



Course Code NUTR-530	Course Title Clinical Science & Therapeutics	Credits (ECTS) 7.5
Department Life and 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. Demetris Iacovides
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

To overview of the patho-physiology of disease and resultant nutritional implications.
To educate students to the principles and methods of diet modifications for common diseases.
To critically recognize medical nutrition therapy and parameters for monitoring nutritional status of patients in a clinical setting.

Learning Outcomes:

- Have an understanding of the health/disease continuum and the difference between aetiology and risk factors.
- Have an understanding of the pathological processes leading to common conditions and appreciate the different methods of disease classification and their uses.
- Understand the ways in which patients are investigated to achieve a diagnosis and be able to critically review the underlying scientific evidence for diagnostic tests.
- Know the functions and contraindications of drugs used in the treatment of conditions which also require dietary management.
- Have an understanding of the framework of medical care and the role of therapeutic dietetics to enable effective interaction with other members of the medical team.

Course Contents:

1. Metabolism and functions of nutrients at the cellular level
2. Nutritional needs for optimal health
3. Nutritional assessment, plan, evaluation, follow up process
4. Drug and nutrient interaction
5. Medical terminology

Learning Activities and Teaching Methods:

Lectures, and Projects (Case studies, Oral presentations and Assignments).

Assessment Methods:

Midterm exam, Assignment, Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Sharon Rolfes, Kathryn Pinna and Ellie Whitney	Normal and Clinical Nutrition	WADSWORTH 9 th ed	2012	978-1-111-42714-6
Lisa Hark, Gail Morrison	MEDICAL NUTRITION AND DISEASE: A CASE-BASED APPROACH	Blackwell Publishing, Incorporated; 3 rd edition	2003	0632046589

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
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
Maurice E. Shils, Moshe Shike, A. Catharine Ross,	Modern Nutrition in Health and Disease	Lippincott Williams & Wilkins; 10 th edition	2005	0781741335

Benjamin Caballero, Robert Cousins	J.			
---	----	--	--	--

