



Course Code NUTR-545	Course Title Diet Therapy in Chronic Diseases	Credits (ECTS) 7.5
Department Life & Health Sciences	Semester Spring	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 Prof Antonis Zampelas
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

This module will provide students with an understanding of the key principles in diet therapy in chronic diseases, as well as hands-on experience on how to plan a thorough and individual-based diet therapy for patients with chronic diseases

The main objectives of the course are to:

Develop students' understanding of the management of chronic medical states, and their knowledge of appropriate dietetic practice.

Learning Outcomes:

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

- Understand the basis for medical and dietary management of patients with chronic conditions, including hyperlipidemias, hypertension, diabetes, coronary heart disease, stroke, and cancer (in combination with the placement).
- Plan, deliver, monitor and evaluate nutritional care and dietetic advice for patients and clients with the above conditions.

Course Contents:

1. Medical nutrition therapy for a variety of clinical disorders with nutritional implications:
2. Medical nutrition therapy: dyslipidemia
3. Medical nutrition therapy: hypertension
4. Medical nutrition therapy: obesity

5. Medical nutrition therapy: diabetes mellitus
6. Medical nutrition therapy: cancer
7. Nutritional needs for optimal health
8. Ethics in clinical and dietetic practice

Learning Activities and Teaching Methods:

Lectures, assignments

Assessment Methods:

Midterm exam, Assignment, Final Examination

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Ζαμπελας Α	Κλινική Διατροφή και Διαιτολογία με στοιχεία Παθολογίας	Ιατρικές Εκδόσεις Πασχαλίδης	2011	978-960-489-293-8
Lisa Hark, Gail Morrison	MEDICAL NUTRITION AND DISEASE: A CASE-BASED APPROACH	Blackwell Publishing, Incorporated; 3 rd edition	2002	0632046589
Sylvia Escott-Stump	NUTRITION AND DIAGNOSIS-RELATED CARE	Lippincott Williams & Wilkins; 5 th edition	1997	0781737605
Eleanor Noss Whitney, Corrine Balog Cataldo, Sharon Rady Rolfes	UNDERSTANDING NORMAL AND CLINICAL NUTRITION	West Group; 4 th edition	2006	0314041788 0971089620

