



<b>Course Code</b> NUTR-540	<b>Course Title</b> Advanced Diet Therapy and Medicine	<b>Credits (ECTS)</b> 7.5
<b>Department</b> Life and Health Sciences	<b>Semester</b> Spring	<b>Prerequisites</b> None
<b>Type of Course</b> Required	<b>Field</b> Dietetics/Nutrition	<b>Language of Instruction</b> English
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Year of Study</b> 1 <sup>st</sup> year	<b>Lecturer</b> Dr Elena Philippou
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### **Objectives of the Course:**

The main objectives of the course are:

- to develop the understanding of the students in the management of complex clinical conditions as well as their knowledge of appropriate dietetic practice.
- to enhance the students' understanding of the basis for medical and dietary management of patients with clinical problems affecting different systems of the body
- to develop the students' ability to plan, deliver, monitor and evaluate nutritional care and dietetic advice for patients
- To provide students with an insight into the practice of diet therapy and prepare them for clinical placement.
- To equip students with an understanding of the rationale behind the modification of dietary intake and how these modifications can be applied in the prevention, investigation and treatment of disease.

### **Learning Outcomes:**

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

- Understand the reasons for modifications of food and nutrient intake which may be necessary for the investigation, prevention and/or management of disease.
- Understand the principles of dietary assessment in a clinical context and be able to take a diet history.
- Be able to prepare simple nutrition care plans; to plan diets and modify

menus and recipes to provide appropriate dietary advice for patients according to individual requirements and disease state.

- Be familiar with all routes of feeding including enteral and parenteral feeding methods.
- Be familiar with the range of special dietary products available including products for enteral and parenteral feeding and be able to integrate these into patient feeding plans.

### **Course Contents:**

1. Nutrition in disease states
2. Nutritional assessment in adults
3. Nutrition modification during clinical conditions
4. Routes of feeding including enteral and parenteral nutrition
5. Menu modification
6. Special products used diet therapy

### **Learning Activities and Teaching Methods:**

Lectures, labs, case studies, practical exercises, assignments

### **Assessment Methods:**

Midterm exam, Assignment, Final Examination

### **Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Escott-Stump	Nutrition and Diagnosis-Related Care	LWW	2012	978-1-4511-1708-0
Mahan L.K, Escotte-Stump S	Krause's Food, Nutrition and Diet Therapy	Saunders	2000	978-0-7216-9784-0

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

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Roth R	Nutrition and Diet Therapy	Cengage	2010	978-14354-8629-4