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|                     | <b>UČNI NAČRT PREDMETA/COURSE SYLLABUS</b> |
| <b>Predmet</b>      | <b>Zdrava prehrana in dietetika</b>        |
| <b>Course title</b> | <b>Healthy Nutrition and Dietetics</b>     |

| <b>Študijski program in stopnja</b><br><b>Study programme and level</b> | <b>Študijska smer</b><br><b>Study field</b> | <b>Letnik</b><br><b>Academic year</b> | <b>Semester</b><br><b>Semester</b> |
|---|---|---------------------------------------|------------------------------------|
| Zdravstvena nega / 1. stopnja   | Zdravstvena nega                            | 3. letnik                             | 5.                                 |
| Nursing Care / 1st Cycle  | Nursing Care                                | 3 <sup>rd</sup> year                  | 5 <sup>th</sup>                    |

**Vrsta predmeta/Course type**

obvezni /obligatory

**Univerzitetna koda predmeta/University course code**

| <b>Predavanja</b> | <b>Seminar</b> | <b>Sem. vaje</b> | <b>Lab. vaje</b>       | <b>Teren.</b>     | <b>Samost.</b>       | <b>ECTS</b> |
|-------------------|----------------|------------------|------------------------|-------------------|----------------------|-------------|
| <b>Lectures</b>   | <b>Seminar</b> | <b>Tutorial</b>  | <b>Laboratory work</b> | <b>vaje</b>       | <b>delo</b>          |             |
|                   |                |                  |                        | <b>Field work</b> | <b>Individ. work</b> |             |
| 45                | /              | 15               | 5                      | /                 | 25                   | 3           |

**Nosilec predmeta/Lecturer:**

mag. Irena Hočevar, pred.

**Jeziki/ Predavanja/Lectures:**

slovenski / Slovenian

**Languages:**

**Vaje/Tutorial:**

slovenski / Slovenian

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

**Prerequisites:**

Vpis v tretji letnik študijskega programa.

The prerequisite for participation is enrolment in the third year of study.

**Vsebina:**

**Content (Syllabus outline):**

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| <ul style="list-style-type: none"> <li>- Obseg zdrave prehrane: varna, uravnotežena, funkcionalna, biološko in gastronomsko sprejemljiva.</li> <li>- Pomen makrohranil (maščobe, beljakovine in ogljikovi hidrati), mikrohranil (vitamini in minerali) in vode v prehrani.</li> <li>- Priporočila za prehrano v različnih življenjskih obdobjih in stanjih.</li> <li>- Alternativni načini prehranjevanja.</li> <li>- Mikrobiološka, kemijska in fizikalna tveganja v živilih (HACCP).</li> <li>- Metode za ugotavljanje prehranske ogroženosti bolnikov (= prehransko presejanje).</li> </ul> | <ul style="list-style-type: none"> <li>-Range of healthy nutrition: safe, balanced, functional, biologically and gastronomically acceptable.</li> <li>-Importance of macro-nutrients (fats, proteins and carbohydrates), micro-nutrients (vitamins and minerals) and water in nutrition.</li> <li>-Food recommendations in different life stages and states.</li> <li>-Alternative ways of nutrition.</li> <li>-Microbiological, chemical and physical hazards in food (HACCP).</li> <li>-Methods for determining nutritional threats to patients (= nutritional screening).</li> </ul> |
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| <ul style="list-style-type: none"> <li>- Prehranska obravnava bolnika (ocena prehranskega stanja, prehranska diagnoza, prehransko ukrepanje – načrt, prehransko spremljanje).</li> <li>- Priporočila za prehrano bolnika glede na bolezensko stanje.</li> <li>- Načini hranjenja.</li> <li>- Enteralna prehrana.</li> <li>- Metode ugotavljanja prehranske anamneze (SV).</li> <li>- Načrtovanje prehrane (SV).</li> <li>- Sestavljanje jedilnikov z izračuni hranilne in energijske vrednosti za različna starostna obdobja (SV).</li> <li>- Sestavljanje jedilnikov za bolnike (SV).</li> <li>- Izračun hranilne in energijske vrednosti 7-dnevnega prehranskega dnevnika študenta s pomočjo računalniške aplikacije »Odrpta platforma za klinično prehrano« (LV).</li> <li>- Poročilo 7-dnevnega prehranskega dnevnika (LV).</li> </ul> | <ul style="list-style-type: none"> <li>-Nutritional treatment of patient (assessment of nutritional status, nutritional diagnosis, dietary intervention - plan, nutritional monitoring).</li> <li>-Recommendations of diets regarding the patient's medical condition.</li> <li>-Methods of feeding.</li> <li>-Enteral nutrition.</li> <li>-Methods for identifying nutritional anamneses.</li> <li>-Planning a diet.</li> <li>-Composing menus by calculating nutritional and energy values for different age groups.</li> <li>-Composing menus for patients.</li> <li>-Calculating nutritional and energy values by composing a 7 -day dietary diary of student using the computer application "Open Platform for Clinical Nutrition".</li> <li>-Report of 7 -day dietary diary.</li> </ul> |
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### **Temeljna literatura in viri/Readings:**

1. Nemško prehransko društvo, Avstrijsko prehransko društvo, Švicarsko društvo za raziskovanje prehrane in Švicarsko združenje za prehrano (2004). *Referenčne vrednosti za vnos hranil*. Ljubljana: Ministrstvo za zdravje.
2. Rady Rolfes, S., Pinna, K., Whitney, E. (2009). *Understanding normal and clinical Nutrition*. United States of America: Wadsworth, Cengage Learning.
3. Mahan, K., Escott-Stump, S. (2008). *Krause's Food, Nutrition & Diet therapy. 12th ed.* Philadelphia: W B Saunders Company.
4. Tucker, S. in Dauffenbach, V. (2011). *Nutrition and Diet Therapy for Nurses*. Boston: Pearson.
5. Escott Stump, S. (2008). *Nutrition and Diagnosis-Related Care (6th Ed.)*. North Carolina: Wolters Kluwer business. Lippincott Williams & Wilkins.
6. Dervišević, E. in Vidmar, J. (2011). *Vodič športne prehrane*. Ljubljana: Univerza v Ljubljani, Fakulteta za šport.
7. Katsilambros, N., Dimosthenopoulos, C., Kontogianni, M.D., Manglara, N. in Poulia, K.A.(ur.). (2010). *Clinical Nutrition in Practice*. Oxford: Blackwell Publishing Ltd.
8. McGuire, M., Berman, K.A. (2013). *Nutritional sciences : from fundamentals to food*, Australia: Wadsworth, Cengage Learning.

9. Appleton, A., Vanbergen, O. (2015). *Metabolism and nutrition*, Edinburgh: Mosby Elsevier.
10. Šostar-Turk, S. (2022). *Kemijski dejavniki tveganja v prehrani*, Maribor: Univerzitetna založba.
11. Faber, P., Siervo, M. (2014). *Nutrition in critical care*, New York : Cambridge University Press.
12. Hark, L. Deen, D., Morrison, G. (2014). *Medical nutrition & disease : a case-based approach*, Chichester (West Sussex, UK) ; Hoboken (NJ, USA) : Wiley Blackwell, Rady
13. Souci, S.W. (2008). *Food composition and nutrition tables = Die Zusammensetzung der Lebensmittel Nährwert-Tabellen = La composition des aliments tableaux des valeurs nutritives*, Stuttgart : Medpharm Scientific Publishers ; Boca Raton : Taylor & Francis.

### **Cilji in kompetence:**

*Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:*

- usvojiti temeljno znanje o varni, uravnoteženi, funkcionalni, biološko in gastronomsko sprejemljivi prehrani,
- poznati pomen mikrohranil (maščobe, beljakovine in ogljikovi hidrati), makrohranil (vitamini in minerali) in vode v prehrani,
- poznati in razumeti priporočila za prehrano v različnih življenjskih obdobjih,
- spoznati alternativne načine prehranjevanja,
- razumeti postopke prehranske obravnave bolnika (ocena prehranskega stanja, prehranska diagnoza, prehransko ukrepanje – načrt, prehransko spremljanje in evalvacija,
- razumeti priporočila za prehrano bolnika glede na bolezensko stanje,
- razvijati sposobnost povezovanja znanja z različnih področij, na katerih temelji zdravstvena nega,
- razvoj komunikacijskih sposobnosti in spretnosti v strokovnem okolju,
- uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih,
- sposobnost izobraževati in vzgajati o zdravem načinu prehranjevanja,

### **Objectives and competences:**

*The learning unit mainly contributes to the development of the following general and specific competences:*

- acquire basic knowledge about safe, balanced, functional, biological and gastronomic acceptable nutrition,
- raise awareness of importance of micro-nutrients (fats, proteins and carbohydrates), macro-nutrients (vitamins and minerals) and water in nutrition,
- know and understand the recommendations for food in different stages of life,
- learn about alternative ways of eating,
- understand the procedures of nutritional treatment of patient (assessment of nutritional status, nutritional diagnosis, dietary intervention - plan, nutritional monitoring and evaluation,
- understand nutritional recommendations for patients based on medical condition,
- develop the ability of integrating knowledge from different fields on which nursing care is based,
- development of communication skills in the professional environment (local and international);
- use of information and communication technologies and systems in the areas of expertise,

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| <ul style="list-style-type: none"> <li>- usposobiti za sestavo jedilnikov z izračuni hranilne in energijske vrednosti,</li> <li>- sposobnost uporabe standardov s kritičnim ocenjevanjem, interpretacijo, sintezo informacij o prehrani izbrane populacije,</li> <li>- sposobnost upoštevati psihološke (emocionalne, psihične, osebne) in biološke (udobna namestitvev, ustrezna prehrana, osebna higiena in možnost za dnevne aktivnosti) potrebe pacienta,</li> <li>- usvojitev znanja s področja zdrave prehrane in dietetike ter zmožnost apliciranja teoretičnega znanja v strokovno delo,</li> <li>- usvojitev temeljnega znanja in principov raziskovalnega dela z vidika spremljanja prehranskega dnevnika,</li> <li>- spoznanje, da je dobro počutje pacienta doseženo v kombinaciji prizadevanj in aktivnosti vseh članov zdravstvenega tima,</li> <li>- sposobnost upoštevati individualne potrebe pacienta skozi življenjska obdobja z vidika prehranjevanja.</li> </ul> | <ul style="list-style-type: none"> <li>-the ability to educate and raise awareness on healthy eating,</li> <li>-qualify to compose menus with calculations of nutrient and energy value,</li> <li>-the ability to use standards with critical evaluation, interpretation, synthesis of information on nutrition of selected population,</li> <li>-the ability to consider psychological (emotional, psychological, personal) and biological (comfortable accommodation, suitable nutrition, personal hygiene, and possibility of daily activities) needs of patient,</li> <li>- acquiring knowledge of healthy nutrition and dietetics, including the ability of applying theoretical knowledge in the professional work,</li> <li>-acquiring fundamental knowledge and principles of research work in terms of monitoring the nutritional diary,</li> <li>-realization that the well-being of the patient is achieved by combining effort and activities of all members of the health social team,</li> <li>-the ability to consider individual patient's needs through various stages of life from the perspective of nutrition.</li> </ul> |
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**Predvideni študijski rezultati:**

*Znanje in razumevanje*

*Študent/študentka:*

- razume, zdravstveni, ekološki, ekonomski in gastronomski vidik prehrane,
- zna analizirati, oceniti in izračunati hranilne ter energijske vrednosti prehrane zdravega in bolnega posameznika v vseh življenjskih obdobjih,
- aplicira pridobljeno teoretično znanje o zdravi in dietni prehrani v vsakdanje življenje ter bolnišnično in ambulantno zdravljenje,
- se zaveda vpliva prehrane na zdravje ljudi in lastno zdravje.

Prenosljive spretnosti: Interdisciplinarni pristop, načrtovanje in celovito

**Intended learning outcomes:**

*Knowledge and understanding*

*Students:*

- understand the health, ecological, economic and gastronomic aspect of nutrition,
- know to analyze, evaluate and calculate the nutrient and energy values of diet of healthy and ill individuals in all stages of life,
- apply theoretical knowledge to healthy and diet food in everyday life as well as inpatient and outpatient treatment,
- are aware of the impact of nutrition on human health and their own health.

Transferable skills: Interdisciplinary Approach, planning and holistic

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| obvladovanje procesov; uporaba literature in drugih virov; komunikacija z ljudmi. | management of processes; the use of literature and other sources; communication with people. |
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**Metode poučevanja in učenja:**

**Learning and teaching methods:**

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| <ul style="list-style-type: none"> <li>- <i>predavanja</i>: z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),</li> <li>- <i>seminarske vaje</i>: študenti na konkretnih primerih uporabijo znanje pridobljeno na predavanjih (demonstracija, študija primera, razlaga, diskusija, pojasnjevanje, izkušnjsko in problemsko učenje, kritično presojanje, oblikovanje portfolia),</li> <li>- <i>laboratorijske vaje</i>: primer energijskega in hranilnega ovrednotenja 7-dnevnega prehranskega dnevnika študenta in izdelava poročila s komentarji.</li> </ul> | <ul style="list-style-type: none"> <li>- <i>lectures</i>: with active student participation (explanation, discussion, questions, examples, problem solving),</li> <li>- <i>tutorial</i> : students use their acquired knowledge at lectures on concrete examples (demonstration, case study, explanation, discussion , experiential and problem-based learning, critical evaluation, design portfolio)</li> <li>- <i>laboratory work</i>: example of energy and nutritional evaluation of a 7 -day dietary diary of student and designing a report with comments.</li> </ul> |
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**Načini ocenjevanja:**

Delež (v %)

Weight (in %)

**Assessment:**

| Načini:  | Delež (v %)<br>Weight (in %) | Types:  |
|--|------------------------------|---|
| - izpit  | 70 %                         | - exam  |
| - uspešna priprava in zagovor seminarske naloge  | 30 %                         | - preparation, presentation and successful defence of the seminar paper   |
| - uspešna priprava poročila 7-dnevnega prehranskega dnevnika s pomočjo računalniške aplikacije »Odprta platforma za klinično prehrano« (energijsko in hranilno ovrednotenje obrokov) |                              | - successfully prepared report of the 7-day dietary diary with the help of the computer application “Odprta platforma za klinično prehrano” (energy and nutritious evaluation of meals) |
| Ocenjevalna lestvica: ECTS.  |                              | Grading scheme: ECTS.   |