University of Gdańsk

Subject card

Subject name and code	Nutrition in the Prevention and Treatment of Diseas, PG_00081927		
Field of study	Medical Biology		
Date of commencement of studies	October 2023	Academic year of realisation of subject	2024/2025
Education level	postgraduate studies	Subject group	
Mode of study	full-time studies	Mode of delivery	at the university
Year of study	2	Language of instruction	Polish Polish
Semester of study	4	ECTS credits	2.0
Learning profile	academic	Assessment form	
Conducting unit			
Name and surname of lecturer (lecturers)	Subject supervisor	dr hab. Zbigniew Kaczyński	
	Teachers		

Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	30.0	0.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						

Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan	Participation in consultation hours	Self-study	SUM
	Number of study hours	30	0.0	0.0	30

Subject objectives
• Familiarisation with the basic principles of nutrition for people of different ages. • Familiarisation with the main principles of nutrition in the prevention of disease. • Introduction to the principles of nutrition in the treatment of the most common diseases. • Familiarisation with possible interactions between food components and drugs.

Learning outcomes

Course outcome	Subject outcome	Method of verification
	Knowledge: 1. Knows the basic principles of nutrition related to the prevention and treatment of disease. 2. Describes selected methods of nutritional treatment. 4. Understands the importance of appropriate nutritional principles in the treatment of various diseases. 5. Is able to indicate possible interactions between food components and drugs. Skills: 1. Is able to demonstrate the relationship between nutrition and the prevention and treatment of disease. 2. Demonstrates the ability to independent search for necessary data in the literature. 3. Speaks about issues related to the nutrition of the sick person in understandable language, using correct nomenclature. Social competences: 1. Understands the need for further education in the principles of proper nutrition in different clinical situations. 2. Consciously assesses the role of human nutrition in the prevention and treatment of disease. 3. Demonstrates a critical approach to information contained in professional and popular literature.	[SW4] test/exam - oral or written [SW1] oral statement/ conversation/discussion [SU1] oral statement/conversation/ discussion [SU4] test/exam - oral or written [SK1] oral statement/conversation/ discussion [SK4] test/exam - oral or written

Subject contents

Principles of nutrition in different periods of life. Comparison of digestion, absorption and metabolism in healthy and diseased individuals. Effects of malnutrition on metabolism, physiological functions and immune disorders. Principles of nutrition in the prevention of selected diseases. Nutrition in the treatment of the most common diseases (e.g. obesity, bulimia, cardiovascular diseases, gastrointestinal diseases, cancer) and in various clinical situations (e.g. perioperative period, after multi-organ trauma, patients in terminal condition). Methods of nutritional treatment. Effects of drugs on absorption and metabolism of nutrients from food. Effect of nutrition on absorption, transport, metabolism, excretion and action of selected drugs.

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
Written exam	51.0%	100.0%

Recommended reading

Basic literature	• M. Grzymisławki (red) Dietetyka kliniczna, PZWL, Warszawa 2019 • H. Ciborowska, A. Rudnicka, Dietetyka, żywienie zdrowego i chorego człowieka, PZWL, Warszawa 2019 • M. Grzymisławski, J. Gawecki, Zywienie człowieka zdrowego i chorego, Wydawnictwo Naukowe PWN, Warszawa 2010 • N. J. Peckenpaug, red. wyd. pol. D. Gajewska, Podstawy zywienia i dietoterapia, Elsevier Urban & Partner, Wrocław 2011 • Z. Zachwieja, Leki i pozywienie - interakcje, MedPharm, Wrocław 2008 • B. Szczygieł, Niedozywienie zwiazane z choroba - zapobieganie, leczenie, Wydawnictwo Lekarskie PZWL, Warszawa 2012
Supplementary literature	• L. Chevallier, red. wyd. pol. D. Gajewska, 51 zalecen dietetycznych w wybranych stanach chorobowych, Elsevier Urban & Partner, Wrocław 2010 • B. Szczygieł, Niedozywienie zwiazane z choroba - wystepowanie, rozpoznanie, Wydawnictwo Lekarskie PZWL, Warszawa 2011 • J. Fiedurek, Rola zywnosci i zywienia w profilaktyce i terapii chorob człowieka, UMCS, Lublin 2007
eResources addresses	Adresy na platformie eNauczanie:

Example issues/ example questions/ tasks being completed

- What is a functional food? Provide examples.
- Does the energy balance always have to be balanced? Please provide reasons for your answer.

Work placement

Not applicable

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