



## Course Descriptor AHND 485 Medical Nutrition Therapy I

<b>Proposed Academic Year</b>	2020-2021	<b>Last Reviewed Academic Year</b>	
<b>Course Code</b>	AHND 485	<b>Course Title</b>	Medical Nutrition Therapy I
<b>Credit hours</b>	3 (3+0)	<b>Level of study</b>	Bachelor
<b>College / Centre</b>	CAHS	<b>Department</b>	FSHN
<b>Co-requisites</b>		<b>Pre-requisites</b>	AHND 370, AHND 460

### 1. COURSE OUTLINE

[The course is offered to students OF Human Nutrition program at the College of Applied and Health Sciences Sciences (CAHS). It intends to explore the basis and implementation of Medical Nutrition Therapy (MNT) and nutritional support in the treatment, management and prevention of chronic diseases such as obesity, diabetes, cardiovascular, gastrointestinal, liver, renal, rheumatic, and bone diseases. The practical part of the course includes hospital visits and case studies from which students can obtain and analyze the required information from patients' medical records in order to design a dietary management plan]

### 2. AIMS

[This course aims to

- Appreciate the mechanisms underlying chronic diseases from a nutritional perspective.
- Have a thorough understanding of chronic diseases, including: definition, symptoms, diagnosis, risk factors, biomarkers, drug-nutrient interactions and medical nutrition therapy.
- Appreciate the differences in the nutritional management of adult patients and pediatric patients.
- Be able to conduct literature searches on nutrition-related topics and broaden their depth of knowledge by reading scientific literature. They will then be expected to present the papers they have read with their peers in class.
- Become familiar with analyzing patient notes in a clinical setting.
- Be able to assess a patient's nutrition status and estimate dietary requirements and construct a meal (a day) plan.]

### 3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

<b>Learning Outcomes (Definitive)</b>	<b>Teaching and Learning methods (Indicative)</b>	<b>Assessment (Indicative)</b>
Upon successful completion of this course, students will be able to:		
1. Define the risk factors, biomarkers and MNT of chronic diseases. Understand the pathophysiology of NCDs	Lectures & Seminars Hospital visits Group discussion Videos	Quizzes Assignments Presentation Written examinations



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Develop Competencies in assessing the patient and documenting your findings in their notes using the SOAP and ADIME format. Research a topic related to the course and discuss it in groups		
2. Identify the different medical nutrition therapies for different chronic disease.	Interactive lectures Videos	Self-reflective journal Written examination which include Matching and extended matching
3. Develop competency in using NCP as model for documentation of patient files. Gain familiarity with in-patient files at hospital and know how to write in the patient's notes.	Case studies Discussion	Questions Case studies A short essay
4. Analyze different food types based on the use of the exchange list in relation to the chronic disease and its recommendations. Understand the role of macronutrients and micronutrients in the management of chronic diseases.	Interactive lectures Videos Case studies Discussion	Group Presentation Self-reflective journal Written examination which include Matching and extended matching questions Case studies A short essay
Formulating a study question and preparing an assignment related to the study course. Orally presenting a topic related to the study course. Demonstrate their ability to lead and work successfully as a part of a team in assignments.	Use a student-centered approach <ul style="list-style-type: none"> <li>Encourage the students to be proactive</li> <li>Provide clear feedback regarding the effectiveness their work</li> <li>Provide instructions on how to be effective and efficient.</li> </ul>	Observation of students' skills during their presentations, group discussion.  Weekly visits to hospital wards Case Study report  Using checklists for observed skills

**4. ASSESSMENT WEIGHTING**



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Assessment	Percentage of final mark (%)
Quizzes	20%
Assignment/Group project	10%
Mid-Term Exam	30%
Final Exam	40%
<b>TOTAL</b>	<b>100%</b>
<b>TOTAL</b>	<b>100%</b>

**5. ACHIEVING A PASS**

Students will achieve **xx** credit hours for this course by passing **ALL** of the course assessments [*alternatively, list the compulsory pass assessments\**] and achieving a **minimum overall score of xx%**

**NB \*Ensure that ALL learning outcomes are taken into account**

**6. COURSE CONTENT (Indicative)**

Introduction/Overview of course

Introduction to Evidence-Based Practice, Nutrition Screening & Assessment

Identify the pathophysiology of specific diseases and how they relate to nutrition intervention

Medications/Food Drug Interactions

Gather, analyze and interpret the nutrient composition of foods/menus

Develop appropriate disease specific diets

Be familiar with common alternative nutritional therapies

Identify the appropriate medical nutrition therapy for specific disease states and provide the appropriate intervention, including calculating and defining diets

Interpret, evaluate and use professional literature to make ethical evidence-based practice decisions

Nutrition Care Process Overview, NCPT Introduction, Other documentation such as SOAP

Charting in the Medical Record, The ADIME Note: Assessment and Diagnosis, case study

The ADIME Note: Intervention, Case Study: Assessment.

The ADIME Note: Intervention, Case Study: Diagnosis, and Intervention

The ADIME Note: Monitoring and Evaluation Nutrition.Problem Solving

Oral case presentation



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<b>TOTAL HOURS</b>	<b>45</b>
Plus <b>RECOMMENDED INDEPENDENT STUDY HOURS</b>	<b>15</b>
<b>TOTAL COURSE HOURS</b>	<b>60</b>

**7. RECOMMENDED REFERENCES**

1. **Core text/s:** L. Kathleen Mahan, and Janice L Raymond, (2017). Krause's food and the nutrition care process. (14th ed.). W.B. Saunders Company.
2. Marcia Nelms , Sara Long Roth, (2013). Medical Nutrition Therapy: A Case Study Approach. (4th ed). Wadsworth Publishing
3. Gandy, J, editor, 2014. Manual of dietetics Practice, 5th edition. WILEY Blackwell.

**Library + online resources:**

<http://www.adajournal.org/>

[www.dietitians.ca](http://www.dietitians.ca)

<http://www.eatright.org/>

[www.fda.gov](http://www.fda.gov)

**Open Educational Resources:**



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