

**COURSE DATA****DATA SUBJECT**

Code: 34478
Name: Endocrinology and nutrition II
Cycle: Undergraduate Studies
ECTS Credits: 4.5
Academic year: 2025-26

STUDY (S)

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

SUBJECT-MATTER

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

COORDINATION

MARTINEZ HERVAS SERGIO

CASSINELLO FERNANDEZ NORBERTO

SUMMARY

The subject of Endocrinology and Nutrition II is a field shared by the Department of Medicine and Surgery, including in the section on Human Clinical Training. We study the pathology related to metabolism disorders, nutrition and diet therapy.

The aims of strategical teaching is training professionals in the field of pathology of metabolism, nutrition and diet therapy, with theoretical and practical knowledge, attitudes and skills that enable the student to develop a holistic medicine, curative, preventive and health promotion in this area (diseases of metabolism and nutrition).

The knowledge, clinical skills and scientific language acquired in this course, will enable the student to recognize and understand the most prevalent diseases of metabolism and nutrition and the dietary recommendations applied to different situations and conditions, to be able to diagnose and guide the treatment of major clinical entities and establish appropriate dietary treatment.

We also enable you to communicate with the patient, understand the disease process and establish an individualized therapeutic approach in the framework of 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

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Acknowledge diversity and multiculturality.

Acquire properclinical 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 bestinformation 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 withrelevant 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. Diabetes mellitus: concept, classification and epidemiology of diabetes.
2. Diagnosis. Clinic, evolution and lesional mechanisms of diabetes.
3. Chronic complications of diabetes I. Macroangiopathy.
4. Chronic complications of diabetes II. Microangiopathy: retinopathy and diabetic renal disease.
5. Chronic complications of diabetes III. Sensory-motor and autonomic neuropathy.
6. Acute complications of diabetes.
7. Treatment of diabetes.
8. Obesity.
9. Obesity surgery.
10. Metabolic surgery.
11. Primary and secondary dyslipidemias I: classification and diagnosis.
12. Primary and secondary dyslipidemias II: treatment and cardiovascular prevention.
13. Diet therapy. Food planning, food patterns and health promotion. Bromatology of nutrients.
14. Evaluation of nutritional status.
15. Diet therapy in digestive pathology: celiac disease, lactose deficiency, malabsorption, inflammatory bowel disease, irritable bowel syndrome, intestinal failure, short bowel syndrome and pancreatic and hepatic pathology.
16. Diet therapy in metabolic pathology: obesity, dyslipidemia, diabetes, anemia, hyperuricemia-gout and calcium-vitamin D.
17. Diet therapy in renal pathology, respiratory pathologies and consumptive diseases: oncological pathology, eating disorders, renal and respiratory pathology.
18. Enteral and parenteral nutrition. Artificial nutrition at home.

2. PRACTICES

SEMINARS AND CLINICAL CASES

1. Diabetes education and insulin therapy.
2. Non-insulin treatment of diabetes.
3. Technology in diabetes.



4. Hypoglycaemia.
5. Diabetic foot.
6. Special situations. Gestational diabetes.
7. Obesity and metabolic surgery.
8. Perioperative management of obesity and metabolic surgery patients.
9. Body composition assessment techniques.
10. Disease-associated malnutrition.
11. Dysphagia.
12. Nutrition in neurological pathology.

CLINICAL INTERNSHIPS

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

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	4,00
Individual or group project	8,00
Independent study and work	12,00
Preparation of lessons	16,00
Preparation for assessment activities	10,00
Resolution of case studies	6,00
Preparation of supplementary reports	0,00
Preparation of the internship report and evaluation of the internship	0,00
Total hours	56,00

TEACHING METHODOLOGY

In the **theoretical lessons**, the teacher will expose, through master class, the most important concepts and contents in a structured way, to obtain the knowledge and skills that the students must acquire. The students participation will be encouraged. The teaching materials used by the professor will be available, if he considers it appropriate, through the electronic resource Aula Virtual.

Classroom practices. Seminars: in reduced groups, the professor will set specialised topics in depth, case



studies, bibliographical management, current topics Group work will be encouraged as well as the oral presentation. It can be understood as "cooperative learning".

Clinical practices: studentsbàsiques clinical stays in healthcare services of the different university hospitals, primary healthcare centres, mental health centres, public health areas in order to learn how to perform an anamnesis and a basic clinical exploration, with a first contact with patient, being supervised by the professor.

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 grade 10. Compulsory 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 course 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

BASIC

- Manual de Endocrinología y Nutrición. 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.

e-Health RESOURCES

- ClinicalKey Student Medicina, Odontología 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]