



## CLINICAL NUTRITION 1 (CLN 334) 1437-1438H

### A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN-334	Clinical Nutrition 1	3	3	-	6th	CLN-214
Course Coordinator		Extension		Email Address		
Prof: Sahar Ali Ibrahim Hammouda		8690		sahammouda@taibahu.edu.sa		

### B- COURSE DESCRIPTION:

The course involves an explanation of the impact of nutrition on disease pathophysiology and an understanding of the basics of nutritional therapy in hospital patients. The therapeutic diets and how to document NCP in patient files. Management of malnutrition disorders (protein energy malnutrition in different age groups, obesity & vitamin and mineral deficiencies and toxicity), nutritional management of blood diseases, eating disorder, failure to thrive, food allergy and diabetes will be discussed as well as

### C- COURSE OBJECTIVES:

1. Discuss the criteria of diagnosis of malnutrition in a hospitalized patient.
2. Identify the social, psychological and disease contexts which influence food choices.
3. Discuss nutrition changes related to the disease process.
4. Prescribe and record therapeutic diets.
5. Acquire skills in nutritional management of malnutrition diseases and some nutritional problems (protein energy malnutrition, stunted growth, vitamin & mineral deficiency diseases, vitamin and mineral intoxication, eating disorders, failure to thrive, Food allergy and food intolerance).
6. Explain different therapeutic modalities of obesity, plan a suitable hypocaloric diet and work with patients for behavior modification.
7. plan Medical nutrition therapy for diabetes
8. Medical nutrition therapy for blood diseases

### D- THEORY TOPICS:

Week	Theory Topic	Hours
1	Principal of Nutrition care. Therapeutic Diets	1
2	Principals of Clinical Nutrition Support of malnourished hospital patients	3
3	Management of mild, moderate and severe malnutrition in all age groups	4
4	Evidence-Based Strategies to Treat Obesity in Adults	3
5	Obesity surgical treatment.	3



6	Childhood Obesity	3
7	Underweight. Eating Disorders, failure to thrive	3
8	Therapeutic nutrition for diabetes, Hypoglycemia of non-diabetic origin,	6
9	Medical nutrition therapy for anemia	1
10	Blood diseases, thalassemia and sickle cell anemia	2
11	The Energy-Releasing Vitamins	3
12	The Hematopoietic Vitamins (B12, Folic acid) & Ascorbic Acid	3
13	Fat soluble vitamins deficiency	3
14	Food allergy and food intolerance	3
15	Surgery and Nutritional Support	1

#### F- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	Exam 1	Week 5	20%
2	Mid term	Week 9	20%
3	Textbook exam & home work	Week 10	10%
4	Quizzes	Week 15	10%
5	Final theory	Week 17-18	40%

#### G- LEARNING RESOURCES:

1- Required textbook:

Payne, A and Barker, H. 2010. Advancing Dietetics and Clinical Nutrition. Churchill Livingstone Elsevier, London.

Kathleen Mahan L. and Sylvia Escott-Stump: Krause's Food and Nutrition Therapy, Publisher: Saunders; 12<sup>th</sup> ed (2007)-

2- Essential references:

Estcott-Stump, S. 2012. Nutrition and Diagnosis Related Care 7th ed. Wolters Kluter/Lippincott, Williams and Wilkinson, Baltimore

#### Notes:

- Assignments topics and requirements shall be announced by the end of Week-1, the deadline for submission is 12pm Thursday of Week-10 and presentation of assignments will be started by 11th Week.



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- Assignments and written assessment tasks must be verified against plagiarism.
  - Continuous assessment methods may include quizzes, midterm exam and content and presentation of assignment.
  - Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions.