

SUBJECT TEACHING GUIDE
DIET THERAPY AND CLINICAL NUTRITION II

(Date last updated: 03/07/2017)
(Date of approval in Department Council: 17/10/2017)

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Nutrition Science, Dietetics and Health	Diet therapy and Clinical nutrition II	4th	1 st	6	Compulsory
LECTURERS			<p>Addresses for tutorials Department of Medicine, Faculty of Medicine, Avda. Investigación, 11, Granada. Department of Pediatrics, Faculty of Medicine, Avda. Investigación, 11, Granada. Pediatrics Service, Virgen de las Nieves Maternity and Child Hospital, Avda. Fuerzas Armadas, 2, Granada.</p>		
<p>José Maldonado Lozano jmaldon@ugr.es Cristina Campoy Folgoso ccampoy@ugr.es Amalia González Jiménez amalia@ugr.es (coordinator)</p>			<p>TUTORIAL TIMETABLES AND/OR LINK TO WEBSITE (Consult possible up date at Identified Access>Applications>Academic planning)</p> <p>Amalia González Jiménez (Mon, Wed, Thu; 9 to 11 hr., Dept. of Medicine, Faculty of Medicine) Cristina Campoy Folgoso (Mon, Tue, Thu, 11 to 13hr., Dept. of Pediatrics, Faculty of Medicine) José Maldonado Lozano (Mon, Wed, Fri, 11 to 13hr, 7th floor (preschoolers), Virgen de las Nieves Maternity and Child Hospital)</p>		
DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT			OTHER OFFERING DEGREES PROGRAMS		
Degree in Human Nutrition and Dietetics			Food Science and Technology Degree		
PREREQUISITES and/or RECOMMENDATIONS (if necessary)					



BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE

- Relationship between child nutrition and adult pathologies.
- To collect a correct dietary and clinical history and to perform an adequate evaluation of the nutritional state of the patients
- Knowledge about nutritional physiopathology
- How to make an efficient nutritional dietary treatment
- Hospital and home artificial nutrition

GENERAL AND SPECIFIC SKILLS

GENERAL

- Know the nutrients, their function in the body, its bioavailability, needs and recommendations, and the basis of energy balance and nutrition.
- Integrate and evaluate the relationship between food and nutrition in health and in situations pathological. Specific skills (CE)

SPECIFIC

- CE25. To apply Food Science and Nutrition to the dietetic practice
- CE27. To evaluate and estimate the nutritional requirements in healthy and disease status at any stage of the life cycle.
- CE30. Knowledge, early detection and evaluation of the deviations in excess or defect, quantitative and qualitative, of the nutritional balance.
- CE31. To plan, perform and interpret the nutritional status of healthy and ill individuals or groups in all physiological situations.
- CE33. To identify dietary and nutritional problems of the patient, the risk factors and inadequate feeding practices
- CE34. To develop and interpret a dietary history in healthy and ill subjects. To interpret a clinical history. To understand and use the terminology employed in health sciences.
- CE35. To interpret and integrate clinical, biochemical and pharmacological data in the nutritional assessment of the patient and their dietetic and nutritional treatment.
- CE36. To apply the bases of clinical nutrition to the diet therapy.
- CE37. To Plan, implement and evaluate therapeutic diets for individuals and/or groups.
- CE38. To know the hospital organization and the different phases of the food service.
- CE40. To learn about the different techniques and the basic and advanced nutritional support products. To develop and implement dietary and nutritional transition plans.
- CE42. To understand the clinical pharmacology and the drug-nutrients interaction.
- CE45. To prescribe specific treatment corresponding to the area of competence of the dietitian-nutritionist.

OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)



- To know how to perform a correct dietary and clinical history, and a correct assessment of the nutritional status of the patient.
- To manage adequately the nutritional and dietary treatment for the disease.
- To perform a nutritional and dietary treatment, acting as member of the multidisciplinary health team, and establishing an adequate communication with the patient, family and the health care team.
- To learn the protocols of artificial feeding, their implementation techniques and safeguarding.

DETAILED SUBJECT SYLLABUS

THEORETICAL CONTENT:

PATHOLOGIES Units

Unit 1. RENAL DISEASES. (7 hours)

Unit 2. NUTRITION AND CANCER. (4 hours)

Unit 3. HEART DISEASE. (1 hours)

Unit 4. NUTRITION AND AIDS. (3 hours)

Unit 5. NUTRITIONAL SUPPORT TO CHILDREN WITH NEUROLOGICAL DISORDERS (brain paralysis) (3 hours)

Unit 6. EATING DISORDERS. (2 hours)

Unit 7. OSTEOPENIA and OSTEOPOROSIS. (2 hours)

Unit 8. IODINE. (3 hours)

Unit 9. GOUT AND OTHER DISORDERS OF PURINE METABOLISM. (1 hours)

ARTIFICIAL NUTRITION Units

Unit 10. CALCULATION OF THE NUTRITIONAL NEEDS OF PATIENTS WITH METABOLIC STRESS. (2 hours)

Unit 11. PRINCIPLES OF NUTRITIONAL SUPPLEMENTATION. (1 hours)

Unit 12. ENTERAL NUTRITION.

Unit 13. PARENTERAL NUTRITION. (2 hours)

Unit 14. HOME ARTIFICIAL NUTRITION. (2 hours)

SEMINARS

Seminars can be held during school hours about techniques and clinical histories related to the unit taught:

- Nutritional clinical history
- To perform an adequate physical examination using devices and systems
- To determine and evaluate adequately the nutritional status of the patients.



PRACTICAL CONTENT:

Practical programme

It will be taught during 15 hours (in class teaching) during four weeks

- To plan diets for several diseases.
- To plan different diet models through the calculation of energy and percentage distribution of nutrients according to the pathology of the patient

- **To perform bibliographic processing workshop of clinical nutrition**

BIBLIOGRAPHY

ESSENTIAL REFERENCES:

- Salas-Salvado J, Salo Bonada A, Trallero R, I. Nutrition and clinical dietetics 2nd Edition. Ed. Masson. Barcelona, 2008.
- Leon M., Celaya S. 2nd Edition. Editorial Note. 2010 ISBN:978 - 84 - 7429 - 466 - 8
- Gil Hernández A. Treaty of nutrition. 3rd ed. Ed. Pan American: Madrid, 2017.

COMPLEMENTARY REFERENCES:

- Nutrición Clínica y Dietética Hospitalaria. Órgano de expresión de la Sociedad Española de Nutrición Básica Aplicada.
- Actividad dietética. Órgano de difusión de la AED-N
- The American Journal of Clinical Nutrition.

COMPLEMENTARY REFERENCE:

It will be supplied with each Unit

RECOMMENDED INTERNET LINKS

<http://www.senba.es/>

<http://www.sennutricion.org/>

<http://www.seedo.es/>

<http://www.fesnad.org><http://www.sediabetes.org/>

