆ-TURK, Dušanka, BURJA, Silva, KANIČ, Vojko, DINEVSKI, Dejan. Influence of a combination of probiotics on bacterial infections in very low birthweight newborns. *Wiener Klinische Wochenschrift*, ISSN 0043-5325, 2015, jg. 127, suppl. 5, str. S210-S215, ilustr. <http://link.springer.com/content/pdf/10.1007%2Fs00508-015-0845-0.pdf>, doi: [10.1007/s00508-015-0845-0](https://doi.org/10.1007/s00508-015-0845-0). [COBISS.SI-ID 5494335], [JCR, SNIP, WoS do 25. 1. 2016: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 17. 2. 2016: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]