



Nutrition Basics for Everyday Clinical Practice

ABC żywieniowe w praktyce klinicznej

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw E-mail: zmsizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch – Osuch, MD, PhD
Course coordinator	Aleksandra Kozłowska, PhD, aleksandra.kozlowska@wum.edu.pl
Person responsible for syllabus	Aleksandra Kozłowska, PhD, aleksandra.kozlowska@wum.edu.pl
Teachers	Aleksandra Kozłowska, MSc, PhD

2. BASIC INFORMATION

Year and semester of studies	I-II year, summer, and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.20
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.80

3. COURSE OBJECTIVES

O1	Familiarization with the principles of nutrition in the course of the most common internal diseases.
O2	Understanding the relationship between nutrition and the patient's health status, with particular emphasis on the role of diet in treatment and improving the quality of life of patients, as well as interactions between medications and dietary components.
O3	Acquiring skills in dietary counseling for individuals with various medical conditions, including formulating simple, practical nutritional recommendations tailored to the patient's capabilities, clinical condition, lifestyle, and ongoing pharmacotherapy.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023)</i>
Knowledge – Graduate* knows and understands:	
B.W20.	the function and regulation mechanisms of all organs and systems of the human body and the relationship between them;
B.W15.	organ metabolism and the metabolic, biochemical and molecular basis of disease and therapy;
C.W26.	pathogenesis of diseases, including genetic and environmental conditions;
C.W39.	consequences of vitamin and mineral deficiencies and excesses;

D.W19.	the fundamentals of evidence-based medicine;
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Skills– Graduate* is able to:

E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
G.U2.	collect information on the conditions and presence of risk factors for infectious and noncommunicable diseases and plan preventive activities at various levels of prevention;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
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Skills– Graduate is able to:

D.U4.	demonstrate responsibility for improving their own skills and transferring knowledge to others;
D.U5.	critically analyse medical literature, including literature in English, and draw conclusions;

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
(e-L) seminarium 1	Diet Therapy in Gastrointestinal Diseases Nutrition in Reflux and Ulcers – What Clinical Practice Shows Irritable Bowel Syndrome (IBS) and the FODMAP Diet Nutrition in Crohn’s Disease and Ulcerative Colitis (UC) Supplementation and Deficiencies	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 2	Diet in Liver Diseases Nutrition in Non-Alcoholic Fatty Liver Disease (NAFLD) Malnutrition and Metabolic Disorders in Cirrhosis The Role of Protein and Supplementation	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 3	Nutrition in Gout Purine-Rich Foods – What Really Causes Harm? Myths About Diet in Hyperuricemia The Role of Hydration and Weight Reduction	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.

(e-L) seminarium 4	Diet in Kidney Diseases and Hypertension Low-Protein Diet, Sodium, Phosphorus, and Potassium Restriction Nutrition in CKD vs. Nutrition During Dialysis The Role of the DASH Diet in Hypertension	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 5	Thyroid, Cancer, and Autoimmune Diseases (Overview of Selected Cases) Diet in Hypothyroidism and Hyperthyroidism Hashimoto's Disease and the Controversies Around Gluten and Lactose Supportive Nutrition in Cancer Care Anti-Inflammatory Diet – Theory and Practice	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 6	Diet in Gallstone Disease and After Cholecystectomy What Really Harms and What Can Be Eaten? Gut Microbiota Changes and Fat Digestion Nutritional Recommendations After Surgery	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 7	The Most Common Interactions Between Medications and Dietary Components Medications Affecting Nutritional Status	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.
(e-L) seminarium 8	Clinical Cases and Practice – From Guidelines to Patient Communication Case Analysis: “What Would You Recommend to the Patient?”	B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.

7. LITERATURE

Obligatory

1.Human Nutrition,
Catherine Geissler
Hilary Powers, Oxford Press
2023.

Supplementary

1.Scientific journals:
Nutrients, Clinical Nutrition

1. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
B.W20, B.W15, C.W26, C.W39, D.W19, E.U21,G.U2., C.W40, D.U4., D.U5.	1. Written reports 2. Test (MCQ)	1. credit 2. >60% of correct answers

2. ADDITIONAL INFORMATION

Link to e-learning will be sent by mail to MUW student email account ONLY. Access to e-learning will be available from 2nd till 15th week of semester.

Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers