



<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
NUTR-482	Medical Nutrition Therapy and Dietetics III and Lab	6
<b>Department</b>	<b>Semester</b>	<b>Pre-requisites/Co-requisites</b>
Life and Health Sciences	Fall	NUTR-481
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Core requirement	Nutrition	English
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
Undergraduate	4 <sup>th</sup>	Emilia Vasilopoulou
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
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.

**Learning Outcomes:**

On completion of this module students should be able to:

1. Assess and review nutritional status taking into account metabolic state, effect of illness or treatment and nutritional intake. Assessment is by means of coursework analysing case studies in specific areas of clinical or therapeutic nutrition.
2. Determine the Biochemical and physiological bases for therapeutic diets.
3. Solve problems in planning diets for normal and pathological conditions

Course Contents:

- Reports in medical charts (S-O-A-P: Subjective data, objective data, Assessment, Planning Process)
- The development of nutrition policy and the role of diet in the prevention and management of disease.
- The risks posed by food during different stages of the life cycle - maternity and infancy, childhood and adolescence, and old age - and the hazards and benefits of vegetarianism and ethnic diets
- In-depth case studies: Drug/Nutrients; liver disease/alcoholism
- In-depth case studies: Critical Care
- In-depth case studies: Critical Care
- In-depth case studies: Severe Obesity; allergies.

Teaching Methods:

Lectures, Lab Presentations, Lab Tutorials, 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 <sup>rd</sup> edition	2003	0632046589
	NUTRITION AND	Lippincott		

Sylvia Escott-Stump	DIAGNOSIS-RELATED CARE	Williams & Wilkins; 5 <sup>th</sup> edition	2002	0781737605
Eleanor Noss Whitney, Corrine Balog Cataldo, Sharon Rady Rolfes	UNDERSTANDING NORMAL AND CLINICAL NUTRITION	West Group; 4 <sup>th</sup> 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 <sup>th</sup> edition	2005	0781741335
Sareen S. Gropper, Jack L.		Wadsworth		

<p>Smith, James L. Groff</p> <p>Connie Watkins Bales, Christine Seel Ritchie</p>	<p>Advanced Nutrition and Human Metabolism (with InfoTrac)</p>	<p>Publishing; 4<sup>th</sup> edition</p> <p>Humana Press</p>	<p>2004</p>	<p>0534559867</p>
<p>Sylvia Escott- Stump</p>	<p>Handbook of Clinical Nutrition and Aging (Nutrition and Health (Totowa, N.J.).)</p>	<p>Lippincott Williams &amp; Wilkins; 5<sup>th</sup> edition</p>	<p>2003</p>	<p>1588290557</p>
	<p>Nutrition and Diagnosis-Related Care</p>	<p>Lippincott Williams &amp; Wilkins; 5<sup>th</sup> edition</p>	<p>2002</p>	<p>0781737605</p>