

## **SYLLABUS**

**NAME OF THE DEPARTMENT / CLINIC PROVIDING THE COURSE:** Geriatric Clinic, WAM Hospital, pl. Hallera 1, 90-647, Lodz. Head of the department: Prof. dr hab. n. med. Tomasz Kostka

**COURSE PROFILE:** academic

**SPECIALITY:** Geriatrics

**LEVEL OF COURSE UNIT:** International Doctoral School

**COURSE TITLE:** Are you really what you eat? The most popular diets and dietary supplements in the older people's health preservation and disease treatment

**Type of course unit:** doctoral seminar

**Course unit code:**

**Course aims:**

1. presentation of the most important changes in the digestive system and the specifics of elderly people nutrition
2. presentation of the most popular diets and dietary patterns for elderly
3. providing basic information about clinical differences and the impact of dietary components on the older people health
4. providing basic information on the interactions of dietary supplements with medications used by older people

**Form of study:** Full time

**Type of educational activities and number of hours:** Seminar – 5h.

**Number of ECTS credits allocated and their structure according to students form of learning:**

**Name of the lecturer:** Zuzanna Chrząstek

**Prerequisites:**

1. Knowledge of anatomy, physiology and pathophysiology of the functioning of the human body
2. Basic knowledge of human nutrition

**Teaching methods:** Seminar, discussion, students activity, case study demonstration

**Course unit content:**

1. Changes in the digestive system of older people
2. Principles of rational nutrition for the elderly
3. The most popular diets used by older people
4. The impact of different diets on the health of older people
5. Interactions between the most popular dietary supplements and medications used by older people

**Educational outcomes:****Knowledge:****Acquiring knowledge in the field:**

1. differences in the functioning of the digestive system of an elderly patient. STUDENTS are able to define, explain and give examples related to the following aspects - aging of the body - changes in the digestive tract, age-related diseases of the digestive tract
2. principles of rational diet therapy of elderly patients. STUDENTS are able to define, explain and give examples related to the following aspects - the distribution of micro and macro elements in the diet of elderly people and the impact on the functioning of their body. The relationship between selected nutrients and the health and diseases of older patients.
3. existing diets used by older patients - STUDENTS are able to list the diets most frequently used by seniors, they are able to assess the possible consequences of the impact of the applied nutrition regime on the body of older people
4. principles of rational dietary supplementation and possible interactions between drugs and dietary supplements. STUDENTS can assess the need to introduce and/or exclude supplementation in older patient diets. They know the basic terms relating to pharmacotherapy of older people and can explain the concept of polypharmacy. They know the side effects of dietary supplements and possible interactions between drugs and dietary supplements

**Skills:**

1. students acquire the ability to assess basic changes in the functioning of the digestive system of an elderly person
2. students acquire the skills to apply proper diet therapy for health preservation and disease treatment of elderly people
3. students acquire the skills to assess the validity of using a separate diet for older people
4. students acquire the skills to assess the impact of dietary supplements on the body of older patients and the appropriateness of their use
5. Students acquire the skills to assess possible interactions between medications and dietary supplements used by older people.

**Literature:**

1. Jarosz M.: "Żywnienie osób w wieku starszym". PZWL, Warszawa 2008
2. Jarosz M. (red.): "Zasady prawidłowego żywienia chorych w szpitalach". IŻiŻ Warszawa 2011
4. Sobotka L. „Podstawy żywienia klinicznego ESPEN” – KW Scientifica Kraków 2013
5. Bernstein M, Munoz N., Nutrition for the Older Adult. Jones and Bartlett Learning, Burlington, 2016
6. Zmarzły A. (red.): "Niedożywienie u pacjentów ambulatoryjnych". PTZK Wrocław 2014

**Assessment methods and criteria:**

1. attendance at classes

2. activity in classes

**Additional information:**

**Statement and signature of the course coordinator:**

I declare that the program content contained in this syllabus is the result of my individual creative work performed as part of an employment/cooperation relationship resulting from a civil law contract and that third parties are not entitled to proprietary rights on this account.

**Dean's signature:**

**Date:**