

**COURSE DATA****Data Subject**

<b>Code</b>	34477
<b>Name</b>	Endocrinology and nutrition I
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	4.5
<b>Academic year</b>	2022 - 2023

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1204 - Degree in Medicine	Faculty of Medicine and Odontology	5	First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1204 - Degree in Medicine	13 - Human clinical training II	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
MERINO TORRES, JUAN FRANCISCO	260 - Medicine
ORTEGA SERRANO, JOAQUIN	40 - Surgery

**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 (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

### 1204 - Degree in Medicine

- Obtain and elaborate a clinical history with relevant information.
- Perform a physical examination and a mental health assessment.
- Have the capacity to make an initial diagnosis and establish a reasonable strategy of diagnosis.
- Establish the diagnosis, prognosis and treatment, applying principles based on the best information available and on conditions of clinical safety.
- Indicate the most accurate therapy in acute and chronic processes prevailing, as well as for terminally ill patients.
- Plan and propose appropriate preventive measures for each clinical situation.
- 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.
- 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.
- Know how to use IT in clinical, therapeutic and preventive activities, and those of research.
- Proper organisation and planning of the workload and timing in professional activities.
- Team-working skills and engaging with other people in the same line of work or different.
- Criticism and self-criticism skills.
- Capacity for communicating with professional circles from other domains.
- Acknowledge diversity and multiculturality.
- Consideration of ethics as a fundamental value in the professional practise.
- Working capacity to function in an international context.
- Recognises, diagnoses, and guides the management of the main pathologies affecting the endocrine system.
- Knows the pathologies of nutrition.



- Knows how to perform a complete anamnesis, focused on the patient and orientated to various pathologies, interpreting its meaning.
- Knows how to evaluate modifications in clinical parameters at different ages.

## **LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)**

Once the subject is finished, the students must be able to:

1. Make a clinical history focused on the endocrine pathology.
2. Have the knowledge and proper clinical skills for the basic exercise in endocrinology within the field of the general medicine.
3. Recognise, diagnose and guide the treatment of the main endocrine diseases.
4. Interpret the hormonal and diagnostic tests.
5. Recognise the pathology that must be sent to a specialized centre.
6. Acquire the ability to keep a critical analysis of the knowledge and publications.

## **DESCRIPTION OF CONTENTS**

### **1. THEORY**

1. Goiter and hypothyroidism.
2. Hipertiroidisme. Tiroïditis.
3. Thyroid nodule.
4. Hypercalcemia. Hyperparathyroidism.
5. Hypocalcemia. Hypoparathyroidism.
6. Surgical treatment of thyroids and parathyroids.
7. Hypophysis hypofunction and hypothalamic syndromes.
8. Hypophysis tumours and main symptoms of Hypophysis hyperfunction.
9. Disorders in the secretion of AVP.
10. Adrenal insufficiency. Pluriglandular syndromes.
11. Corticoid hyperfunction.



12. Hyper and hypomineralcorticisms.
13. Male hypogonadism.
14. Pheochromocytoma and multiple endocrine neoplasia.
15. Hirsutism and virilisation.
16. Surgical treatment of the adrenal tumours. Supra-renal cancer.
17. Surgical of the endocrine pancreas.

## **2. PRACTICES**

### Clinical cases

1. Hyperthyroidism in subject with arrhythmia.
2. Patient with neck mass.
3. Fever and neck pain.
4. Postpubertal hypogonadism.
5. Hypercalcemia.
6. Impaired gonadal function.
7. Neuroendocrine tumours.
8. Incidentally found adrenal mass.

### Seminars

1. Alterations in thyroid function: subclinical hypothyroidism.
2. Special situations in the management of hyperthyroidism.
3. Surgery for thyroid disease.
4. Parathyroid surgery.
5. Methods for evaluation in hypothalamic and hypophyseal diseases.
6. Hyperprolactinemia: diagnostic procedure in primary care.
7. Sexual dysforia.
8. MEN surgery.
9. Endocrine hypertension (virtual presentation).
10. Osteoporosis and phospho-calcium metabolism (virtual presentation).

## **CLINICAL PRACTICES**

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

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Seminars	24,00	100
Theory classes	19,00	100
Clinical practice	13,02	100
Study and independent work	30,25	0
Readings supplementary material	6,00	0
Preparation of evaluation activities	10,00	0
Preparing lectures	5,00	0
Preparation of practical classes and problem	5,00	0
<b>TOTAL</b>	<b>112,27</b>	

**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 learner's 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

## 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 assessment:** 50% of the final mark.

It will be made through a written test that will be about the content of the theoretical program and will have as the main objective to assess the acquisition of knowledge. Test with 68 multiple-choice questions (right answers, 1 point; non-answered, 0 points, wrong, -0,333 points). Maximum mark, 10. The attendance to lessons will be positively evaluated. The content of the test will be the same for each group.

**Practical assessment:** 50% of the final mark.

It will be made about 7-10 clinical cases (related with the seminars or presented clinical cases), up to 3 or 5 questions per each case (successful 1 point, white 0 points, -0.333 points wrong). Maximum mark, 10. 80% of the compulsory attendance to take the exam.

**Final mark of the subject: (Theory + Practice) /2.** Pass with 5 or higher mark. The conjoint of the subject is passed or failed.

**Exam rules.**

Total amount of time: 2 hours.

Students must identify themselves at the beginning of the exam with the NPA or DNI.

The professor will announce the end of the exam 10 minutes in advance to allow students to write the answers in the answer sheet. When the professor announces the end of the exam, any student will be able to keep writing, the exam of those who keep writing will not be corrected and the grade will be "fail".

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 to practical sessions is mandatory. Unjustified non-attendance to more than 20% of the sessions will make it impossible to pass the course.



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 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.
- Sitges-Serra A (coord.) Sección XI. Cirugía Endocrina. pp:811-904. En: CIRUGIA AEC. Manual de la Asociación Española de Cirujanos (2ª edición).
- Parrilla P, Landa JI (eds). Editorial Médica Panamericana SA, Madrid, 2010
- Recursos-e Salud: ClinicalKey Student. Elsevier (Scopus, ScienceDirect).  
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