



A- COURSE TITLE, CODE, ACADEMIC YEAR:

Nutrition Care Process (CLN-214) 1437/1438

B- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN-214	Nutrition Care Process	3	3	0	4	CLN-211
Course Coordinator		Extension		Email Address		
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C- COURSE DESCRIPTION:

This course describes Academy of Nutrition and Dietetics Nutrition Care Process and discusses the use of anthropometry, Laboratory data, dietary and physical signs which help in making nutritional diagnosis and intervention. Students will know how to perform these assessment methods for individuals and communities as well as in hospitals and free living.

D- COURSE OBJECTIVES:

1. Describe Nutrition Care Process
2. Differentiate Between Nutrition Screening And Assessment
3. Identify Nutrition screening and Assessment As The First Step Of The Nutrition Care Process
4. List Various Methods Of Nutrition Assessment
5. List, Categories, Describe And Use Anthropometric, Dietary, Clinical And Biochemical Assessment methods
6. Master the skills of dietary analysis using food composition tables and soft ware
7. Collect And Use Anthropometric, Physical Assessment Data And Laboratory Data
8. Establish Diagnosis, Plan Interventions, Monitor And Evaluate Care

E- THEORY TOPICS:

Week	Theory Topic	Contact Hours
1	Introduction to Nutrition Care process	2
2	Techniques of nutrition screening in various community and clinical settings	4
3	Techniques of nutrition assessment	2



4	Use of IDNT in conducting and documenting anthropometric assessment observations for healthy and sick children	4
5	Use of IDNT in conducting and documenting anthropometric assessment observations for adults and elderly	4
6	Alternative anthropometric methods for assessing body composition	2
7	Use of IDNT in assessing and documenting biochemical assessment observations	3
8	Use of IDNT (international dietetic and nutrition terminology) in documenting clinical assessment	3
9	Dietary assessment methods, their pros and cons	2
10	Diet history and duplicate analysis.	3
11	24-hr recall records, food records and food frequency questionnaires	6
12	Planning of monitoring and evaluation based on anthropometric, biochemical and clinical assessment	3
	Establishing diagnosis based on anthropometric, biochemical and clinical assessment. and how to write PES	4
13	How/what needs to be evaluated and monitored	3

G- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	Continuous Assessment by the submission of log book	Week 10	10%
2	Test 1	Week 5	15%
2	Midterm examination	Week 8	20%
3	Test 2	Week 12	15%
4	Final written examination	Week 17-18	40%

H- LEARNING RESOURCES:

1- Required textbook:

- International Dietetics and Nutrition Terminology Reference Manual. 4th edition Chicago, Ill: American Dietetic Association; 2012 ISBN-10: 088091467X

2- Essential references:

- Elizabeth Zorzanello Emery 2011 Clinical Case Studies For The Nutrition Care Process Jones & Bartlett Learning; 1 edition ISBN-10: 0763761842
- Lacey K, Pritchett E. Nutrition care process and model: ADA adopts road map to quality care and outcomes management. J Am Diet Assoc. 2003; 103:1061–1071
- Robert Lee, David Nieman (2009) Nutritional Assessment McGraw-Hill 5 edition ISBN- 10: 007337556X
- Nieman David C, Robert D. (2008) Lee, Nutritional Assessment Publisher: Mcgraw-hill Science / engineering / math 5th ed. ISBN 978-0073375564



5- Nutrition Care Process SNAPshots <http://www.eatright.org/HealthProfessionals/content.aspx?id=5902>

Notes:

- The deadline for submission of the Continuous assessments which will include home-works and exercises is 12pm Thursday of Week-10. Case studies will be given to students with clear guidelines according to topics covered in the lecture. Each student needs to submit the log book on the stated date and time with correct solutions presented
- Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions and case studies.