



## CLINICAL PRACTICE 3 (CLN 352) 1437-1438H

### A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
352	Clinical Practice 3	2	-	2	6th	None
Course Coordinator		Extension		Email Address		
Prof: Sahar Ali Ibrahim Hammouda		8690		sahammouda@taibahu.edu.sa		

### B- COURSE DESCRIPTION:

This course is concerned with application of NCP in a real situation. students can gain access to a range of learning experiences in a variety of clinical settings, reflecting medical practice in Saudi Arabia. Students will apply the knowledge acquired during the clinical nutrition course in a hospital setting. They will master the skills of understanding hospital records and documenting therapeutic diets. The placement provides experience in treating malnourished patients, vitamin and mineral deficiencies, obesity, diabetes, failure to thrive, eating disorders, food allergy. Students will practically apply the nutrition care process

### C- COURSE OBJECTIVES:

1. To Apply the knowledge acquired during the theoretical part of clinical nutrition in a hospital setting
2. To Practice the provision of medical nutrition therapy to patients with different diseases
3. To Demonstrate skills in extracting the needed data from hospital records and consider the necessary investigations when planning dietary therapy.

The student will include information as a case study for each clinical case seen on the nutrition care process and document it in a log book.

### E- PRACTICAL SESSIONS:

Week	Practical Session	Hours
All weeks	Shadow students on how to assess nutritional status, dietary intake, address nutritional deficiencies and diagnose malnutrition in hospitalized patients	12
	Shadow students in completing hospital records, prescription of products and documentation in medical notes Followed by supervised practice and demonstration of these skills	6
	Shadow students on how to provide NCP to patients, followed by supervised practice of these skills and follow-up of patients. The main focus will be on: <ul style="list-style-type: none"> <li>• Management of protein energy malnutrition in infants, children and adults both</li> </ul>	60



	<p>(primary and secondary to disease), Failure to thrive and Stunted growth</p> <ul style="list-style-type: none"> <li>• Obesity in children and adults (pregnant and postpartum women)</li> <li>• Rickets and vitamin deficiency diseases</li> <li>• Iron deficiency anemia and other nutritional anemia</li> <li>• Type 1, type 2 diabetes and gestational diabetes.</li> <li>• Blood diseases as thalassemia, sickle cell anemia. In addition to the above they can apply nutrition assessment and diagnosis to other cases e.g kidney, liver, heart, GIT, genetic and other diseases. The student will include information as a case study for each clinical case seen on the nutrition care process and document it in a log book:</li> <li>• All cases will be discussed with students.</li> </ul>	
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**F- ASSESSMENT TASKS:**

#	Type of assessment task	Week	Total Grades
1	Attendance and patient communication & application of NCP	All	30
2	Discussion of cases & General evaluation by clinical supervisor	All	30
3	Completion of log book including written 4 cases.	16th	40
4			
5			

**G- LEARNING RESOURCES:**

1- Required textbook:

Nutrition Care Manual and Pediatric Nutrition Care Manual ([www.nutritioncaremanual.org](http://www.nutritioncaremanual.org))

*Clinical Dietitian's Essential Pocket Guide, The: Essential Pocket Guide*, Authors: Width, Mary; Reinhard, Tonia 1st Edition. 2009 Lippincott Williams & Wilkins

2- Essential references:

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

**Notes:**

- You will submit 4 cases as a final individual evaluation therefore group work in this final task is not allowed, you can refer to your notes during discussion and the reference books . one of the cases should be diabetes (Type 1, Type 2 or gestation). Grade distribution for each case will be as follows:

#	NCP	Total Grades
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	Introduction of the case with brief medical history and diagnosis in few lines e.g AM is two years old girl who was admitted to the hospital one week ago with difficulty breathing . she was diagnosed with complex congenital heart disease since birth and went through two surgeries for correction.	.5
	comprehensive assessment of nutrition status and risks and includes the following major categories of data collection:	
	Patient history: Medication and supplement history, personal history, e.g the patient is given lasix 2mg/kg, vitamin D drops 1 ml (equivalent to 1000IU/day), ....etc	.5
	Food and nutrition history (diet history), which includes food consumption, nutrition and health awareness, physical activity and exercise, and food availability. Analysis of diet using special program or food composition tables is required with comments on the diet e.g diet is high in simple sugar and trans fat, iron intake is less than 50% of requirements.....etc	.5
	Nutrition-focused physical examination: Review of systems, including general conditions and physical appearance, gastrointestinal, musculoskeletal, skin, extremities, and other systems e.g severe pallor, loss of subcutaneous muscles over the thorax and abdomen, ,...etc negative signs should be included when relevant e.g no edema	.5
	Anthropometric measurements: Height, weight, body mass index (BMI), weight change,...etc with interpretations e.g wt/age<3rd percentile = severe PEM	.5
	Biochemical data: Laboratory data with interpretation e.g albumen 1.5mg/dl = severe hypoalbuminemia	.5
	Nutrition Diagnosis (PES statement) should be Clear, concise, Specific, Related to one problem, Accurate – related to one etiology, Based on reliable, accurate assessment data. address all nutrition problems and clearly differentiate medical diagnosis from nutrition diagnosis	1.5
	Nutrition Intervention: put objective for each category Food and/or nutrient delivery (ND): including clear objectives for each of: Meals and snacks with complete diet planning and analysis Enteral/parenteral nutrition Medical food supplements Vitamin and mineral supplement Bioactive substance supplement Feeding assistance Feeding environment	4



	Nutrition-related medication management Nutrition education (E) Nutrition counseling (C) Coordination of nutrition care (RC)	
	Prioritization of the nutrition diagnoses as to each problem's severity or importance	.5
	<u>Interventions</u> should be specific: —What? —When?—Where?—How? e.g increase HB level to a minimum of 12 g/dl in 6 weeks iron supplements 60 mg once /day with fruit juice	.5
	<u>Nutrition Monitoring and Evaluation</u>	.5

- you are expected to critically think in the following ways:
  1. Determine appropriate data to collect
  2. Determine the needs for additional information
  3. Select assessment tool that match the situation
  4. Apply assessment in valid and reliable way
  5. Distinguish relevant from irrelevant
  6. Distinguish important from nonimportant
  7. Validate the data