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: 2nd Cycle  
Year of Study: 1st 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:**

<table>
<thead>
<tr>
<th>Authors</th>
<th>Title</th>
<th>Publisher</th>
<th>Year</th>
<th>ISBN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ζαμπελας Α</td>
<td>Κλινική Διατροφή και Διαιτολογία με στοιχεία Παθολογίας</td>
<td>Ιατρικές Εκδόσεις Πασχαλίδης</td>
<td>2011</td>
<td>978-960-489-293-8</td>
</tr>
<tr>
<td>Sylvia Escott-Stump</td>
<td>NUTRITION AND DIAGNOSIS-RELATED CARE</td>
<td>Lippincott Williams &amp; Wilkins; 5th edition</td>
<td>1997</td>
<td>0781737605</td>
</tr>
<tr>
<td>Eleanor Noss Whitney, Corrine Balog Cataldo, Sharon Rady Rolfes</td>
<td>UNDERSTANDING NORMAL AND CLINICAL NUTRITION</td>
<td>West Group; 4th edition</td>
<td>2006</td>
<td>0314041788</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0971089620</td>
</tr>
</tbody>
</table>