



<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-490	Research Methods in Dietetics	6
<b>Department</b>	<b>Semester</b>	<b>Prerequisites</b>
Life & Health Science	Spring	BIOL 231
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Nutrition/Dietetics	English/Greek
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
Undergraduate	4 <sup>th</sup>	Antonios Zampellas
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
Face-to-face	N/A	None

**Objectives of the Course:**

<p>The main Objectives of the Course are to:</p> <ul style="list-style-type: none"><li>• recognise the value the role of research in underpinning evidence-based dietetic practice</li><li>• consider the value of various types of evidence gathered by research methods in relation to dietetic practice</li><li>• understand the processes required to carry out a research project and the challenges associated with undertaking this in nutrition and dietetic research</li><li>• understand the levels at which dietitians must engage in research activity throughout their career</li></ul>
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**Learning Outcomes:**

Successful students will typically

Have a knowledge and understanding of:

1. the principles of evidence-based dietetic practice and clinical governance
2. the hierarchy of various types of evidence gathered during nutrition research
3. the theory of designing, executing and completing a dietetic research project and the challenges associated with it
4. the levels at which dietitians must engage in research activity throughout their career

Be able to:

1. identify the evidence-base or lack of it in defined areas of dietetic practice by conducting an effective literature search
2. consider the findings from research studies, critically evaluate them and apply them to dietetic practice
3. work independently and in groups to gather and analyse data for a range of research methods

### **Course Contents:**

The course will be delivered by a short series of key note lectures plus interactive workshops designed to support the students through their research assignment. Dietitians actively engaged in research will be invited to participate in module delivery.

Topics which will be covered include dietetic research and evidence-based practice; clinical governance; nutrition research methodologies; primary/secondary research; introduction to systematic review; Cochrane; hierarchies of evidence; settings for dietetic research - public health nutrition and clinical management; levels of dietetic research activity (utilising findings; assisting in projects; initiating and leading research); the research process (defining a research question; protocol writing; research ethics applications; seeking funding for nutrition/dietetics projects; data collection; data management; statistical analysis; writing up; dissemination).

### **Teaching Methods:**

Lectures and Assignments.

### **Required Textbooks:**

- Willett W, (1998) Nutritional Epidemiology. Oxford: OUP
- Margetts BM, Nelson M (1998). Design concepts in nutritional epidemiology. Oxford: OUP
- Kane M (1998). Getting started in research and audit. Birmingham: mBDA

### **Recommended Textbooks/Reading:**

- Aveyard H (2010). Doing a literature review, (2nd ed). Maidenhead: Open University Press.
- Greenhalgh T (2010). How to read a paper: the basics of evidence based medicine, (4th ed). London: BMJ.
- Dickson-Swift V, James EL, Liamputtong P (2008). Undertaking sensitive research in the health and social sciences: managing boundaries, emotions and risks. Cambridge: Cambridge University Press
- Bourgeault I, Dingwall R, de Vries R (2010). The SAGE handbook of qualitative methods in health research. London: Sage.
- Bland M (2000). An introduction to medical Statistics, (3rd ed). Oxford: OUP.
- Humphris D & Littlejohns P (1999). Implementing clinical guidelines: A practical guide. Oxford: Radcliffe Medical Press.

