

**COURSE DATA****DATA SUBJECT****Code:** 34477**Name:** Endocrinology and nutrition I**Cycle:** Undergraduate Studies**ECTS Credits:** 4.5**Academic year:** 2026-27**STUDY (S)**

Degree	Center	Acad. year	Period
1204 - Degree in Medicine	Facultat de Medicina i Odontologia	5	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
1204 - Degree in Medicine	Human clinical training II	COMPULSORY

COORDINATION

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SUMMARY

The subject of Endocrinology and Nutrition I is a shared subject by the Department of Medicine and Surgery, included in the section of Human Clinical Formation. The pathology related with the disorders in the endocrine glandular system is studied.

The teaching is focused on the formation of professionals, in the field of the endocrine system pathology, with theoretical and practical knowledge, attitudes and skills that make the student able to develop an integral, healing and preventive medicine that encourages health in the field of the clinical endocrinology.

The knowledge, clinical attitudes and the scientific language acquired in this subject will allow the student to recognise and understand the endocrinological pathology, to diagnose and guide the treatment of the main clinical entities. Moreover, the student will be able to communicate with the patient, to understand the process of the disease individually and to establish the proper therapeutic guidance in the frame of the General Medicine.

PREVIOUS KNOWLEDGE



RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

COMPETENCES / LEARNING OUTCOMES

1204 - Degree in Medicine

Acknowledge diversity and multiculturality.

Acquire proper clinical experience in hospitals, health care centres and other health institutions, under supervision, as well as basic knowledge of clinical management focused on the patient and the correct use of tests, medicines and other resources available in the health care system.

Capacity for communicating with professional circles from other domains.

Consideration of ethics as a fundamental value in the professional practise.

Criticism and self-criticism skills.

Establish the diagnosis, prognosis and treatment, applying principles based on the best information available and on conditions of clinical safety.

Have the capacity to make an initial diagnosis and establish a reasonable strategy of diagnosis.

Indicate the most accurate therapy in acute and chronic processes prevailing, as well as for terminally ill patients.

Know how to use IT in clinical, therapeutic and preventive activities, and those of research.

Know how to use the sources of clinical and biomedical information available, and value them critically in order to obtain, organise, interpret and communicate scientific and sanitary information.

Knows how to evaluate modifications in clinical parameters at different ages.

Knows how to perform a complete anamnesis, focused on the patient and orientated to various pathologies, interpreting its meaning.

Knows the pathologies of nutrition.

Obtain and elaborate a clinical history with relevant information.

Perform a physical examination and a mental health assessment.

Plan and propose appropriate preventive measures for each clinical situation.

Proper organisation and planning of the workload and timing in professional activities.



Recognises, diagnoses, and guides the management of the main pathologies affecting the endocrine system.

Team-working skills and engaging with other people in the same line of work or different.

Working capacity to function in an international context.

DESCRIPTION OF CONTENTS

1. THEORY

1. Goiter and hypothyroidism.
2. Hyperthyroidism. Thyroiditis I.
3. Hyperthyroidism. Thyroiditis II.
4. Thyroid nodule. Thyroid Cancer.
5. Hypercalcemia. Hyperparathyroidism.
6. Hypocalcemia. Hypoparathyroidism.
7. Surgical treatment of thyroid.
8. Surgical treatment of parathyroid.
9. Hypopituitarism and hypothalamic syndromes.
10. Pituitary tumors and hyperpituitarism.
11. Alterations in the secretion of ADH.
12. Adrenal insufficiency. Pluriglandulars Syndromes.
13. Hypercortisolism.
14. Hyper and hypomineralcorticisms.
15. Male hypogonadism.
16. Pheochromocytoma and multiple endocrine neoplasia.
17. Hirsutism and virilization.
18. Surgical treatment of adrenal tumors. Adrenal Cancer.
19. Surgery of the endocrine pancreas.

2. PRACTICES

SEMINARS AND CLINICAL CASES:

1. Changes in thyroid function: subclinical hypothyroidism, replacement doses in special cases, pregnancy.
2. Management of hyperthyroidism: Graves' disease and thyroiditis.
3. Surgery in thyroid pathology: cervical mass. (CIR)
4. Parathyroid surgery: primary hyperparathyroidism. (CIR)
5. Adrenal incidentaloma.
6. Hyperprolactinemia and gynecomastia: clinical cases.
7. Postpubertal hypogonadism: clinical case.
8. Hypertension of endocrine origin: secondary hypertension. Clinical case.
9. Differential diagnosis of hypercalcemia.
10. Differential diagnosis of hyponatremia.



11. Adrenal gland surgery: pheochromocytoma/paraganglioma case (CIR).
12. Gender dysphoria.

CLINICAL PRACTICES

25 hours (medicine and surgery) in the Services / Units of Endocrinology and Nutrition and the Endocrine Surgery or General Surgery.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Theory	19,00
Seminars	24,00
Laboratory	0,00
In-class tutorials	0,00
Clinical practice	13,00
Total hours	56,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	0,00
Independent study and work	36,25
Preparation of lessons	10,00
Preparation for assessment activities	10,00
Resolution of case studies	0,00
Preparation of supplementary reports	0,00
Preparation of the internship report and evaluation of the internship	0,00
Total hours	56,25

TEACHING METHODOLOGY

This subject will combine the 50% (of the ECTS credits) of attending teaching (15% theoretical, 33% practical and 2% final test) and the 50% non-attending, focused on the learners study and autonomous work, both individual or in group.

Present teaching:

1. Theoretical credits. Students will have the teaching guide and updated topics, as well as adequate and updated bibliography.
2. Practical teaching: Seminars, clinical cases and tutoring
3. Making a final test of overall assessment.



In the theoretical classes the professor will expose using a clinical case, the concepts and more important contents of structured form, for the obtaining of the knowledge and the abilities that the students must acquire. The participation of the students will be harnessed. It will be possible to be had the didactic material used by the professor, if this it considers it suitable, from the electronic resource of the Virtual Classroom.

Practices of classroom. Seminars: In reduced groups the professor will raise subjects specialized in depth, studies of cases, bibliography handling, subjects of the present time. One will harness the work in group, and the oral presentation. It could be understood like cooperative learning.

Clinical practices: Clinical stays of the students in the sanitary services of the different university hospitals, for the learning of the accomplishment of a anamnesis and a basic clinical exploration, with one first taking of contact with patients, supervised by the professor.

Not present teaching:

Is devoted to the study and independent work individually or in groups, student.

It will stimulate the ability to work with the new technologies of information and communication.

The gender perspective, the respect for diversity, and the sustainable development goals (SDGs) will be incorporated into teaching, whenever possible.

EVALUATION

The evaluation will be based on the contents received in the theoretical and practical teaching (seminars and case reports), and consulting books (see references).

Theoretical Evaluation: 50% of the final grade.

Shall be affected by written test on the contents of the theoretical program and will have as objective to evaluate the acquisition of knowledge. The exam will be the same for all groups. The test will have 60 questions, 4 possible answers with only one true (successful 1point, white 0 points, wrong -0,333 points). Maximum note 10. The attendance to class will be valued positively.

Practical assessment: 50% of the final grade.

It will include up to 12 clinical cases (related to theoretical knowledge, to the seminars or clinical cases presented) with 3 to 5 questions per case. The exam will be multiple choice, the questions will have 4 possible answers with only one true (correct 1 point, blank 0 points, wrong -0.333 points). Maximum note 10.

Mandatory attendance at least 80% of the practices to be able to take the exam.

Final grade for the course: (Theory + Practice) /2. Approved with 5 or more, the whole subject is approved or failed.



In order to access to an advance on the call of this subject, it is a requirement that the student has coursed all his/her practices.

Attendance at practical activities is mandatory. The student is considered to meet this requirement if he or she has attended a minimum of 80% of these activities and has adequately justified the impossibility of attending the remaining sessions due to the occurrence of a cause of force majeure. It will be essential to comply with this requirement to pass the subject.

Students are reminded of the importance of carrying out evaluation surveys on all the teaching staff of the degree subjects.

REFERENCES

BÁSICAS

- Manual de Endocrinología y Nutrición I. Departament de Medicina y Cirugía. Universitat de Valencia
- Harrison. Principios de Medicina Interna. 20ª edición. México. Mc Graw Hill. 2018.
- Farreras Rozman. Medicina Interna. 19 edición. Elsevier. 2020.
- Sabiston. Tratado de cirugía. Fundamentos biológicos de la práctica quirúrgica moderna. 20th Edition. Courtney Townsend R. Daniel Beauchamp B. Mark Evers Kenneth Mattox. Elsevier, 2017.
- Parrilla P y cols. (eds), Cirugía AEC. Manual de la Asociación Española de Cirujanos. 3ª edición; Editorial Médica Panamericana SA; Madrid 2022.

RECURSOS e-Salut

- ClinicalKey Student Medicina, Odontologia y Enfermería [<https://uv.es.libguides.com/RecursosSalut>]
- Acces Medicina [https://uv-es.libguides.com/Access_Medicina]
- Médica Panamericana [https://uv-es.libguides.com/Medica_Panamericana]