



Course Code NUTR-510	Course Title Nutrition Care Plan	Credits (ECTS) 7.5
Department Life & Health Sciences	Semester Fall	Prerequisites None
Type of Course Required	Field Dietetics/Nutrition	Language of Instruction English
Level of Course 2 nd Cycle	Year of Study 1 st year	Lecturer Dr Eleni Andreou
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

- Use and implement methods and procedures in nutritional care applied in the private client and clinical setting following professional practice guidelines.
- Explore 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 dietitian'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. Document and communicate the components of the nutritional care process using appropriate techniques and terminology
4. Understand the rationale behind clinical tests as related to selected analysis pertinent to nutritional status assessment.
5. 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)

Learning Activities and Teaching Methods:

Lectures, class discussion, assignments

Assessment Methods:

Midterm Exam, Project, Final Examination

Required Textbooks/Reading:

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

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Esther Winterfeldt	Dietetics, Second Edition: Practice and Future Trends	Jones and Bartlett Publishers,	2005	0763731870

	(Paperback)	Inc.; 2nd edition		
Jean Tannis Dennerll , Phyllis E. Davis	Medical Terminology: A Programmed Systems Approach (Spiral-bound)	Thomson Delmar Learning; 9 edition	2004	1401832172
Sylvia Escott-Stump	Nutrition and Diagnosis-Related Care (Paperback)	Lippincott Williams & Wilkins; 5th edition	2009	0781737605
June R Payne-Palacio , Deborah D Canter	The Profession of Dietetics: A Team Approach (Paperback)	Lippincott Williams & Wilkins; 3rd edition	2005	0781753236
Judith E. Brown , Janet Isaacs , Beate Krinke , Maureen Murtaugh , Carolyn Sharbaugh	utrition Through the Life Cycle (with InfoTrac) (Paperback)	Wadsworth Publishing; 2 edition	2004	0534589898
Dietitians of American Dietetic Association	Manual of Clinical Dietetics (Looseleaf with Binder) (Ring-bound)	American Dietetic Association; 6th Loosle edition	2010	0880911875
Sylvia Escott-Stump	Nutrition and Diagnosis-Related Care (Paperback)	Lippincott Williams & Wilkins; 5th edition	2002	0781737605
Maurice E Shils , Moshe Shike , A. Catharine Ross , Benjamin Caballero , Robert J Cousins	Modern Nutrition in Health and Disease (Hardcover)	Lippincott Williams & Wilkins; 10th edition	2005	0781741335
Betsy B Holli , Richard J Calabrese , Julie O'Sullivan Maillet	Communication & Education Skills for Dietetics Professionals (Paperback)	Lippincott Williams & Wilkins; 4th edition	2003	0781737400
Helen M. Barker	Nutrition for Health Care (Paperback)	Churchill Livingstone; 10th edition	2002	0443070210
Marcia Herrin	Nutrition Counseling in the Treatment of Eating Disorders (Hardcover)	Brunner-Routledge; 1 edition	2002	158391031X
Walter Willett	Nutritional Epidemiology	Oxford University	1998	0195122976

	(Hardcover)	Press, USA; 2 edition		
Roberta Larson Duyff, ADA (American Dietetic Association)	American Dietetic Association Complete Food and Nutrition Guide (Paperback)	Wiley; 3 edition	2006	0470041153
Lisa Hark, Darwin Deen	Nutrition for Life (Hardcover)	DK ADULT	2005	0756605229