



## IDENTIFYING DATA

### Pharmacology and dietetics

Subject	Pharmacology and dietetics			
Code	V53G140V01203			
Study programme	(*)Grao en Enfermaría			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Basic education	2nd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Alonso de Castro, M <sup>a</sup> Victoria Maldonado Arroyo, Alfonso Eduardo			
Lecturers	Alonso de Castro, M <sup>a</sup> Victoria Maldonado Arroyo, Alfonso Eduardo			
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General description	The Pharmacology like scientific discipline is the knowledge of the drug, of the destination that suffers in the organism and of his mechanism of action, in which they base his therapeutic properties and adverse reactions.			

## Competencies

Code	
A3	Students have the capacity to collect and interpret relevant data (normally within their area of study) to make judgments that include a reflection on relevant topics of social, scientific or ethical nature.
B9	To promote healthy lifestyles and self-care, supporting the maintenance of preventive and therapeutic behaviours.
B10	To protect the health and well-being of individuals, families or groups assisted, ensuring their safety.
C3	To learn about the different groups of drugs, the principles of their authorisation, use and indication, and their mechanisms of action.
C4	Use of drugs, evaluating the expected benefits and associated risks or effects derived from its management and consumption.
C5	To know and assess the nutritional needs of healthy people and problems of health throughout the vital cycle, to promote and reinforce healthy eating guidelines.
C6	To identify the nutrients and the food in where they are.
C7	To identify the nutritional problems of major predominance and to select the suitable dietetic recommendations
C8	To apply the technologies and information systems and communication of health care
D1	Analysis and synthesis ability
D3	Information management ability.
D4	Problem solving and decision making.
D7	Critical reasoning.

## Learning outcomes

Expected results from this subject	Training and Learning Results		
Be able to differentiate the different groups of medicines, the principles of his permission, use and indications, as well as the foundations *farmacodinámicos and *farmacocinéticos involved.	A3	C3 C4 C8	D3 D4
Be able to evaluate the profits expected and the risks associated to the administration of medicines, so much from the populational point of view as of the individual patient.	A3	B10	C3
Be able to apply the principles that govern the rational and efficient use of the *farmacoterapia.		C3	D1 D7
Know realise guidelines and healthy indications in the healthy population in the distinct stages of the life, in function of age and sex.	B9 B10	C8	D3

Know identify the situations of nutritional risk. Know realise nutritional interventions and establish guidelines and recommendations in the prevention or treatment of the illness.

C5 D1  
C6 D4  
C7

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## Contents

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### Topic

1.- Concepts of pharmacology and drugs, principles and general mechanisms of action of the drugs	Pharmacology: concept and aims. Division of the Pharmacology. Concept, medicine and drug. Nomenclature and category of the medicines.
2. Forms of dosage. Stability of the medicines	*Posología, dosage, caducity and conservation of the medicines.
3. *Farmacocinética Of the medicines: Absorption, distribution, metabolism, elimination, clinical implications.	Absorption, distribution, metabolism and elimination.
4. *Farmacodinamia Of the medicines.	General concept of action and farmacological effect. The farmacological receptor. Affinity and intrinsic activity. Drugs *agonistas and antagonistic. Power and efficiency of the drugs.
5. Foundation of the *posología and of the diet *posológico.	Roads of administration of the medicines. Study of his characteristics.

6. \*Farmacoterapia In function of the most frequent problems.

Pharmacology of the illnesses \*infecciosas:  
 general principles, selection and associations of antibiotics.  
 Antibiotics \*betalactamicos.  
 Antibiotics \*aminoglucósidos. \*Glucopéptidos. \*Oxazolidinonas.  
 \*Estreptograminas.  
 \*Macrólidos And \*lincosamidas.  
 \*Tetraciclinas. \*Cloranfenicol. Other antibiotics.  
 \*Quinolonas. \*Sulfamidas. \*Trimetoprima. \*Cotrimoxazol. \*Nitrofurantoina.  
 Pharmacology of the infections by \*micobacterias.  
 Drugs \*antifúngicos.  
 Drugs \*antivíricos.  
 Drugs \*antisépticos.  
 Drugs \*antiparasitarios: Protozoons, Helminths and Arthropods.  
 Chemotherapy \*antineoplásica.  
 Pharmacology of the immunity. Vaccines and serums. \*Inmunosupresores.  
 \*Inmunomoduladores And \*inmunoestimulantes.  
 General anaesthetic drugs.  
 Local anaesthetics.  
 Drugs \*antipsicóticos \*neurolépticos. Antidepressant drugs and  
 \*antimaniacos.  
 \*Ansiolíticos. Sedatives. Hypnotic drugs.  
 Drugs \*antiepilépticos and \*antiparkinsonianos.  
 Analgesic drugs \*opiáceos.  
 \*Psicoestimulantes. \*Psicomiméticos. Addiction to drugs and other  
 substances.  
 Analgesic drugs \*antipiréticos anti-inflammatories no \*esteroides  
 (\*AINEs). \*Antiartríticos.  
 Medicines of the Autonomous Nervous system. \*Simpaticomiméticos And  
 \*simpaticolíticos.  
 \*Parasimpaticomiméticos And \*parasimpaticolíticos. \*Bloqueantes  
 Neuromuscular.  
 \*Autacoides And his antagonists.  
 \*Glucósidos Cardiac. \*Antiarrítmicos.  
 \*Antianginosos And \*antihipertensivos.  
 \*Broncodilatadores, \*antitusígenos \*mucolíticos and \*expectorantes. Other  
 drugs used in respiratory illnesses.  
 \*Antiácidos, \*antieméticos and \*eméticos.  
 \*Laxantes And \*antidiarreicos.  
 Pharmacology of the blood coagulation.  
 Drugs \*antianémicos.  
 \*Corticoides.  
 Pharmacology of the thyroid.  
 Pharmacology of the endocrine pancreas.  
 \*Andrógenos.  
 Oestrogens and \*progestágenos. Contraceptives \*hormonales.  
 Drugs \*hipolipemiantes.  
 Drugs \*uricosúricos and \*antigotosos.  
 Vitamins. Physiological paper and therapeutic utilisation. \*Coenzimas.

7. Adverse effects of the medicines.

Farmacological interactions.

8. Nutrition and dietary: historical Development of the nutrition and the dietary, the concept of nutrients and energy.

Introduction to the history of the nutrition.  
 Evolution of the nutrition.  
 Description of the \*fundamentos nutritional.

9. Factors that determine the energetic needs, needs and nutritional recommendations.

\*Determinantes Of the energetic requests.  
 Predictive equations of the energetic expense.

10. Study of the foods like source of energy and nutrients.

Energetic requests in situation of fast.  
 Energetic requests in situation of acute aggression.

11. Modifications that suffer the foods with the processed.

Metabolism of the \*macronutrientes.

12. Study of the feeding of the healthy people and in the distinct moments of the vital cycle.

Nutrition in the infancy, adolescence and \*senectud.

13. Study of the assessment of the nutritional state of the individuals.

Nutritional assessment.  
 Regulation of the energetic balance and of the corporal composition.

14. \*Dietoterapia In function of the most frequent pathologies

\*Dietoterapia Of the renal illnesses.  
 Nutrition and immunity.  
 Nutritional cares in the alterations \*metabolicas.  
 Nutritional cares in the alimentary intolerances.  
 Nutrition and alcohol  
 hospitable Entry and dietary  
 Nutrition artificial  
 Requests in pathological situations.

### Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	1	0	1
Master Session	66	116	182
Seminars	2	0	2
Classroom work	3	0	3
Troubleshooting and / or exercises	3	0	3
Case studies / analysis of situations	1.9	0	1.9
Multiple choice tests	0.5	0	0.5
Short answer tests	0.4	10	10.4
Troubleshooting and / or exercises	0.5	10	10.5
Case studies / analysis of situations	0.2	10	10.2
Long answer tests and development	0.5	0	0.5

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

### Methodologies

	Description
Introductory activities	Activities directed to take contact and gather information on the *alumnado, as well as to present the *asignatura.
Master Session	Exhibition by part of the professor of the contents on the matter object of study, theoretical bases and/or guidelines of a work, exercise or project to develop by the student.
Seminars	Activities focused to the work on a specific subject, that allow to deepen or complement the contents of the matter. Can employ as I complement of the theoretical classes.
Classroom work	The student develops exercises or projects in the classroom under the guidelines and supervision of the professor. It can be linked his development with autonomous activities of the student.
Troubleshooting and / or exercises	Activity in which they formulate problem and/or exercises related with the *asignatura. The student has to develop the suitable or correct solutions by means of the *ejercitación of routines, the application of formulas or algorithms, the application of procedures of transformation of the available information and the interpretation of the results. It is used to use as I complement of the lesson *magistral.
Case studies / analysis of situations	Analysis of a fact, problem or real event with the purpose to know it, interpret it, resolve it, generate hypothesis, contrast data, *reflexionar, complete knowledges, diagnose it and train in alternative procedures of solution.

### Personalized attention

Methodologies	Description
Seminars	Activities focused to work on a specific topic, allowing delve or supplement the contents of the field. They can be used to supplement the lectures.
Troubleshooting and / or exercises	Activity which formulated problem and / or exercises related to the course. The student should develop appropriate solutions or right through the exercise routines, application of formulas or algorithms, application processing procedures available information and interpretation of the results. It is often used to complement the lecture.
Case studies / analysis of situations	Analysis of an event, issue or actual event in order to know, interpret, solve, generate hypotheses, comparing data, reflect, complete knowledge, diagnose and training in alternative dispute resolution procedures.

### Assessment

	Description	Qualification	Training and Learning Results
Multiple choice tests	Proofs for evaluation of the competitions purchased that include enclosed questions with different alternative of answer (true/false, multiple election, *emparejamiento of elements...). The students select an answer between a number limited of possibilities.	80	C3 C4

Short answer tests	Proofs for evaluation of the competitions purchased that include direct questions on a concrete appearance. The students have to answer of direct and brief way in base to the knowledges that have on the matter.	5	A3 B9 C5 B10 C6 C7
Troubleshooting and / or exercises	Proof in which the student has to solve a series of problems and/or exercises in a time/condition established/ace by the professor. Of this way, the student has to apply the knowledges that has purchased. The application of this technical can face-to-face and no face-to-face. Can use different tools to apply this technician as, for example, chat, post, forum, *audioconferencia, videoconference, etc.	5	A3 C4
Case studies / analysis of situations	Proof in that it poses a situation or problematic already given or that it can give, splitting of the different factors *involucrados, the analysis of the antecedents, conditions, of the situation, etc.	5	A3 B10 C3 C4
Long answer tests and development	Proofs for evaluation of the competitions that include open questions on a subject. The students have to develop, relate, organise and present the knowledges that have on the matter in an extensive answer.	5	A3 C3 C4

### Other comments on the Evaluation

#### Sources of information

Jesus Florez, **Farmacología Humana**, Quinta,

Silvia Castells Molina, **Farmacología en enfermería**, Tercera,

J.M. Mosquera, **Farmacología Clínica para enfermería**, 4ª,

Richard A. Harvey, **Farmacología**, 2ª,

Baños Díez, Farré Albaladejo, **Principios de Farmacología Clínica: bases científicas de la utilización de medicamentos.**,

Información Terapéutica del Sistema Nacional de Salud., **Publicaciones. Bibliotecas.**,

www.cofpo.org, **Canal Sanitario**,

Martínez-Portillo, **Fundamentos de Nutrición y Dietética**,

David L. Katz, **Nutrición Médica**, 3ª,

#### Recommendations

##### Subjects that continue the syllabus

Clinical practice I/V53G140V01208

Clinical practice II/V53G140V01303

Clinical practice III/V53G140V01306

Clinical practice IV/V53G140V01405

Clinical practice V/V53G140V01406

##### Subjects that are recommended to be taken simultaneously

Clinical Nursing I/V53G140V01204

Introduction to clinical nursing/V53G140V01201

##### Subjects that it is recommended to have taken before

Human Anatomy: Human Anatomy/V53G140V01101

Physiology: Physiology/V53G140V01105