**osh state university**

**international medical faculty**

**Department of Public Health**

APPROVED

Head of Public Health Department,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A.K. Turusbekova

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2024

**COURSE SYLLABUS**

**Pediatric nutritionology**

2024-2025

For students of medical faculty

3rd year VI- semester

2 credits (60 h., including 30 class hours, 30h. of independent study)

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| **Lecturer:** |  |
| 3 semester, all groups | **Sulaimanova Cholpon Tashtanbekovna**  Candidate of medical Sciences  +996 553409666, IHSM |
| **Practice:** |  |
| 3 semester, all groups | **Davranbek kyzy Meerim**  +996 221223799 (WhatsApp)  Email: davranbekovameerim@gmail.com  IMF2, room № 102 |
|  |  |
|  | **Zakirov Umid**  +996 551200892 (WhatsApp)  IMF2, room № 103 |

**Lecture Sessions**: according timetable

**Location**: IMF lecture hall

**Class Sessions**: Monday- Saturday according timetable

**Location**: IMF2 according to the room № above

1. **OBJECTIVES OF THE DISCIPLINE**

**Familiarization of students with the effects of food factors on the child's body, as well as familiarization with activities aimed at improving health, improving health and improving the quality of life.**

**2. Learning outcomes (LO) and student competencies formed in the process of studying the discipline** "Pediatric nutritionology"**.**

In the process of mastering the discipline, the student will achieve the following learning outcomes (LO) and will have the appropriate competencies:

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| LO code and its formulation | The competence of the PC | Code of LO discipline and its formulation |
| LO6 - Able to apply basic knowledge in the field of preventive activities to solve professional problems | PC  *PC-10* - capable and ready to carry out preventive measures to prevent infectious, parasitic and non-infectious diseases | **Knows:**  carry out preventive measures with the population to prevent the occurrence of the most common infectious diseases.  **Ability:** to carry out General health measures for the formation of a healthy lifestyle, taking into account risk factors.  **Objective:** to make recommendation by healthy nutrition. |
| *PC-25* - capable and ready to train the population in basic hygiene measures and educational activities to develop healthy lifestyle skills; | **Knows and understands:** about the rules of medical behavior  **Ability:** to carry out hygienic procedures  **Objective:** to form the skills of a healthy lifestyle. |

**During the studying of the discipline students will:**

**Know and understand:**

● Principles of healthy nutrition: The student must know the basic principles of proper and balanced nutrition, including the needs for macro- and microelements, vitamins, proteins, carbohydrates and fats.

● Role of nutrition in maintaining health: The student must understand how nutrition affects human health and its relationship with various diseases such as diabetes, obesity, cardiovascular diseases, etc.

● Hygiene norms and standards: The student must know and comply with hygienic norms and standards in personal hygiene practices and in public places.

● Principles of Food Safety: The student must understand how to ensure food safety, including proper food selection, storage, and preparation to prevent food poisoning.

● Basic principles of hygienic behavior: The student must know the basic principles of personal hygienic practice, including the rules of skin, hair, oral cavity, nails, etc.

● Importance of cleanliness and sanitation: The student must understand the importance of maintaining cleanliness in the environment, home, workplace and public places. This includes cleaning, disinfection and waste management policies.

● Environmental protection and public health: The student must know about the impact of environmental factors on health, as well as methods and means of protecting the environment and preventing environmental problems.

● Prevention of Infectious Diseases: The student must know the basics of prevention of infectious diseases, including hygiene practices, vaccinations, and infection control measures.

● Workplace Health: The student must understand the importance of maintaining hygiene and safety standards in the workplace to prevent injury and illness.

● Healthy Living: The student must know and understand the importance of a healthy lifestyle, including physical activity, nutrition, stress management, and other aspects that contribute to overall health.

● Importance of Mental Hygiene: The student must know how to maintain mental health, including methods for coping with stress and emotional difficulties.

● Norms and Standards of Hygienic Practice: The student should be familiar with the relevant norms and standards related to hygienic practice and health.

**Can:**

● Use nutrition knowledge in prevention and treatment: The student must be able to apply nutrition knowledge to the prevention and treatment of various diseases, as well as consider dietary restrictions.

● Evaluate food quality and food safety: The student must be able to evaluate food quality, determine food safety, and take measures to prevent food poisoning.

● Maintain personal hygiene practices: The student must be able to properly care for skin, hair, oral cavity, nails and other aspects of personal hygiene.

● Maintain a clean environment: The student must be able to maintain cleanliness and sanitation in the home, workplace, and public areas, including cleaning, disinfection, and waste management techniques.

● Maintain good hygiene: The student must be able to maintain good hygiene in personal hygiene practices as well as in public places to prevent the spread of infections.

● Prevention of Infectious Diseases: The student must be able to apply methods of preventing infectious diseases, including hygiene measures, vaccinations and infection control.

● Assessing environmental factors: The student should be able to evaluate the impact of environmental factors on health, as well as ways to protect the environment and counteract environmental problems.

● Workplace Health: The student must be able to follow workplace safety and hygiene standards to prevent injury and illness.

● Apply Healthy Lifestyle Principles: The student must be able to apply healthy lifestyle principles including physical activity, nutrition, stress management, and other aspects that promote overall health.

● Mental Health: The student must be able to maintain mental health, including methods for coping with stress and emotional difficulties.

● Compliance with norms and standards of hygienic practice: The student must be able to comply with relevant norms and standards related to hygienic practice and health.

**3. COURSE PREREQUISITES**

The subject of community medicine as an academic discipline is based on the students ' study of biology, histology, biochemistry, normal physiology, microbiology, and virology integrated with these disciplines.

**4. COURSE POST-REQUISITES**

Public health, infectious diseases, pathological physiology, occupational diseases, pediatrics, epidemiology.

**Thematic plan of lectures:**

**Topic 1. Nutrition as a health factor. Nutrients and their classification. The theory of rational nutrition as the basis of a healthy diet. Nutrition of a healthy and sick person. The influence of nutrition on the health and working ability of the population.**

This topic explores the role of nutrition in maintaining health, including the understanding of nutrients and their classification, nutrition theory as a basis for healthy eating, differences in the diets of healthy and sick people, and the impact of nutrition on the overall health and performance of a population.

**Topic 2. Hygienic characteristics of proteins as the basis for disease prevention.**

This topic examines the hygiene aspects of proteins, highlighting their role in preventing disease and promoting a healthy lifestyle. Protein consumption rates, their sources, as well as the effect of proteins on the body and the prevention of various diseases through proper nutrition will be studied.

**Topic 3. Hygienic characteristics of fats and their importance in disease prevention**

This topic discusses the hygienic assessment of fats and their importance in disease prevention. The different types of fats, their role in the body, consumption rates, and the effects of fats on health are covered. Measures to prevent diseases through proper nutrition and compliance with hygienic standards regarding fats are considered.

**Topic 4. Hygienic characteristics of carbohydrates and their role in the development of pathological conditions**

In this topic, a hygienic analysis of carbohydrates is carried out and their influence on the occurrence of pathological conditions in the body is highlighted. The different types of carbohydrates, their functions in the body and their importance for energy supply are considered. Particular attention is paid to the role of carbohydrates in the development of various pathological conditions, such as diabetes, obesity and other diseases, as well as methods and recommendations for controlling carbohydrate consumption to maintain health and prevent pathologies.

**Topic 5. Vitamins, classification of their meaning.**

This topic covers vitamins and their classification and their importance in maintaining health. Various types of vitamins, their functions in the body, sources, and the importance of vitamins for maintaining the normal functioning of organs and systems are considered. The topic emphasizes the role of vitamins in the prevention of deficiency conditions and various diseases, their role in the immune system and overall health of the body.

**Topic 6. Minerals and their physiological significance. Main sources.**

This topic discusses minerals and their physiological significance for the body. The main types of minerals, their roles in maintaining normal functions of organs and systems, and the importance of minerals for health are covered. The main sources of minerals in the diet and methods of providing the body with the necessary minerals to maintain overall physiological balance are given.

**Thematic plan of practical classes:**

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| **Theme 1.**  **Nutrition as a health factor. Influence of nutrition on human health.** |
| **Theme 2.**  **Hygienic characteristics of proteins and their importance in disease prevention.** |
| **Theme 3.**  **Hygienic characteristics of fats and their importance in disease prevention.** |
| **Theme 4.**  **Hygienic characteristics of carbohydrates and their importance in disease prevention.** |
| **Theme 5.**  **Vitamins and their importance preventing diseases.** |
| **Theme 6.**  **Minerals and their importance in preventing diseases.** |
| **Theme 7.**  **Water as a health factor.** |
| **Theme 8. The negative impact of plastic on children's health.** |
| **Theme 9.** **Phytotherapy and its effect on the child's body.** |