



Course Code	Course Title	ECTS Credits
NUTR-481	Medical Nutrition Therapy and Dietetics II	6
Department	Semester	Pre-requisites/Co-requisites
Life and Health Sciences	Fall	NUTR-380
Type of Course	Field	Language of Instruction
Core requirement	Nutrition/Dietetics	English/Greek
Level of Course	Year of Study	Lecturer
Undergraduate	4 th	Emilia Vasilopoullou
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 case study assignments.

Learning Outcomes:

On completion of this module students should be able to:

1. Identify the nature and etiology of selected 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

Course Contents:

1. Medical nutrition therapy for a variety of clinical disorders with nutritional implications: renal disease,
2. Medical nutrition therapy: chronic obstructive pulmonary disease,
3. Medical nutrition therapy: AIDS,
4. Medical nutrition therapy: enteral feeding; parenteral nutrition, feeding the pre-term infant.
5. Critically ill patient assessment.
6. The current theories on the causation of obesity, heart disease, stroke and bowel disease are discussed.

Teaching Methods:

Lectures, Practical Exercises and Assignments.

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.	FOOD-MEDICATION INTERACTIONS (FOOD MEDICATION INTERACTIONS)			

Crowe, Veronica S. L. Young, Dean Elbe, Sol, M.D. Epstein			2006	0971089620
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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 Nutrition and Aging (Nutrition and Health (Totowa, N.J.))	Humana Press	2003	1588290557
Sylvia Escott- Stump	Nutrition and Diagnosis- Related Care	Lippincott Williams & Wilkins; 5 th edition	2002	0781737605

