



Course Code	Course Title	ECTS Credits
NUTR-380	Medical Nutrition Therapy and Dietetics I	6
Department	Semester	Pre-requisites/Co-requisites
Life and Health Sciences	Fall	NUTR-350
Type of Course	Field	Language of Instruction
Core requirement	Nutrition/Dietetics	English/Greek
Level of Course	Year of Study	Lecturer
Undergraduate	3 rd	Prof Antonis Zampelas
Mode of Delivery	Work Placement	Co-requisites
face-to-face	N/A	None

Objectives of the Course:

This course is designed to provide students in nutrition with an overview of the patho-physiology of disease and resultant nutritional implications. The course provides a vocabulary which will enable students to converse with other medical professionals, a rationale for medical nutrition therapy and parameters for monitoring nutritional status of patients in a clinical setting. It also introduces the students to the principles and methods of diet modifications for common diseases. The format of the course will be 3h/w of lectures. The labs indicates the case study assignments and presentations.

Learning Outcomes:

On completion of this module students should be able to:

1. Identify the nature and aetiology of diseases
2. Determine the relationship of diet to good health and to disease processes
3. Understand the special dietary needs of abnormal condition
4. Calculate, plan and evaluate modified diets
5. Perform application of computers for diet analysis

Course Contents:

1. Medical nutrition therapy for a variety of clinical disorders with nutritional implications: diabetes
2. Medical nutrition therapy: cardiovascular diseases
3. Medical nutrition therapy: hepatic diseases
4. Medical nutrition therapy: cancer
5. Medical nutrition therapy: gastrointestinal diseases
6. Medical nutrition therapy: inborn errors of metabolism
7. Drug and nutrient interaction
8. Medical terminology
9. Nutritional assessment, plan, evaluation, follow up process
10. Integrated approach to nutrition and health
11. Metabolism and functions of nutrients at the cellular level
12. Nutritional needs for optimal health
13. Problems of over nutrition and under nutrition

Teaching Methods:

Lectures, Practical Exercises and Assignments.

Assessment Methods:

Test (2)	20%
Mid-Term (1)	20%
Case studies (3)	30%
Final exam	25%
Class Participation and Attendance	5%

Required Textbooks:

Authors	Title	Publisher	Year	ISBN
Lisa Hark, Gail Morrison	MEDICAL NUTRITION AND DISEASE: A CASE-BASED APPROACH	Blackwell Publishing, Incorporated; 3 rd edition	2003	0632046589
Sylvia Escott-Stump	NUTRITION AND DIAGNOSIS-RELATED CARE	Lippincott Williams & Wilkins; 5 th edition	2002	0781737605

Eleanor Noss Whitney, Corrine Balog Cataldo, Sharon Rady Rolfes	UNDERSTANDING NORMAL AND CLINICAL NUTRITION	West Group; 4 th edition	1997	0314041788
Zaneta M. Pronsky, Jeanne Patricia , Sr. Crowe, Veronica S. L. Young, Dean Elbe, Sol, M.D. Epstein	FOOD-MEDICATION INTERACTIONS (FOOD MEDICATION INTERACTIONS)		2006	0971089620

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Laura E. Matarese, Michele M. Gottschlich	Contemporary Nutrition Support Practice: A Clinical Guide	Saunders; 2nd edition	2002	0721693571
Maurice E. Shils, Moshe Shike, A. Catharine Ross, Benjamin Caballero, Robert J. Cousins	Modern Nutrition in Health and Disease	Lippincott Williams & Wilkins; 10 th edition	2005	0781741335
Sareen S. Gropper, Jack L. Smith, James L. Groff	Advanced Nutrition and Human Metabolism (with InfoTrac)	Wadsworth Publishing; 4 th edition	2004	0534559867
Connie Watkins Bales, Christine Seel Ritchie	Handbook of Clinical	Humana		

Sylvia Stump	Escott- Nutrition and Aging (Nutrition and Health (Totowa, N.J.).) Nutrition and Diagnosis- Related Care	Press Lippincott Williams & Wilkins; 5 th edition	2003 2002	1588290557 0781737605
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