

Course Unit	Nutritional Pathology	Field of study	Dietetics and Nutrition
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2025/2026	Year of study	2
Type	Semestral	Semester	1
Level	1-2	ECTS credits	5.0
Code	8149-807-2105-00-25		
Workload (hours)	135	Contact hours	T - , TP 30, PL 30, TC - , S - , E - , OT 7,5, O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) **Iolanda Ligia Rodrigues Afonso**

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
To describe pathological events related with respiratory tract, gastrointestinal tract, liver, kidney and reproductive systems.

Prerequisites

Before the course unit the learner is expected to be able to:
None

Course contents

1. Diseases of Liver and and Biliary Tract. Pancreatic Disorders 2. Diseases of the Lung and the Respiratory Tract. 3. Diseases of Female Reproductive System 4. Diseases of Male Reproductive System 5. Diseases of the Kidney 6. Diseases of the Endocrine System 7. Diseases of the Nervous System

Course contents (extended version)

1. Disorders of the Nervous System
 - Cerebrovascular Diseases
 - Degenerative Disorders: Multiple Sclerosis and other Demyelinating Diseases
 - Neural tube defects
2. Liver and biliary Diseases
 - Liver injury, hepatitis, steatosis, cirrhosis and liver failure
 - Cholelithiasis and choledocholithiasis
3. Kidney disease
 - Acute kidney injury
 - Chronic kidney injury
 - Syndrome
4. Cardiac pathology
 - Ischemic and hypertensive cardiac pathology
 - Heart failure
5. Endocrine system pathology
 - Diabetes mellitus
 - Thyroid pathology
6. Gastrointestinal tract pathology
 - Gastritis, Esophagitis, Gastroesophageal reflux disease
 - Intestinal syndromes
7. Pathology due to nutritional deficiencies
 - Pelagra, Beriberi, anaemia
8. Nutritional pathology: undernutrition and obesity
 - Undernutrition
 - Obesity

Recommended reading

1. Scopus database
2. PubMed database
3. Ebsco database
4. Science Direct database

Teaching and learning methods

Theoretical and Practical lessons with audiovisual support. Engagement in creative clinical cases in order to develop critical thinking and clinical reasoning.

Assessment methods

1. Alternative 1 - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 50% (Two evaluation tests during the semester (25% + 25%))
 - Development Topics - 50% (Development and presentation of a project on a topic related to the course unit)
2. Alternative 2 - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

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20-10-2025	21-10-2025	22-10-2025	01-11-2025