



Course Code	Course Title	Credits (ECTS)
NUTR 290	Nutritional Assessment and Management	6
Department	Semester	Prerequisite
Life & Health Science	Fall	NUTR 255
Type of Course	Field	Language of Instruction
Required	Nutrition	English
Level of Course	Year of Study	Lecturer
1 st Cycle	2nd	Emilia Vasilopoulou
Mode of Delivery	Work Placement	Co-requisites
face-to-face	N/A	None

Objectives of the Course:

This course introduces the student to the methods and procedures in nutritional care applied in the private client and clinical setting following professional practice guidelines. Students will be exposed to the use of anthropometric, biochemical, clinical, dietary and related information for the assessment of nutritional status of individuals and populations. The course is 3h/w designed to facilitate learning through case study based learning and other experiential learning activities such as using practical applications to understand dietetic assessment and treatment principles.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Understand the dietician's role in health care teams.
2. Assess the nutritional status of a client or population using data from medical history, family and social history, dietary history, anthropometric measurements, physical

examination and biochemical tests.

3. Integrate nutritional assessment data in a plan of care including short- and long-term goals and recommended actions
4. Implement the care plan using appropriate nutritional regimens and educational techniques
5. Monitor and evaluate nutritional care using subjective and objective outcome data.
6. Document and communicate the components of the nutritional care process using appropriate techniques and terminology
7. Understand the rationale behind clinical tests as related to selected analysis pertinent to nutritional status assessment.
8. Develop life-long learning skills in nutritional assessment

Course Contents:

1. Nutrition interviewing: Measuring food consumption and assessment of nutrient intakes from individuals; Recording methods (hand-on experience)
2. Measurements, reproducibility and validity in dietary assessment methods; evaluation of nutrient intakes and diets (data, case studies)
3. Anthropometric techniques, evaluation of indices as related to protein status and recommended nutrient delivery strategy (hands on experience, demonstrations and case study)
4. A case study of contradictions-anthropometric techniques, clinical and medical assessment, evaluation and recommended nutrient delivery strategy
5. Assessment of energy/nutrient requirements data interpretation, evaluation and recommended nutrient delivery strategy (case studies)
6. Assessment of vitamin and mineral requirements data interpretation, evaluation and recommended nutrient delivery strategy (contradictions and contraindications case studies)
7. Documentation and Evaluation of nutritional assessment of hospital patient.(clinical case study)
8. Recommended nutrient delivery strategies; indications of enteral and parenteral nutrition (Clinical case study)
9. Population nutrition survey (case study)
10. A population to discover-dietary assessment techniques/Folate status of women (Case study in-class assignment)
11. A population to discover-biochemical data (protein, iron, folate, B12) (case study in-class assignment)
12. A case of contraindications-global assessments, (Case study; in-class assignment) and diets.

Teaching Methods:

Lectures, class discussion, assignments

Assessment Methods:

Assignments, Tests and Mid-term Exam; Final Exam

Required Textbooks/Reading:

1. **Manual of Dietetic Practice** by [Briony Thomas](#) (Editor) **Publisher:** Blackwell Publishing Limited; 3rd edition (September 15, 2001) **ISBN:** 0632055243
2. **Nutritional Assessment (Spiral-bound)** by [Robert D. Lee](#), [David C. Nieman](#)**Publisher:** McGraw-Hill; 4 edition (March 13, 2006) **ISBN:** 0072441062
3. **Principles of Nutritional Assessment (Hardcover)** by [Rosalind S. Gibson](#) **Publisher:** Oxford University Press, USA; 2 edition (March 31, 2005) **ISBN:** 0195171691
4. **Dietary Reference Intakes: The Essential Guide to Nutrient Requirements (Dietary Reference Intakes) (Hardcover)** by [Jennifer J. Otten](#) (Editor), [Jennifer Pitz Hellwig](#) (Editor), [Linda D. Meyers](#) (Editor) **Publisher:** National Academies Press; 1st edition (September 30, 2006) **ISBN:** 0309100917[]

Recommended Textbooks/Reading:

1. **Dietetics, Second Edition: Practice and Future Trends (Paperback)** by [Esther Winterfeldt](#)**Publisher:** Jones and Bartlett Publishers, Inc.; 2nd edition (February 2005) **ISBN:** 0763731870
2. **Medical Terminology: A Programmed Systems Approach (Spiral-bound)** by [Jean Tannis Dennerll](#), [Phyllis E. Davis](#)**Publisher:** Thomson Delmar Learning; 9 edition (May 14, 2004) **ISBN:** 1401832172
3. **Interpretation of Diagnostic Tests (Paperback)** by [Jacques Wallach](#)**Publisher:** Lippincott Williams & Wilkins; 7th edition (April 15, 2000) **ISBN:** 0781716594
4. **The Science and Practice of Nutrition Support [ILLUSTRATED] (Paperback)** by [Beverly J. Holcombe](#) (Editor), [Michele M. Gottschlich](#), [M. Patricia Fuhrman](#), [Kathleen A. Hammond](#), [Douglas L. Seidner](#), [American Society for Parenteral and Enteral Nutrition](#)**Publisher:** Kendall/Hunt Publishing Company; Bk&CD-Rom edition (December 1, 2000) **ISBN:** 0787276804
5. **Nutrition and Diagnosis-Related Care (Paperback)** by [Sylvia Escott-Stump](#)**Publisher:** Lippincott Williams & Wilkins; 5th edition (September 15, 2002) **ISBN:** 0781737605
6. **The Profession of Dietetics: A Team Approach (Paperback)** by [June R Payne-Palacio](#), [Deborah D Canter](#) **Publisher:** Lippincott Williams & Wilkins; 3rd edition (April 1, 2005) **ISBN:** 0781753236
7. **Nutrition Through the Life Cycle (with InfoTrac) (Paperback)** by [Judith E. Brown](#), [Janet Isaacs](#), [Beate Krinke](#), [Maureen Murtaugh](#), [Carolyn Sharbaugh](#)**Publisher:** Wadsworth Publishing; 2 edition (July 15, 2004) **ISBN:** 0534589898
8. **Manual of Clinical Dietetics (Looseleaf with Binder) (Ring-bound)** by [Dietitians of Canada](#), [American Dietetic Association](#)**Publisher:** American Dietetic Association; 6th Loosle edition (October 15, 2000) **ISBN:** 0880911875
9. **Nutrition and Diagnosis-Related Care (Paperback)** by [Sylvia Escott-Stump](#)**Publisher:** Lippincott Williams & Wilkins; 5th edition (September 15, 2002) **ISBN:** 0781737605

10. **Modern Nutrition in Health and Disease (Hardcover)** by [Maurice E Shils](#), [Moshe Shike](#), [A. Catharine Ross](#), [Benjamin Caballero](#), [Robert J Cousins](#) **Publisher:** Lippincott Williams & Wilkins; 10th edition (August 1, 2005) **ISBN:** 0781741335
11. **Communication & Education Skills for Dietetics Professionals (Paperback)** by [Betsy B Holli](#), [Richard J Calabrese](#), [Julie O'Sullivan Maillet](#) **Publisher:** Lippincott Williams & Wilkins; 4th edition (April 1, 2003) **ISBN:** 0781737400
12. **Dietetics Practitioner's Guide to Home Health (Paperback)** by [American Dietetic Association. Diabetes Care and Education Dietetic Practice Group](#) (Corporate Author), [Padmini Balagopal](#) (Editor) **Publisher:** American Dietetic Association; 2nd edition (December 15, 2000) **ISBN:** 0880911867
13. **Nutrition for Health Care (Paperback)** by [Helen M. Barker](#) **Publisher:** Churchill Livingstone; 10th edition (August 2002) **ISBN:** 0443070210
14. **Nutrition Counseling in the Treatment of Eating Disorders (Hardcover)** by [Marcia Herrin](#) **Publisher:** Brunner-Routledge; 1 edition (September 30, 2002) **ISBN:** 158391031X
15. **Nutritional Epidemiology (Hardcover)** by [Walter Willett](#) **Publisher:** Oxford University Press, USA; 2 edition (June 15, 1998) **ISBN:** 0195122976
16. **American Dietetic Association Complete Food and Nutrition Guide (Paperback)** by [Roberta Larson Duyff](#), [ADA \(American Dietetic Association\)](#) **Publisher:** Wiley; 3 edition (September 18, 2006) **ISBN:** 0470041153
17. **Nutrition for Life (Hardcover)** by [Lisa Hark](#), [Darwin Deen](#) **Publisher:** DK ADULT (January 17, 2005) **ISBN:** 0756605229
18. **The Essential Guide to Nutrition and the Foods We Eat (Harper Resource Book) (Paperback)** by [American Dietetic Association](#) **Publisher:** Collins (August 1, 1999) **ISBN:** 00627334

