



**MEDICAL UNIVERSITY - PLEVEN**

**ИМЕ НА ОСНОВНО ЗВЕНО**

---

**DISTANCE LEARNING CENTRE**

**DEPARTMENT OF PEDIATRICS**

# **PRACTICAL EXERCISES – THESES**

**FOR E- LEARNING IN PEDIATRICS**

**ENGLISH MEDIUM COURSE OF TRAINING**

**SPECIALTY OF MEDICINE**

**ACADEMIC DEGREE: MASTER**

**PROFESSIONAL QUALIFICATION: DOCTOR OF MEDICINE**

**PREPARED BY DR. STANIMIRA ELKINA, PHD**

---

PLEVEN, 2020

---

## **PRACTICAL EXERCISES – THESES**

### **PRACTICAL EXERCISES – TOPIC**

#### ***BOTTLE-FEEDING***

### **PRACTICAL EXERCISES – THESES**

1. Students to learn the difference between mixed- and bottle-feeding.
2. To be introduced to the positivity of formula against cow's milk.
3. To be familiarized with the dietary regiment of a formula fed.
4. Types of infant formulas.
5. Clinical case presentation.

### **PRACTICAL EXERCISES – TASKS**

1. Definition of breastfeeding, bottle-feeding and mixed-feeding (WHO-, UNICEF and AAP Recommendations).
2. Discussion of mixed and bottle-feeding nutrition indications.
3. To be aware with benefits of formula over cow milk. Constituents of breast milk, formula milk and cow's milk
4. To know appropriate number of feeding daily and quantity of formula. How to calculate the milk volume? (1-M-0 ; "m" = age of infant)
5. To be familiar with constituents of human colostrum, transitional, and mature milk.
6. To be introduced to different types of formulas: lactose free, free amino-acid formula, anti-reflux formula etc.
7. To be trained in taking history about dietary regiment of a healthy baby on mixed- or bottle-feeding
8. To be able to undergo a physical examination of a healthy baby.
9. To be trained in creating a diet regime for infants of mixed- and formula feeding at different ages.

### **PRACTICAL EXERCISES – VENUE AND MATERIALS**

- Department of Pediatrics, UMHAT - Pleven
- Pediatric lectures
- Clinical task and MCQs