AYDIN ADNAN MENDERES UNIVERSITY
COURSE INFORMATION FORM

Course Title		Food and Drug Interactions							
Course Code		BDB319		Couse Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	102 *(Hours)*	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		To teach how the effects of a drug can be altered by foods and other substances taken before or with, and enable students to practice in this framework.							
Course Content		Food interactions with various drug groups; Effect of medication treatment on nutritional status; Interactions between drugs and carbohydrates, proteins, lipids, vitamins and minerals. Drug interactions in special situations such as elderliness, pregnancy, lactation.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Case Study, Problem Solving					
Name of Lecturer(s)		Lec. Duygu KAYA BİLECENOĞLU							

Prerequisites & Co-requisities	
ECTS Requisite	90

Assessment Methods and Criteria		
Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading	
1	Beslenme ve İlaç Etkileşimi, Ed. Meral Aksoy, İstanbul Tıp Kitabevi, 2016
2	Besin-İlaç Etkileşimleri, Eds. Karabudak F., Türker P., TDD Yayını, 2017.
3	Nutrient Drug Interactions, Ed.Meckling K.A., Taylor&Francis, 2006.
4	Handbook of Drug-Nutrient Interactions, Eds. Boullata J.I., Armenti V.T. Humana Press, 2010.
5	Articles about the course

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction of Food-Drug Interactions Nutritional drug metabolism
2	Theoretical	General Effect of Drugs on Macro and Micro Nutrients
3	Theoretical	Effect of drug intake on carbohydrate, protein and lipid metabolism
4	Theoretical	Beverages, Alcohol and Caffeine Intake-Drug Interactions
5	Theoretical	Interactions between vitamins and drugs
6	Theoretical	Interactions between minerals and drugs
7	Intermediate Exam	Midterm Exam
8	Theoretical	Interactions with Drugs Used in Cardiovascular Diseases
9	Theoretical	Interactions with Drugs Used in Gastrointestinal System Diseases
10	Theoretical	Drug Interactions in Enteral and Parenteral Feeding
11	Theoretical	Drug Interactions in Special Situations (Pregnancy, lactation, elderliness)
12	Theoretical	Basic drug groups and nutrient interactions
13	Theoretical	Basic drug groups and nutrient interactions
14	Theoretical	Plant / Herbal Product-Drug Interactions
15	Theoretical	Food supplements and drug interactions
16	Final Exam	Final Exam

Workload Calculation				
Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	3	2	65
Midterm Examination	1	16	1	17

Final Examination	1	19	1	20
			Total Workload (Hours)	102
			[Total Workload (Hours) / 25*] = **ECTS**	4
**25 hour workload is accepted as 1 ECTS*				

Learning Outcomes	
1	Gain insights into the side effects of drugs related to nutrition and use it in dietary practices.
2	Benefit from the knowledge and skills gained about the interaction of drugs with macroscopic and micronutrients while preparing diet programmes.
3	Learn which food or nutritional items can change the effects of drugs.
4	Have knowledge about vitamin, mineral and drug interactions.
5	Acquire the interaction of herbal products and drugs.

Programme Outcomes *(Nutrition and Dietetics)*	
1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

Contribution of Learning Outcomes to Programme Outcomes *1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High*

	L1	L2	L3	L4	L5
P1	2	3	2	3	3
P2	3	5	2	4	3
P3	3	2	3	4	4
P4	3	2	3	5	3
P5	2	2	4	2	4
P6	2	4	2	3	3
P7	4	2	2	5	3
P8	2	3	3	4	3
P9	3	2	2	2	4

P10	3	3	4	3	2
P11	2	2	2	2	3
P12	4	3	3	4	3
P13	2	3	2	2	3
P14	3	3	2	3	2