

MINISTRY OF HEALTH PROTECTION OF UKRAINE

ODESSA NATIONAL MEDICAL UNIVERSITY

Faculty of medicine, international

Department of Hygiene and Medical Ecology Syllabus of the academic discipline

"Practical dietetics"

Scope of the academic discipline	Total number of hours per discipline: 90 hours, 3 credits Semesters: VII-VIII 4 years of study.
Days, time, place of educational discipline	According to the schedule of classes. Department of Hygiene and Medical Ecology, Odesa, str. Pasteur 11.
Teacher(s)	Professor Babienko Volodymyr Volodymyrovych, Doctor of Medicine, Doctor of Science in Technology Doctor of Medicine Associate Professor Kobolev Evgeny Volodymyrovych Doctor of Medicine Associate Professor Horoshkov Oleg Vitaliyovych Art. teacher Sheikh Ali Dani Huseynovych Senior teacher Shanyhin Anton Viktorovych Senior teacher Vatan Maya Mykolaiivna Anastasia Rozhnova's assistant
Contact Information	Help by phone: Sheikh Ali Dani Husseynovych, head of the department 063-765-08-18 E-mail: shejx.ali@onmedu.edu.ua Face-to-face consultations: from 2:00 p.m. to 5:00 p.m. every Thursday, from 9:00 a.m. to 2:00 p.m. every Saturday Online consultations: from 16.00 to 18.00 every Thursday, from 9:00 a.m. to 2:00 p.m. every Saturday by prior arrangement. A link to an online consultation is provided to each group during classes separately.

COMMUNICATIONS

Communication with applicants will be conducted in the classroom (face-to-face). During distance learning, communication is carried out through the Microsoft Teams platform, as well as through e-mail correspondence, the Telegram messenger (through the created groups for each group, separately through the head of the group).

ABSTRACT OF THE EDUCATIONAL DISCIPLINE

The subject of study of the discipline is the physiological and biochemical basis of nutrition. Prerequisites and post-requisites of the discipline (the place of the discipline in the educational program):

Prerequisites: Ukrainian language (by professional direction), foreign language (by professional direction), Latin language and medical terminology, medical biology, medical and biological physics, biological and bioorganic chemistry, human anatomy, histology, cytology and embryology, physiology, microbiology, virology and immunology, life safety; basics of bioethics and biosafety, pathomorphology, pathophysiology, pharmacology, propaedeutics of pediatrics, medical psychology, otorhinolaryngology, ophthalmology, neurology, psychiatry, narcology, dermatology, venereology.

Postrequisites: hygiene and ecology, internal medicine, surgery, obstetrics and gynecology, infectious diseases, epidemiology and principles of evidence-based medicine, oncology and radiation medicine, traumatology and orthopedics, phthisiology, anesthesiology and intensive care, emergency and emergency medical care, hygiene and ecology, palliative and hospice medicine, general practice (family medicine).

The goal of the discipline: acquisition of theoretical knowledge, practical skills and abilities in all areas of dietetics, necessary for independent work in qualities of a nutritionist.

Tasks of the discipline: raising the level of theoretical and practical training on the following issues:

- Physiology and biochemistry of digestion;
- Estimates of the biological and energy value of the most common types of products and ways to increase them;
- Knowledge of hygienic requirements for food quality and safety;
- Organization and control of food quality in hospitals, sanatoriums, prophylactics, hospices;
- Peculiarities of changes in metabolic processes in the body in various pathological conditions and ways of correcting them with medical nutrition.

Expected results:

As a result of studying the academic discipline, the applicant must: Know:

- Scientific foundations, modern requirements for the organization of rational nutrition of various contingents of the population and alimentary diseases of systems and organs;
- Features of the directed effect of food components on various systems and organs;
- Modern requirements for the organization of dietary nutrition in diseases of various systems and organs;
- Basics of prevention of food poisoning and protection of food raw materials, food products and ready-made food in LPU;
- healthy methodical approaches: to the rationing of the needs of healthy and sick people in food substances and energy; to the choice of food products when building diets; to the technology of preparing dietary food;
- Methodology for drawing up a menu, calculating the chemical composition and keeping a card file of the layout, seven-day menu (winter and summer version);
- Organization of scrapping of products and ready meals; laboratory control of food products and the state of the food block;
- Control the correctness of documentation by a nurse;

- Basic laws, by-laws and instructive methodological documents in the field of ensuring the safety and quality of used products;
 - Forms and methods of work of a dietitian doctor in the organization of nutrition at LPU.
- Be able:
- Make a daily menu taking into account the season and the availability of products;
 - Organize the work on keeping a card file of dishes;
 - Calculate the chemical composition and energy value of rations;
 - Carry out work on the evaluation of the effectiveness of dietary nutrition;
 - Assess the quality of food products, ready-made food in terms of nutritional and biological value, hygienic indicators;
 - Conduct an analysis of the state of medical nutrition and justify recommendations for its improvement;
 - Work independently with normative and reference literature on medical and preventive nutrition;
 - Use the principles of primary and secondary prevention of the most common non-infectious diseases;
 - Organize training of food block staff on hygiene and technology of preparation of medical diets;
 - Control the timeliness of medical examinations of food block and cafeteria workers and prevent people from working who have not passed a medical examination, as well as patients with pustular, intestinal diseases and angina.

DESCRIPTION OF THE EDUCATIONAL DISCIPLINE

The discipline will be taught in the form of seminar classes (30 hours); organization of the applicant's independent work (60 hours).

Teaching methods: conversation, solving clinical situational problems, working with laboratory devices, solving test problems.

Content of the academic discipline

Topic 1. Nutrition in medical and preventive institutions Topic 2. Basics of nutrition for healthy and sick people

Topic 3. The system of standard diets in a medical organization, surgical diets, unloading and specialized diets, special diets

Topic 4. Organizational basics of nutrition in medical and preventive institutions

Topic 5. Rational nutrition. Basic principles and rules.

Topic 6. Therapeutic nutrition is a factor in therapy and secondary prevention of diseases.

Topic 7. Nutrition as a medical, social and economic problem

Topic 8. Modern ideas about the biological role of nutrients and their importance in the metabolism of substances in the body in normal and pathological conditions, the ratio of these substances in the diet depends on the state of human health.

Topic 9. Physiology and pathophysiology of digestion

Topic 10. Hygienic requirements for food products and their examination Topic 10. Diseases of the cardiovascular system and diet therapy

Topic 11 Diseases of the kidneys, urinary tract and diet therapy

Topic 12. Diseases of the endocrine system, metabolic disorders, diet therapy

Topic 13. Respiratory diseases and diet therapy

Topic 14. Nutrition for some surgical diseases Topic 15. Diet therapy for concomitant lung diseases Topic 16. Diseases of the digestive organs and diet therapy

Topic 17. Nutrition of pregnant and lactating women

Topic 18. Food allergy and intolerance of some food components

Topic 19. Daily nutritional norms of patients in a medical organization, sanatoriums, preventive

clinics

Topic 20. Interchangeability of products when preparing dietary dishes, replacement of products by proteins and carbohydrates

Topic 21 Quality composition of food products. Importance of proteins, fats and carbohydrates in the diet. Vitamins, micro- and macroelements.

Topic 22. Management, structure and organization of medical nutrition in human treatment and prevention institutions and for various diseases.

List of recommended literature:

Recommended Books

1. Constitution of Ukraine.
2. Fundamentals of Ukrainian legislation on health care.
3. Law of Ukraine "On Ensuring Sanitary and Epidemic Welfare of the Population".
4. Zubor N. "Fundamentals of physiology and nutrition hygiene" 336p. Center of educational literature, Kyiv 2019.
5. Hygiene propaedeutics; textbook: in 2 vols. T1/ V.V., Babienko, A.V. Mokiienko - Odesa: Press-courier, 2022. 400p.

Hygiene propaedeutics; textbook: in 2 volumes T2/ V.V. Babienko, A.V.

Additional:

1. Pharmaceutical hygiene.: study guide/ V.V., Babienko, A.V. Mokiienko, O.A. Gruzevskiy - Odesa: Press-courier, 2022. 324p.
2. "Hygiene in the practice of a dentist"; educational and methodological manual/ Babienko V.V., Mokiienko A.V., Kobolev E.V./ Odesa: Press-kuryer. 2022 180 p.
3. Food hygiene with the basics of nutrition: Textbook; in 2 books - Book: /Editor's note. Prof. V.I. Cypriana K.: Medicine, 2007. - 544 p.

Electronic information resources

1. <http://moz.gov.ua> – Ministry of Health of Ukraine
2. www.ama-assn.org - American Medical Association / AmericanMedicalAssociation
3. www.who.int - World Health Organization
4. www.dec.gov.ua/mtd/home/ - State Expert Center of the Ministry of Health of Ukraine
5. <http://bma.org.uk> - British Medical Association
6. www.gmc-uk.org - General Medical Council (GMC)
7. www.bundesaerztekammer.de – German Medical Association

EVALUATION

Forms and methods of ongoing control: conversation, solving situational problems, practicing skills, filling out protocols on the topic of classes, performing laboratory tests

Perfectly "5"	The student is fluent in the material, takes an active part in discussing and solving the situational problem, confidently demonstrates practical skills during laboratory research, expresses his opinion on the subject of the lesson, demonstrates clinical thinking.
Fine "4"	The applicant has a good command of the material, participates in the discussion and solution of the situational problem, demonstrates practical skills during laboratory and research with some errors, expresses his opinion on the subject of the lesson, demonstrates clinical thinking.
Satisfactorily "3"	The applicant does not have sufficient knowledge of the material, is unsure of participating in the discussion and solution of the situational problem, demonstrates the practical skills of laboratory research with significant errors.
Unsatisfactorily "2"	The applicant does not possess the material, does not participate in the discussion and solution of the situational problem, does not demonstrate practical skills of laboratory research .

Current evaluation criteria in practical training

Forms and methods of final control: assessment, at the last session of the educational component.

- the grade "credited" is given to the applicant who has completed the work program of the educational component and has no academic debt; the level of competence is high (creative);
- the grade "failed" is given to the applicant who has not completed the work program of the educational component, has academic debt (average score lower than 3.0 (120 points) and/or missed classes); the level of competence is low (receptive-productive)

Possibility and conditions of obtaining additional (bonus) points: not provided.

INDEPENDENT WORK OF HIGHER EDUCATION ACQUIRES

Independent work involves preparation for each practical lesson and test.

EDUCATIONAL DISCIPLINE POLICY

Deadlines and Rescheduling Policy:

- Absences of classes for non-respectable reasons are worked out according to the schedule

the next teacher.

- Absences due to valid reasons are processed according to an individual schedule with the permission of the dean's office.

Academic Integrity Policy:

Observance of academic integrity by applicants is mandatory, and exactly:

- independent performance of all types of work, tasks, forms of control provided for by the work program of this educational discipline;
- references to sources of information in the case of using ideas, developments, statements, information;
- compliance with the legislation on copyright and related rights;
- provision of reliable information about the results of one's own educational (scientific) activity, used research methods and sources of information.

Unacceptable in educational activities for participants of the educational process are:

- using family or official ties to obtain a positive or higher grade during any form of control of learning outcomes or advantages in scientific work;
- use of prohibited auxiliary materials or technical means (cheat sheets, notes, micro-earphones, telephones, smartphones, tablets, etc.) during control measures;
- passing procedures for control of training results by fake persons.

For violation of academic integrity, students may be held to the following academic responsibility:

- a decrease in the results of assessment of control work, assessment in class, credit, etc.;
- repeated evaluation (test, credit, etc.);
- appointment of additional control measures (additional individual tasks, control works, tests, etc.);
- additional inspection of other works authored by the violator.

Attendance and Tardiness Policy:

Uniform: a medical gown that completely covers the outer clothing, or medical pajamas, a cap, a mask, and a change of shoes.

Equipment: textbook, notebook, dictionary, pen.

State of health: applicants suffering from acute infectious diseases, including respiratory diseases, are not allowed to attend classes.

A student who is late for class can attend it, but if the teacher has put "nb" in the journal, he must complete it in the general order.

Use of mobile devices:

Mobile devices may be used by students with the permission of the instructor if they are needed for the assignment.

Behavior in the audience

The behavior of applicants and teachers in the classrooms must be working and calm, strictly comply with the rules established by the Regulations on academic integrity and ethics of academic relations at Odessa National Medical University, in accordance with the Code of Academic Ethics and University Community Relations of Odessa National Medical University, Regulations on Prevention and detection of academic plagiarism in the research and educational work of students of higher education, scientists and teachers of Odessa National Medical University.