Biochemistry

Departmental Objective

At the end of the course in Biochemistry the students should be able to:

- demonstrate basic knowledge on major biomolecules, enzymes, hormones and nutrients and of fundamental chemical principles involved in body mechanism upon which life process depends
- demonstrate skills in performing and interpreting Bio-chemistry laboratory tests and procedures with emphasis on those used in Bangladesh
- demonstrate skills in using the modern biochemical appliances
- equip themselves with requisite knowledge for higher studies and research
- develop sound attitude towards the need for continuing self education

List of Competencies to acquire:

After completing the course of biochemistry in MBBS course the students will-

- 1) apply the impact of biochemistry in medicine.
- 2) acquinted the biomolecules forming the structure of the human body, their functions and their role in health and diseases.
- 3) explain the role of enzymes in the diagnosis and treatment of diseases.
- 4) identify the source of energy in human body and the process by which this energy is derived from food.
- 5) explain metabolism of the body in fed and fasting state and consequences of prolonged starvation.
- 6) explain the role of liver in metabolism and derangement of metabolism in impaired liver function. Explain dyslipidemia and their clinical consequence
- 7) describe the water and electrolyte content of human body and their functions. Know the types, causes and consequences of dehydration and over hydration. Explain the causes the consequences of electrolyte imbalance.
- 8) describe the sources of acids and bases in our body and the mechanism of their normal balance. Explain the causes and consequences of acidosis and alkalosis and the parameters to diagnose them.
- 9) demonestrate about nutrients, balanced diet. Describe the common nutritional disorders of our country and their causes and consequences.
- 10) describe the components of balanced diet and explain the basic principles of making a diet chart. Attain the skill to assess nutritional disorders anthropometrically.
- 11) explain the basis of genetics and molecular biology and the common genetic disorders and explain the modern technology in molecular biology in the diagnosis and treatment of diseases.
- 12) diagnose diabetes mellitus, impairment of renal, liver and thyroid functions.

Attain the skill to perform and interpret the common biochemical tests in the diagnosis of

diseases. Attain the skill to perform common bedside biochemical tests.

Lecture	Tutorial	Practical	Total teaching	Integrated teaching for	Formative Exam		Summative exam	
			hours	Phase I	Preparat ory leave	Exam time	Prepar atory leave	Exam time
120 hours	100 hours	100 hours	320 hrs	30 hrs	35 days	42 days	30 days	30 days
(Time for exam. preparatory leave and formative & summative assessment is common for all								
subjects of the phase)								

Distribution of teaching - learning hours

Teaching - learning methods, teaching aids and evaluation

Teaching Methods				
Large group	Small group	Self learning	Teaching aids	In course evaluation
Lecture Integrated teaching	Tutorial Practical Demonstration Problem solving	Assignment, self assessment and self study.	OHP Video tapes, Audio player Slide Projector Charts, Flip charts, Models, Specimens White board and marker Chalk board and chalk Computer and multimedia Study guide and manuals	 Item Examination (oral & or written) Card final (written) Practical examination (OSPE & traditional practical) Term Examination Term final (written, oral+ practical [OSPE & traditional])

Related Equipments:

Glass wares, micropipette, distilled water plant, p^{H} meter.

Laboratory equipments:

Photoelectric colorimeter, Centrifuge machine, Incubator, Water bath, Hot air oven, Height and weight measuring instrument.

1st Professional Examination:

Marks distribution of Assessment of Biochemistry: Total marks – 400

- Written=200 (Formative- 20+MCQ- 40+SAQ-140)
- SOE=100
- Practical= 100 (OSPE-50+ Traditional-40 +Note Book-10)

Learning Objectives and Course Contents in Biochemistry Biophysics & Biomolecules

Food, Nutrition, Vitamins and Minerals

Learning Objectives	Contents	Teaching Hours
 At the end of the course, students will be able to: define and explain nutrients, essential nutrients, macro and micro nutrients, food, proximate principles of food, diet, balanced diet. state the full meaning of the abbreviations- MR, BMR, BMI, SDA, DRI, RDA, and also define and explain them. state the basis of calculating the calorie requirement of a person. describe the sources, requirement and function of carbohydrate as nutrient and describe the importance of fibers in diet. state glycaemic index(GI). describe sources, requirement and function of protein as nutrients; mention the name and significance of essential amino acid; state the biological value of protein. describe the sources, requirement and function of lipids as nutrients. mention the sources and nutritional role of polyunsaturated fatty acids. define and classify vitamins. describe the sources, function, RDA, deficiency disorders of water soluble vitamins. state the role of minerals as nutrients, define trace elements. state the role of minerals: sodium, potassium, calcium, iron, iodine, fluoride, selenium, manganese, copper, zinc etc. describe iron metabolism. state and describe the phenomenon of the common nutritional disorders e.g. PEM, night blindness, goiter, obesity. 	 CORE: Basic concepts of food, nutrition and dietary principles. Energy balance and calculation of energy equivalent of food. Nutritional aspect of carbohydrates, fats and proteins, Fibers. Vitamins and minerals. Common Nutritional disorders. 	Lecture: 18 hours Tutorial : 15 hours Practical: 10 hours Total teaching hours: 43 hours

Digestion, Absorption, Bioenergetics and Metabolism

Learning Objectives	Contents	Teaching Hours
 At the end of the course, students will be able to: define digestion, absorption, metabolism, anabolism, and catabolism. describe the phases of metabolism, enumerate digestive juices, their composition and functions, enumerate local hormones of GIT, their source and functions. describe biological oxidation, respiratory chain and oxidative phosphorylation. enumerate high and low energy compounds, describe ATP. Carbohydrate Metabolism: state the names and sources of digestive enzymes, their location and process of digestion and absorption of carbohydrate. define glycolysis and describe the pathway, state the conversion of pyruvate to lactate, acetyl CoA and oxaloacetate. calculate the amount of energy liberated in glycolysis and oxidative decarboxylation of pyruvate. describe citric acid cycle and explain why it is called an amphibolic and final common metabolic pathway. calculate the amount of energy liberated in TCA cycle and total energy liberated from complete oxidation of a mole of glucose in aerobic and in anaerobic conditions. define glycogenesis and glycogenolysis and state their role in storage and supply of glucose to meet body's demand. state the importance of HMP pathway. define gluconeogenesis and describe its process and importance. describe glucose homeostasis and mention its importance, state the glucostatic functions of liver with other biochemical functions. 	 CORE: Introduction to metabolism Biological oxidation, respiratory chain and oxidative phosphorylation. High and low energy compounds. ATP Phases of metabolism (digestion, absorption and intermediary metabolism) Glycolysis Citric acid cycle Glycogenesis and glycogenolysis Hexose monophosphate shunt Gluconeogenesis Blood glucose homeostasis Cori cycle 	Lecture: 30 hours Tutorial: 18 hours Practical: 25 hours Total teaching hours: 73hours

Learning Objectives	Contents	Teaching Hours
 Lipid Metabolism state the name and sources of digestive enzymes, their location and process of digestion and absorption of lipids (triacylglycerol, phospholipids, cholesterol esters) enumerate the blood lipids with their sources and mention the anabolic and catabolic pathways of lipid metabolism. describe the process of degradation of triacylglycerol. state the processes of fatty acid oxidation and describe beta- oxidation of even and odd chain fatty acids. state the sources and fate of acetyl-CoA. name the ketone bodies. describe ketogenesis and fate of ketone bodies, state the biomedical importance of ketone bodies. define ketosis and mention the causes of ketosis and describe its pathogenesis. enumerate the lipoproteins, state its general structure and functions, describe the metabolism of chylomicron, VLDL, LDL and HDL cholesterol, explain the clinical importance of LDL & HDL cholesterol. state the role of HMG-CoA reductase in regulation of blood cholesterol level. define eicosanoids, mention the basic steps of their synthesis. 	 CORE: Digestion and absorption of lipid. Blood lipids and pathways of lipid metabolism. Triglyceride metabolism. Beta-oxidation Ketogenesis and ketosis. Lipid transport and lipoprotein metabolism. Ecosanoids. 	

Learning Objectives	Contents	Teaching Hours
 Protein Metabolism state the name and sources of digestive enzymes, their location and process of digestion and absorption of protein. state the concept of protein turnover, amino acid pool define nitrogen balance, mention its types and state the routes of nitrogen loss. state the pathways of amino acid catabolism. define and describe transamination and deamination. describe sources and way of disposal of ammonia, explain ammonia intoxication describe the urea cycle including sites, reactions and importance of the cycle. 	 CORE: Digestion and absorption of protein Protein turnover, common amino acid pool,nitrogen balance Pathways of protein metabolism Deamination and transamination. Fate of amino acid in the body Source and disposal of ammonia ADDITIONAL: Role of liver in over all metabolisms. Integrated metabolism Metabolic adjustment of fed, fasting and starvation state. 	

Renal biochemistry, body fluid, electrolytes and acid-base balance

Learning Objectives	Contents	Teaching Hours
 At the end of the course, students will be able to : define GFR, plasma load, tubular load, transport maximum, renal threshold, plasma clearance, osmolar clearance and free water clearance, describe mechanism of acidification of urine. state the body fluid compartments and state the composition of ECF and ICF state water turn over, water intake and output, describe volume homeostasis (water balance), enumerate volume disorders with example, define water intoxication. explain the importance of major electrolytes (Na⁺, K⁺, Ca⁺⁺, Mg⁺⁺ and PO₄) and mechanism of their homeostasis. describe acid base homeostasis & state the simple acid base disorder with causes of acidosis and alkalosis and mechanism of their compensation and correction. state the role of kidneys in water, electrolyte and acid-base balance. state abnormal constituents in urine with normal urine volume and obligatory urine volume, explain limiting p^H of urinr. define and classify diuresis with example. 	 <u>CORE:</u> Renal biochemistry in relation to water, electrolytes and acid base homeostasis Total body water and body fluid compartments. Composition of body fluids. Regulation of normal water balance. Major electrolytes and their homeostasis. Volume disorders. Acid base homeostasis & disorders. 	Lecture: 20 hours Tutorial: 12 hours Practical: 20 hours Total teaching hours: 52 hours

Learning Objectives	Contents	Teaching Hours
 At the end of the course, students will be able to: state the basic concepts of clinical biochemistry. mention measurements of unit, SI unit state the laboratory hazards with its types. state the normal level of serum bilirubin and mechanism of causation of jaundice. describe the common liver function tests with interpretation. explain the basis of application of clinical enzymology in disease. state the lipid profiles of blood & their clinical importance. state the laboratory diagnosis of diabetes mellitus, OGTT and its interpretation, define IFG, IGT and HBA_{1c}. state renal function tests with interpretation. 	 CORE: Introduction to clinical biochemistry. Normal biochemical values in conventional and Sl. Units. Clinical enzymology related to liver and myocardial diseases. Lipid profiles and dyslipoproteinemias. Organ function tests (liver, kidney & thyroid) Diagnosis of diabetes mellitus Bilirubin metabolism and Jaundice. Proteinuria and microalbuminuria 	Lecture: 14 hours Tutorial : 15hours Practical : 20 hours Total teaching hours : 49 hours

Clinical Biochemistry and clinical endocrinology

Fundamentals of Molecular Biology and genetics

		Teaching Hours
Learning Objectives	Contents	
At the end of the course, students will be able to:	CORE:	
 explain chemistry, & functions of nucleic acid, nucleosides, and nucleotides. describe the structure and functions of DNA. describe the structure, types and functions of RNA. describe DNA organization, cell cycle and genetic code. describe the the central dogma & processes of replication of DNA, define gene, allele, genome, genotype, phenotype, trait, and codon. describe transcription and post transcriptional modification. explain the concepts & application of medical Biotechnology explain the concept of DNA cloning, PCR, Polymorphism. 	 Basic concepts of molecular biology. Nnucleic acid, nucleosides, and nucleotides. Replication, transcription and translation. Gene, genome, allele, trait, genetic code, mutation, mutagens. PCR, DNA cloning, recombinant DNA technology Biomedical aspects of medical biotechnology: understanding & application. 	Lecture: 18 hours Tutorial : 15 hours Practical : 05 hours Total teaching hours : 38 hours
• define and classify mutations, mutagens.		

Learning Objectives	Contents	Teaching Aids	Teaching Hours
 Students will be able to: list the laboratory hazards and the precautions to prevent them. identify the different laboratory glass wares and equipments. Mention their uses. prepare different type of standard solution from supplied solute, solvent and standard solution. identify different parts of photoelectric colorimeter. Demonstrate its technique and the basic principle of calculation. perform different biochemical tests according to given method and manual. know the clinical indication of performing biochemical tests. interpret biochemical values to apply in clinical situations. 	 CORE Identification of laboratory glass wares and equipment. Preparation of solutions. Photometry. Estimation, demonstration of technique, calculation and interpretation of result: Blood glucose estimation. Serum cholesterol estimation. Serum urea Serum creatinine Serum total protein Serum bilirubin Abnormal constituents of urine and their clinical significance. 	 OHP Video tapes, Audio player. Charts , Flip charts, Models, Specimens White board and marker Chalk board and chalks Computer and multimedia Study guide and manuals Glass ware, micropipette Distil water plant pH meter Laboratory equipments: photoelectric colorimeter Centrifuge machine Incubator Water bath Hot air woven Height and weight measuring instrument 	100 hours

Biochemistry practical

Evaluation of Biochemistry Summative Assessment (1st Professional Examination)

Components	Marks	Total Marks
Formative assessment	10+10	20
WRITTEN EXAMINATION Paper – I- MCQ SAQ Paper - II- MCQ SAQ	20 70 20 70	180
PRACTICAL EXAMINATION OSPE Traditional methods Practical Note Book	50 40 10	100
ORAL EXAMINATION (Structured)		100
Gran	d Total	400

 \blacktriangleright OMR sheet will be provided for MCQ.

Pass marks 60 % in each of theoretical, oral and practical.

Continuous Assessment Card

Card No- 1. Biophysics and Biomolecules

No.	Items	Marks(10 in each item)	Initials and date
1.	Introduction of biochemistry, acid, base, p ^H , p ^K , buffer, Henderson-Hasselbalch equation.		
2.	Solutions, crystalloid, colloid, dialysis and isotopes.		
4.	Carbohydrates.		
5.	Lipids		
6.	Amino Acids and Protein.		
7.	Enzymes, coenzymes, cofactors, isoenzsymes		

Card No- 2. Food, nutrition and vitamins

No	Items	Marks(10 in each item)	Initial and date
1.	Basic concepts of Nutrient, food, diet, balanced diet, essential dietary		
	components, , total calorie calculation, DRI, RDA, MR, BMR, BMI, SDA.		
2.	Dietary fibers, nutritional importance of carbohydrate, lipid & protein,		
	glycaemic index (GI) of food.		
3.	Minerals- (macro & micro), trace elements, common nutritional disorders, PEM, BMI. obesity, iron metabolism and its deficiency, iodine deficiency		
4.	Water soluble vitamins		
5.	Fat soluble vitamins		

Card No- 3. Digestion, absorption, bioenergetics and metabolism

No	Items	Marks(10 in each item)	Initial and date
1.	Digestive juices, local hormone of GIT, digestion & absorption of		
	carbohydrate, lipid, protein.		
2.	Bioenergetics- biological oxidation, high energy phosphates, oxidative		
	phosphorylation, respiratory chain. metabolism-definition, phases; anabolism,		
	catabolism		
3.	Carbohydrate metabolism- glycolysis, fate of pyruvate, TCA cycle, HMP		
	pathway, gluconeogenesis, glycogenesis, glycogenolysis, blood glucose		
	regulation.		
4.	Lipid metabolism: lipolysis, Beta-oxidation of fatty acid, fate of Actyl-CoA,		
	ketone bodies, ketosis & its pathoghenesis. Lipoproteins & their metabolism,		
	Cholesterol metabolism.		
5.	Protein metabolism: Amino acid pool, Transamination, Deamination.		
	Source & fate of ammonia, ammonia intoxication, Urea cycle.		

Card No- 4. Renal biochemistry, body fluid, electrolytes and acid base balance

No	Items	Marks(10 in each item)	Initial and date
1.	Renal biochemistry- GFR, tubular load, TM, renal threshold, plasma		
	clearance, osmolar clearance, free water clearance, acidification of urine.		
2.	Body fluid- Body fluid compartments, daily water intake & output, water		
	turnover, body fluid volume regulation, volume disorders and diuresis.		
3.	Acid-Base Balance- origin of acids & bases, maintenance of static blood p ^H .		
	Acid base disorders, their compensation & coprrection, anion gap and base		
	excess.		
4.	Serum Electrolytes- Serum electrolytes & their reference ranges. Functions,		
	regulations, hypo & hyper states of serum $[Na^+]$, $[K^+]$ $[Ca^{++}]$ & $[PO_4^{}]$		

Card No- 5. Clinical biochemistry and clinical endocrinology

No	Items	Marks(10 in each item)	Initial and date
1.	Clinical biochemistry- S I unit, Laboratory hazards, Sample collection,		
	Photometry. Clinical enzymology, lipid profiles of blood.		
2.	Clinical enzymology and lipid profiles of blood.		
3.	Diagnosis of diabetes mellitus.OGTT, IGT, IFG and HbA _{1C} .		
4.	Thyroid function tests and interpretation.		
5.	Commonly done LFT. Jaundice.		
6.	Renal function tests and interpretation.		

Card No- 6. Fundamental of molecular biology and genetics

No	Items	Marks(10 in each item)	Initial and date
1.	Nucleic acids, nucleotides, DNA, RNA, DNA organization, Cell cycle.		
2.	The central dogma, Genome, Gene, Genetic code, Codon, Mutation, mutagens, Genotype, Phenotype, trait, allele.		
3.	Replication, Transcription and post transcriptional modification,		
4.	Translation and post translational modification.		
5.	Recombinent DNA technology, PCR, Cloning.		

Total Teaching Hours for Biochemistry

System	Lecture	Tutorial	Practical	Integrated teaching
1. Biophysics and biomolecules'	20	25	20	
2. Food, nutrition, vitamins and minerals	18	15	10	
3. Digestion, absorption, bionergetics and metabolism	30	18	25	
4. Body fluids, electrolytes and acid base balance	20	12	20	
5. Clinical biochemistry and clinical endocrinology	14	15	20	
6. Molecular Biology and genetics (Fundamentals)	18	15	05	
Total Teaching Hours: (350)	120	100	100	30

Academic Calendar for Biochemistry

First Term					
System(Two)	Lectures	Tutorials	Practical	Seminar	
Card-1.Biophysics and biomolecules and Card-2. Food and Nutrition	20 hrs. <u>18 hrs.</u> 38 hrs.	25 hrs. <u>15 hrs.</u> 40 hrs.	20 hrs. <u>10 hrs.</u> 30 hrs.	2 hrs. <u>1 hrs.</u> 3 hrs.	

Second Term				
System(Two)	Lectures	Tutorials	Practical	Seminar
Card-3.Digestion, absorption,	30 hrs.	18 hrs.	25 hrs.	2 hrs.
bioenergetics and metabolism				
Card-4.Bodyfluids, electrolytes, renal	<u>20 hrs.</u>	<u>12 hrs.</u>	<u>20 hrs.</u>	<u>1 hrs.</u>
chemistry and acid base balance	50 hrs.	30 hrs.	45 hrs.	3 hrs.

Third Term					
System (Three)	Lectures	Tutorials	Practical	Seminar	
Card-5.Clinical biochemistry and	14 hrs.	15 hrs.	20 hrs.	02 hrs.	
clinical Endocrinology	<u>18 hrs.</u>				
Card-6.Molecular Biology	32 hrs.	<u>15 hrs.</u>	<u>05 hrs.</u>	<u>02 hrs.</u>	
		30 hrs.	25 hrs.	04 hrs.	

Integrated Teaching in Biochemistry

Integrated teaching program on a particular topic/organ /organ system should be organized in each term. The topics which are related should be prepared after discussion with the teachers of Anatomy/Physiology/Biochemistry. The horizontal process of integrated teaching program will help the students to have asimultaneous views of different aspects of Anatomical/Physiological/Biochemical details of a particular topic/organ /organ system.

TOPICS	LEARNING OBJECTIVES	TERM	DEPARTMENT
1. Cell	 Students will be able to describe the structure & functions of different constituents of cell explain membrane transport, membrane potentials & action potentials state the composition of ECF & ICF compartments 	I	Anatomy Physiology Biochemistry
2.Heart	 Students will be able to describe the gross anatomy & clinical anatomy of heart describe the types & regulation of blood pressure describe the physiologic basis of shock management describe & interpret the cardiac markers 	I	Anatomy Physiology Biochemistry
3.Lung	 Students will be able to describe the gross anatomy & clinical anatomy of lung describe the spirometry & its clinical application describe the regulation of respiration 	I	Anatomy Physiology Biochemistry
4. Hepatobiliary system	 Students will be able to describe the gross anatomy & clinical anatomy of hepatobiliary system interprete the liver function test & explain its clinical importance explain the role of liver in metabolism 	II	Anatomy Physiology Biochemistry
5.Kidney	 Students will be able to describe the gross anatomy & clinical anatomy of kidney explain the mechanism of urine formation interpret e kidney function test explain the renal chemistry in relation to water, electrolytes & acid base balance 	Π	Anatomy Physiology Biochemistry

TOPICS	LEARNING OBJECTIVES	TERM	DEPARTMENT
6.Pancreas	 Students will be able to describe the gross anatomy & clinical anatomy of pancreas describe hormones of islets of Langerhan's describe functions ,mechanism of action & regulations of secretion of insulin describe causes & consequences of hyper & hypoglycaemia describe laboratory diagnosis of diabetes mellitus 	Π	Anatomy Physiology Biochemistry
7.Adrenal gland	 Students will be able to describe the gross anatomy & clinical anatomy of adrenal gland describe the functions ,mechanism of action & regulation of secretion of adrenal hormones describe hypo & hyperadrenalism 	III	Anatomy Physiology Biochemistry
8. Thyroid & Parathyroid gland	 Students will be able to describe the gross anatomy & clinical anatomy of thyroid & parathyroid gland describe the hormones of thyroid & parathyroid gland : biosynthesis , transport functions ,mechanism of action & regulation of secretion describe hypo & hyperthyroidism describe tetany describe thyroid function tests & their interpretation 	III	Anatomy Physiology Biochemistry
9. Pituitary gland	 Students will be able to describe the gross anatomy & clinical anatomy of pituitary gland describe Hormones of pituitary gland : functions ,mechanism of action & regulation of secretion describe Hypo & hyperpituitarism 	III	Anatomy Physiology Biochemistry
10. Sensory system & Motor system	 Students will be able to describe receptors ,synapse & sensory pathways describe the pyramidal and extrapyramidal system describe cerebellum, basal nuclei & their disorder describe the different types of neurotransmitter & their functions 	III	Anatomy Physiology Biochemistry