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Course title: FOOD AND SKIN ALLERGIES INCLUDING THE BASICS OF IMMUNOLOGY

ECTS credit allocation (and other scores): 3,00 ECTS

Semester: autumn

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 20 h-lectures, 10h -seminars 20h-classes

Course coordinator/ Department and e-mail: Prof. dr hab. n. med. Waldemar Placek, waldemar.placek@uwm.edu.pl

Department and Clinic Dermatology, Sexually Transmitted Diseases and Clinical Immunology

Type of classes: classes and lectures

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Substantive content

CLASSES:

1. Getting to know the basic units of dermatological diseases. 2. Acquainting the student with the appearance of skin lesions in the course of diseases in which diet is important. 3. Design exercises. 4. Collecting an interview with the patient under the nutritional model. 5. The ability to identify a food factor potentially causing or exacerbating the symptoms of the disease. 6. Development of sample menus in specific disease entities / Preparation of a sample menu in writing for patients suffering from a selected dermatological disease.

SEMINARS:

Interactive discussion by students of the influence of diet on selected dermatological disease entities.

1. Diet in metabolic diseases with skin symptoms. 2. Does the diet do effect in the power of acne vulgaris and rosacea-discussion. 3. The influence of diet on skin aging. 4. Aspirin Diet., Nickel-Free Diet, and Other Sample Elimination Diet Menus. 5. Selected diseases skins where diet is essential in a therapeutic strategy.

LECTURES:

1. A general view of dermatology as a field of medicine integrally related to systemic disorders. 2. Diet in allergic skin diseases: hives and Quincke's edema, eczema and atopic dermatitis. 3 Basic information on psoriasis and the role of diet. 4 Diet in blistering diseases. 5. Diet in seborrheic skin diseases.

On completion of the study programme the graduate will gain:

Knowledge:

W1:Knows the principles of rational nutrition and the consequences of improper nutrition, in particular using an unbalanced diet, prolonged starvation or overeating. . W2 - Knows diseases related to improper diet, including those related to water and electrolyte disturbances, acid-base, lipid, carbohydrate and protein, exercise physiology, and being side effects of medical and non-medical activities and treatments. W3 - He knows the principles of nutrition of



sick and healthy children at different ages, especially children with allergies food, metabolic syndromes and the principles of nutrition in pregnant and lactating women breastfeeding. W4 - Knows the methods of assessing nutrition at the individual and population level. W5 - Knows the role and importance of nutrition, energy and nutrients for the functioning of the body man and his health. W6 - Explains the influence of nutrients and nutrition in the development of diet-related diseases.

Skills:

U1 - Can provide dietary advice, design and prepare meals as part of catering and team therapeutic, also to ensure continuity of patient care. U2 - Is able to arrange the correct diet for various age groups and patients from the group of social diseases and monitor the progress in treatment. U3 - Recognizes diet-related diseases and is able to establish the principles of dietary management. U4 - Can take actions in the field of nutritional prophylaxis. U5 - Recognizes nutritionally dependent diseases.

Social Competencies:

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K1 - Observes and applies the principles of academic and professional ethics as well as the principles of professionalism. K2 - Demonstrates tolerance for attitudes and behaviors resulting from different social and cultural conditions. K3 - Identifies and is able to solve problems related to the performance of the profession.

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Basic literature:

1) Red. W. Placek, „Dieta w chorobach skóry”, wyd. Czelej, Lublin, 2015

The allocated number of ECTS points consists of: 3

Contact hours with an academic teacher: 50h

Student's independent work: 5h