

## 25440 - Drug therapy and diet therapy

### Syllabus Information

**Academic year:** 2023/24

**Subject:** 25440 - Drug therapy and diet therapy

**Faculty / School:** 127 - Facultad de Ciencias de la Salud

275 - Escuela Universitaria de Enfermería de Huesca

375 - Escuela Universitaria de Enfermería de Teruel

**Degree:** 559 - Degree in Nursing

560 - Degree in Nursing

561 - Degree in Nursing

**ECTS:** 6.0

**Year:** 3

**Semester:** Annual

**Subject type:** Compulsory

**Module:**

### 1. General information

This subject aims at acquiring knowledge that allows the safe administration of drugs, as well as assessing changes in health, determining whether they are due to the treatments administered, allowing an appropriate decision making. Likewise, nutritional needs may be compromised by pathological situations. Its knowledge allows an early approach in such situations, adapting the diet to the different nutritional needs, taking into account the different social and cultural contexts of the people.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations Agenda 2030 (<https://www.un.org/sustainabledevelopment/es/>), so that the acquisition of the learning results of the subject provides training and competence to contribute to some extent to their achievement, and more specifically that related to goal 3: Health and wellness.

### 2. Learning results

1. Demonstrate the ability to promote, support and encourage health through food, adapting to the needs and requirements of different groups or communities.
2. Demonstrate the ability to individualize the individual's diet, taking into account social, cultural, psychological, spiritual and environmental factors that may influence their adherence
3. Demonstrate the ability to assume control of feeding as a basic patient care.
4. Demonstrate the ability to adequately monitor therapeutic effects, adverse effects, toxicities and drug interactions.
5. Demonstrate the ability to educate the patient and family on the proper use of medications.
6. Demonstrate the ability to adequately record incidents related to medication administration.

### 3. Syllabus

#### **Thematic block I: Diet therapy of different pathologies and external nutritional support**

Diet therapy in endocrine and metabolic pathologies

Diet therapy in renal pathologies

Diet therapy in digestive system pathologies

Diet therapy in cardiovascular pathologies

Diet therapy in respiratory system pathologies

Diet Therapy in Eating Behaviour Disorders

External nutritional support

#### **Thematic block II: Pharmacotherapy of the different organs and systems**

Pharmacology of the digestive system

Pharmacology of infectious diseases

Pharmacology of the central nervous system

Pharmacology of the endocrine system

Antineoplastic pharmacology

Cardiovascular and hematopoietic system pharmacology

Pharmacology of the respiratory system

## 4. Academic activities

**Lectures (45 h):** face-to-face sessions consisting of explanations of the theoretical content of each topic, orienting for the subsequent study and individual work of the students.

**Problems and case resolution/Seminars (15 h):** to be carried out in split groups (half of each group). In these sessions the participants will work in a practical way on cases related to the content of the theoretical sessions.

**Work (27h):** hours dedicated to the realization of the subject work and tutorials **Individual work of the student (60h):** hours dedicated to the study of the theoretical contents of the subject **Evaluation activities (3h)** : hours dedicated to the summative evaluation activities of the subject

## 5. Assessment system

**1- Individual written tests,** consisting of 50 multiple choice questions, with 4 answer options of which only 1 is valid. Each correct answer adds 1 point and each wrong answer subtracts 1/3, with the subtraction being adjusted to the whole number (i.e., 1 and 2 wrong answers do not subtract; 3, 4 or 5 wrong answers subtract 1; 6, 7 or 8 wrong answers subtract 2; 9, 10 or 11 wrong answers subtract 3, and so on). Each exercise is passed with 30 points, which will correspond to a grade of 5.

A first midterm exam will be held in January/February, with the thematic content of the first four-month period. If this first midterm is passed in this call, its grade will be kept during the whole academic year (1st and 2nd official calls). If the exam is not passed, it must be taken again together with the second midterm exam (corresponding to theoretical content of the second four-month period), in the first and second official calls. If only the first midterm is passed in the first call, only the second midterm must be passed in the second call. That is to say, the grade of a first passed midterm is saved during the corresponding academic year. Only grades (final grade of 5) from "passed" onwards will be saved for a first midterm. Failed grades in the first midterm (lower than 5) will not be saved between different call in any case. The grades of the second midterm passed in case of a failed first midterm will not be saved between calls either. To pass the subject, the average of both midterms must be equal to or higher than 5, averaging between them only from a grade of 4.5 in one of them.

**2- Weekly food plan** for a proposed case. It will be done in groups of 4 to 6 people, with a single delivery through the Moodle platform of the subject, in which the students will have the cases and the instructions for their completion and grading. This exercise is passed by obtaining a minimum of 5 points, and will represent 25% of the grade for the subject.

**3- Essay** on a topic related to the contents of the participating subjects (in principle Community Nursing II, Maternal and Child Nursing, Pharmacotherapy and Diet Therapy, without prejudice to other additions of the same year). It will be carried out in groups of 4 to 6 people, proposing an approximate length between 1,500 and 3,000 words. For the realization of the work, students will have available on the Moodle platform a guide with the main aspects of its realization and grading, as well as the contacts of the faculty responsible for each subject. It is passed with 5 points and will represent 15% of the grade for the subject.

It is a compulsory condition to pass all the evaluation sections in order to pass the subject. In no case will the student pass the subject with a grade lower than 5 in any of its parts. In the evaluation and activities, the characteristics of the center where the degree is taught will be taken into account for Huesca and Teruel, always ensuring the acquisition of competencies.