

COURSE CODE: NTD 408

COURSE TITLE: Diet Therapy II

NUMBER OF CREDITS: 3 Credits

COURSE DURATION: Five hours per week (2 hours lectures & 3 hours practical)

Courseware developed by Akinyemi C. O., RD; B.Sc., M.Sc. Human Nutrition (Ibadan)

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Consultation Hours: 12.00 – 2.00pm Tuesdays & Thursdays

LECTURER DETAILS:

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COURSE DETAILS

Course Description:

This course is a continuation of the knowledge of medical nutrition therapy, which started with Diet therapy I (NTD 313) in first semester and hospital experience during SIWES second semester of 300 level. This course includes the metabolic and physiological alterations in selected diseases as a basis for the implementation of dietary modifications; research current issues on the nutritional management of selected diseases and clinical conditions and complete actual case studies in Federal Medical Center, Idi-Aba, which will promote in-depth understanding of the nutritional care plan for various disease conditions.

Course Content:

The role of the nutritionist in general patient care and Counselling. Diet therapy of various pathological and metabolic disorders with emphasis on diseases of the locomotors, respiratory, nervous systems. In-born errors of metabolism, allergies, and diseases of kidneys, lower pancreas and thyroid.

Course Objectives:

Upon completion of this course students would be able to:

- Describe the principles of nutritionist management, including the control of disease & promotion of good nutritional status.
- Research current issues on the nutritional management of selected diseases and clinical conditions.
- Complete case studies, which will promote in-depth understanding of the relationships between clinical conditions and diet modifications.
- Understand how to formulate a basic nutrition care plan, with patient-centered and measurable nutrition goals.

- Develop critical thinking, teamwork and oral communication skills.
- Explain basic symptoms and nutrition therapy of various disorders of the gastrointestinal tract, cardiovascular disease, hepato-biliary disease, renal disease, diabetes, etc.;
- Interpret laboratory results as an indication of nutritional status;
- State specific suggestions for nutritional care of cancer and AIDS patients.
- Describe nutritional concerns for persons with various food allergies.
- Write basic modified diets with minimum supervision.

Course Requirements:

Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successfully understand the course. Clinical experience and all practical work must be done by students.

Methods of grading:

Attendance	5%
Two practical Exams – group & individual – 7.5% each	15%
Clinical Experience / evaluations in clinical performance	20%
Modified diet spreadsheets	5%
Test	5%
Comprehensive Final Exam	50%
TOTAL	100%

Course Delivery Strategies:

The course objectives will be achieved by the traditional face to face weekly lectures on designated topics. An interactive approach to learning will include individual and group work, patient case studies, student presentations and class discussions. Emphasis will be placed on the skills required to apply clinical nutrition and physiopathology knowledge into the formulation of practical nutrition care plans.

Lecture Content:

Tentative Schedule

Week 1

- Introduction to the course
 - Course contents
 - The dietitian as a member in the health care team
 - Revision of NTD 313

Week 2 & 3

- Planning a healthy diet
 - Use of food groups, food composition table and exchange lists in meal planning

- Foundation of Therapeutic diets
- The nutrition cares process
 - Assessing historical and physical data
 - Assessing anthropometric and biochemical data

Week 4

- The nutrition cares process (cont.)
 - Developing a nutrition care plan
 - Nutrition education and counseling
 - Communication skills

Week 5

- Diseases of kidneys

Week 6

- Diabetes mellitus

Week 7

- Diseases of liver and gall bladder

Week 8

- Diseases of lower pancreas and thyroid

Week 9

- Allergies
- In-born errors of metabolism

Week 10

- Diseases of the Nervous systems

Week 11

- Diseases of the locomotors

Week 12

- Diseases of the respiratory systems

Week 13

- Nutritional interventions for persons with AIDS & Cancer.

Week 14

- Revision of Diseases of GIT
- General revision

Note:

- Clinical experience / case studies begin from week 6

- Students' presentation begin from week 7
- Test – week 11 – first 20 minutes of lecture – NO REPEAT / RESIT TEST!

Practicals

- Planning, calculation and preparing diets for different disorders based on case studies.

Reading Lists:

- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition and Diet Therapy. 12th Edition. W.B. Saunders Company, Philadelphia, PA
- Rodwell Williams, S. and E. Schlenker. 2003. Essentials of Nutrition and Diet Therapy. 8th Edition. Mosby, Elsevier, St. Louis, Missouri.
- Recent pocket size medical dictionary, such as the Stedman's Medical Dictionary for The Health Professions and Nursing (6th Edition, 2008) from Lippincott, Williams & Wilkins.
- Rolfes, S.R., K. Pinna, and E.N. Whitney. 2006. Understanding Normal and Clinical Nutrition. 7th Edition. Wadsworth Publishing, Thompson Learning, Belmont, CA.
- Wardlaw, G.M. and A.M. Smith. 2009. Contemporary Nutrition. 7th Edition. McGraw-Hill Ryerson Ltd, New York, NY.
- American Dietetic Association. ADA Nutrition Care Manual. Online resource available with subscription (<http://www.eatright.org>).
- Dietitians of Canada. PEN: Practice-based Evidence in Nutrition. Online resource available with subscription. (<http://www.dietitians.ca>).
- Up-to-date Food Composition Tables.
- Current Journal articles on topics.

Note: Other related reference books and journals should be available at the University library. Past Question Papers are also available in the University library. Students are strongly encouraged to consult them.