

# Growth, development, nutrition & ageing module - Year 3 Semester 2

Credits: 1

Duration: 02 weeks (10 days)

Topic/ Concept	Objectives	Time	Department	T/L Activity	Comments
	<b>At the end of the module, student should be able to,</b>				
3/SBM-10/01					
<b>Introduction to growth and development – Factors affecting the growth and development</b>	1. revise what was learn in Y1S2 2. understand the objectives of Y3S2 3. appreciate the importance of knowing the causes of growth and development failures 4. outline general causes of growth and development failures	1h	Paediatrics	Lecture	
3/SBM-10/02					
<b>Chromosomal and genetic factors affecting growth and development</b>	1. revise knowledge on chromosomal and genetic anomalies learn during Y1S2 2. learn about the impact of chromosomal and genetic disorders on growth and development 3. Understand what “syndromes ‘is’? 5. learn about the metabolic causes of growth and development failure	1h	Paediatrics	Lecture	
3/SBM-10/03					
<b>Factors affecting pre-natal growth and its general management</b>	1. describe/explain in outline the factors affecting pre-natal growth and its general management at a. international b. national c. community d. individual level	1h	Gyn. & Obs.	Lecture	
3/SBM-10/04					
<b>Causes of problems related to Growth and Development during neonatal period</b>	1. revise about normal and what is abnormal growth and development during neonatal period 2. List causes for failure ( internal and external causes) 3. discuss how to correct them	1h	Paediatrics	Lecture	
3/SBM-10/05					
<b>Causes for growth failure and excess growth</b>	1. Revise what is normal growth, deviations and abnormal growth 2. List Causes of growth failure internal and external 3. discuss how to correct them	1h	Paediatrics	Lecture	

<b>3/SBM-10/06</b>					
<b>National programmes for intervention of nutritional problems in Sri Lanka</b>	<ul style="list-style-type: none"> <li>1. explain why do we need a national programme</li> <li>2. explain the target groups</li> <li>3. explain how are these programmes carried out</li> <li>4. explain what are the interventions done for different risk groups</li> <li>5. describe/explain in outline the programmes for intervention of nutritional problems at <ul style="list-style-type: none"> <li>a. international</li> <li>b. national</li> <li>c. community</li> <li>d. individual level</li> </ul> </li> </ul>	1h	Community Medicine	Lecture	
<b>3/SBM-10/07</b>					
<b>Causes of development delay</b>	<ul style="list-style-type: none"> <li>1. Revise what is normal development, delay and regression</li> <li>2. list causes for development delay</li> <li>3. discuss theoretical basis to correct them</li> </ul>	1h	Paediatrics	Lecture	
<b>3/SBM-10/08</b>					
<b>National nutritional status, population structure and economy of a country</b>	<ul style="list-style-type: none"> <li>1. explain the population structure of Sri Lanka</li> <li>2. explain the link between National Nutritional Status and the economy of a country</li> </ul>	1h	Community Medicine	Lecture	
<b>3/SBM-10/09</b>					
<b>Causes of problems related to sexual maturity</b>	<ul style="list-style-type: none"> <li>1. revise – Normal, precocious and delayed puberty</li> <li>2. List causes for abnormalities of the puberty</li> <li>3. discuss principals of correction</li> </ul>	1h	Paediatrics	Lecture	
<b>3/SBM-10/10</b>					
<b>Nutritional disorders and causes</b>	<ul style="list-style-type: none"> <li>1. list common nutritional deficiency disorders in Sri Lankan children</li> <li>2. List disorders due to nutritional excess</li> <li>3. Understand causes for nutritional disorders</li> <li>4. learn how to correct them</li> </ul>	1h	Paediatrics	Lecture	
<b>3/SBM-10/11</b>					
<b>Problems related to feeding children</b>	<ul style="list-style-type: none"> <li>1. Importance of Healthy feeding practices</li> <li>2. Importance of breast feeding</li> <li>3. Importance of proper weaning food</li> <li>4. Understand Food and allergies</li> <li>5. Understand Health feeding habits “Feeding is not only for nutrition”</li> <li>5. learn about feeding problems and appreciate deference between feeding problem and nutrition.</li> </ul>	1h	Paediatrics	Lecture	

<b>3/SBM-10/12</b>					
<b>Student seminar</b>  <b>Evaluation of growth and development</b> <b>Practical session with case scenario</b>	<ol style="list-style-type: none"> <li>1. Practice using growth charts to understand problems related to growth and hypothesize possible causes</li> <li>2. Practice assessment of abnormalities of puberty and hypothesize possible causes</li> <li>3. Practice assessment of developmental disorders and hypothesize possible causes</li> </ol>	2h	Paediatrics	Student Seminar	
			Community Medicine		
<b>3/SBM-10/13</b>					
<b>General management and community programmes for the elderly</b>	<ol style="list-style-type: none"> <li>1. describe/explain in outline the general management programmes for the elderly at             <ol style="list-style-type: none"> <li>a. international</li> <li>b. national</li> <li>c. community</li> <li>d. individual level</li> </ol> </li> </ol>	1h	Medicine	Lecture	
<b>3/SBM-10/14</b>					
<b>Current problems and future problems in management of the elderly in Sri Lanka</b>	<ol style="list-style-type: none"> <li>1. explain the current health, psychological and social problems faced by the elderly</li> <li>2. explain the health services available to the elderly population through MOH and his/her team</li> <li>3. explain the services available at a home for the elderly</li> <li>4. explain the criteria for admission to a home for the elderly</li> <li>5. explain the escalation of the problems faced by the elderly due to decline in fertility and reduction in the family size in the future</li> </ol>	2h	Medicine & Community Medicine	Student Seminar	
<b>3/SBM-10/15</b>					
<b>General management -of Menopause and Andropause</b>	<ol style="list-style-type: none"> <li>1. describe/explain in outline the problems and the general management -of Menopause and Andropause</li> </ol>	1h	Obs. & Gyn.	Lecture	
<b>3/SBM-10/16</b>					
<b>Round-up session</b>		1h	Paediatrics/ Medicine/ Community Medicine		
	<b>Skills (during clinical training programme)</b>				
	assess Growth charts				

	make assessment of the newborn			
	make assessment of Neurological and sexual development			

### **Growth, development, nutrition & ageing module - (Year 3 Semester 2)**

#### **Module Summary**

<b>Department</b>	<b>Lectures (hrs)</b>	<b>Student Presentation (hrs)</b>	<b>Total (hrs)</b>
Paediatrics	7	2	9
Community Medicine	2	2	4
Medicine	1		1
Gyn. & Obs.	2		2
<b>Total</b>	<b>12</b>	<b>4</b>	<b>16</b>

#### **Names and the departments of the teachers involved in the teaching programme:**

##### **Dept. of Paediatrics**

Prof. C.K. Abeysekera  
Dr. R. Mudiyanse  
Dr. T. Kudagammana

##### **Dept. of Medicine**

Dr. C. Jayasinghe

##### **Dept. of Gyn. & Obs.**

Dr. C. Ratnayake

##### **Dept. of Community Medicine**

Dr. J.P. Suraweera

#### **Examination Format**

<b>Module</b>	<b>Credits</b>	<b>MCQ</b>	<b>SAQ</b>	<b>Viva</b>
Growth, Development, Nutrition & Ageing	1	30 min	30 min	-