CLINICAL NUTRITION II

COURSE OUTLINE

1. GENERAL			
SCHOOL	School of Health Sciences		
ACADEMIC UNIT	Department of Nutrition and Dietetics Sciences		
LEVEL OF STUDIES	Undergraduate		
COURSE CODE	0809.6.001.0	**SEMESTER**	2nd
COURSE TITLE	Clinical Nutrition II		

INDEPENDENT TEACHING ACTIVITIES if credits are awarded for separate components of the course	**WEEKLY TEACHING HOURS**	**CREDITS**
	6	6
Total	**6**	**6**

COURSE TYPE general background, special background, specialised general knowledge, skills development	Mandatory
PREREQUISITE COURSES	None
LANGUAGE OF INSTRUCTION and EXAMINATIONS	English
OFFERED TO ERASMUS STUDENTS	Yes (in English)
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/YD31/

2. LEARNING OUTCOMES

Learning outcomes

The aim of the course is to provide an in depth understanding of the principles and the use of Medical Nutrition Therapy (MNT) (or Clinical nutrition) within the context of secondary and tertiary health prevention. The students gain knowledge in relation to the physiology and epidemiology of several diseases, and the use of evidence-based nutritional guidelines for diseases' treatment. By the end of the course, students are expected to:

- Describe the diseases' epidemiology in adulthood
- Identify high risk patients ? Assess the nutritional status of acute and chronic disease patients
- Make and prioritize nutrition diagnoses for patients with acute or chronic diseases of gastrointestinal tract/liver/ pancreas/bladder/kidneys and cancer
- Decide and describe the nutrition intervention and nutrition counseling for the acute or chronic diseases of gastrointestinal tract/ liver/ pancreas/ bladder/ kidneys and cancer
- Supervise the patient diet and guide him/her appropriately to enhance compliance with the MNT
- Monitor and evaluate the nutrition intervention (MNT) using validated markers and outcomes and redesign the nutrition intervention according to the patients' needs

General Competences

In the context of this course the trainee develops general skills in:

- scientific literature search, analysis, and synthesis by using the appropriate technology
- critical thinking for deciding on the proper MNT strategy
- team working
- working in interdisciplinary groups
- Finally, the trainee learns to develop presentation and writing skills

3. SYLLABUS

The content gives emphasis on the nutrition assessment, nutrition diagnosis, nutrition intervention and nutrition monitor and evaluation of patients with the aim to improve their health and quality of life. Specifically, the course covers the following topics:

- Medical nutrition therapy (definition, types, routes of feeding)
- Gastroesophageal reflux
- Inflammatory Bowel Diseases (irritable bowel and Crohn's disease)
- Alcoholic and non-alcoholic liver disease
- Cirrhosis
- Acute and chronic pancreatitis
- Acute and chronic bladder disease
- Dysphagia
- Cancer
- Chronic kidney disease
- End Stage Renal Disease

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY Face-to-face, Distance learning, etc.	Face-to-face
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY Use of ICT in teaching, laboratory education, communication with students	Support of learning process through the asynchronous platform e-class • Use of PowerPoint during lectures. • Email, teleconference (communication with students)
TEACHING METHODS The manner and methods of teaching are described in detail.	

Activity	**Semester workload**
Lectures (2X12)	24
Tutorials (2X12)	24
Literature research and critical reading	10
Practical exercises (2X12)	24
Homework	10
Reading	58
Course total	**150**

STUDENT PERFORMANCE EVALUATION Description of the evaluation procedure	The course evaluation is conducted in Greek based on international literature, and it is announced to the students during the first lecture of the semester. Assessment criteria are referred upon e-class. Exam degrees are uploaded at e-class and exam papers are available to students. **Theory - Tutorial:** • Final written exam test: 65% • Semester group presentation: 10% • Homework preparation and active participation in weekly research questions: 25% **Practical exercises:** • Weekly diet plan design: 20% • Semester assignment: 10% • Final written exam test: 70%

5. ATTACHED BIBLIOGRAPHY

- Zabelas, A. (2022) Clinical Dietetics and Nutrition with Pathology Principles. Athens: Broken Hill Publishers LTD
- Mahan L.K., and Raymond JL. (2017) Krause's Food and The Nutrition Care process. 14th Edition, Elsevier Inc., Missouri
- Nelms M, Sucher KP, Lacey K. (2016) Nutrition therapy and Pathophysiology. 3rd Edition, Cengage Learning, Boston