



**MEDICAL UNIVERSITY - PLEVEN**

**ИМЕ НА ОСНОВНО ЗВЕНО**

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**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**

## **PRACTICAL EXERCISES – THESES**

### **PRACTICAL EXERCISES – TOPIC**

#### ***OVERNUTRITION. OBESITY***

### **PRACTICAL EXERCISES – THESES**

1. Students to learn the definition of overweight and obesity as pathological phenomena.
2. To be acquainted with etiology and pathogenesis of overweight and obesity.
3. To be familiarized with the clinical features of overweight and obesity.
4. To accomplished the diagnostic process of obesity
5. Treatment plan for a severe obese child.
6. Clinical case presentation.

### **PRACTICAL EXERCISES – TASKS**

1. Definition of overweight and obesity in pediatrics according to: WHO (World Health Organization) and AAP (American Academy of Pediatrics)
2. To be able to determine the etiological factors for obesity and to know the classification of obesity /primary and secondary/.
3. To discuss the pathogenesis of overweight and obesity in childhood's periods.
4. To be trained in taking history of a child with obesity – start of presentation, dietary regiment, physical activity, screening time, accompanying symptoms (headache, vomiting, visual disturbances etc.), familial history.
5. To determine the predisposing factors and causes for obesity.
6. To be able to perform a physical examination of an obese child and to identify specific clinical features: anthropometry with waist circumference, acanthosis nigricans, hirsutism, skinfold thickness, syndromic stigma
7. To establish the obesity degree according BMI and % of weight gain. Calculation of BMI and SDS. Work with CDC charts.
8. To plan a diagnostic approach /laboratory and instrumental studies/.
9. To creat a complex therapeutic plan for a pediatric patient with severe primary obesity.
- 10.To resolve a clinical task.

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

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